

EVETTE ROSE

Metaphysical AnatomyTM

EVETTE ROSE

Version 2.9

METAPHYSICAL ANATOMY™

... there is more, *Volume 2* has just been launched!

Metaphysical Anatomy Technique Online Healing Course. This course is designed to compliment MA Volume 2 and for those interested in learning more about the Metaphysical Anatomy Technique. It is also a prerequisite if you are joining me in the live events where we will go even deeper into the structure and healing tools behind Metaphysical Anatomy! On the Online Healing Course, I will continue to update the page with more live demonstrations and extra exercises and you will be kept in the loop with new updates! www.metaphysicalanatomy.com

Metaphysical Anatomy Facebook page dedicated to Metaphysical Anatomy®. The site includes updates with new medical conditions and inspirational quotes. New discoveries and new articles related to important and interesting topics will be shared. Evette will also answer questions that you might have.

Metaphysical Anatomy Forum that has been developed with the intention for subscribers who have completed the Metaphysical Anatomy Technique Online course as well as the live events to brainstorm new ideas, approaches and research that can help and support each other, whether it's for your healing / alternative practice or personal healing journey. You will also receive powerful transformational meditations designed and recorded by Evette Rose.

ALSO, make sure that you are subscribed to my website as I share many free healing meditations and online healing courses! Don't miss out!

Copyright © 2012 Evette Rose
All rights reserved.
ISBN-10: 1482315823
ISBN-13: 978-1482315820

EVETTE ROSE

Metaphysical Anatomy Technique

Volume - 2



**Your body is Talking, Are you Listening?
Evette Rose**

Metaphysical Anatomy Technique Volume 2 explains the core foundation and healing technique behind Metaphysical Anatomy Volume 1 which describes step-by-step guide for identifying the psychosomatic pattern related to 679 medical conditions. These conditions can be activated by circumstances in your present life, your ancestry, conception, womb, birth trauma, childhood or adult life. Volume 2 teaches you the foundation of Volume 1 including a powerful healing technique. There is also an Online Healing Course that you can combine with Volume 1 and Volume 2!

METAPHYSICAL ANATOMY™

EVETTE ROSE

E V E T T E R O S E

finding your own voice

Your past can control who you are,
until, you find your own voice.

This true life story is a must-read for people who have either experienced abuse or care about someone else who may be trapped in processing their childhood experiences. This book brings an empowering message of hope, healing and understanding to anyone who feels challenged by their past..

EVETTE ROSE

ACKNOWLEDGMENTS

Thank you to each and every client or student that I have met for your insight, support and willingness to share your life stories. I would not have been able to write this book without you!

Thank you Elizabeth Baker for your support with the English editing process, it was a pleasure to work with you!

With Love,

Evette Rose

EVETTE ROSE

Disclaimer

All information obtained from Evette Rose or anything written or said by her, is to be taken solely as advisory in nature. Evette Rose and Metaphysical Anatomy® will not be held personally, legally, or financially liable for any action taken based upon their advice. Evette Rose is not a psychologist or medical professional and is unable to diagnose, prescribe, treat, or cure any ailment. Anyone using the information in this book acknowledges that they have read and understand the details of this disclaimer. Evette can discuss the metaphysical explanations for psychological disorders but are unable to diagnose, prescribe, treat, or claim to cure any illnesses that require medical or psychiatric attention. The principles taught in Metaphysical Anatomy® and discussed Key Points are guidelines and suggestions for the facilitator to support their client through personal development sessions. By utilizing and using this book, the participant acknowledges that he/she assumes full responsibility for the knowledge gained herein and its application. Material in this book is not intended to replace the advice of a competent healthcare practitioner. The reader takes full responsibility for the way they utilize and exercise the information in this book.

Legal

All recordings and publications obtained from Evette Rose, or this book remain the intellectual property of the aforementioned and must not be used or reprinted in any way without the written permission of Evette Rose. Any unauthorized commercial use of Evette Rose's name, photograph, images, or written material is strictly prohibited and is in direct violation of rights.

TABLE OF CONTENTS

Chapter 1: Fundamental Healing Concepts in MA	30
Understanding trauma and “completing” trauma	33
The difference between completing trauma and surviving trauma	34
Dissociating from Trauma instead of healing and resolving it.....	36
The benefit of a dissociative state	37
The problem with dissociating or bypassing.....	37
Survival Instincts	37
Disassociating from trauma	37
Secondary Trauma.....	38
Symptoms of Trauma.....	38
Healing and Religion	39
Working with Injuries.....	39
Surgical intervention and healing.....	40
Self-sabotage & Secondary Gain -Why people don’t always heal.....	41
Metaphysical Anatomy Foundation.....	45
Womb trauma	46
Pain and the Fascia	46
Soul Copies	46
Neurotransmitters	47
Nervous System	47
The Master Cell.....	48
Breath Work.....	49
Chapter 2 Spirits, Angels and Past Lives	49
Past Lives	52
Changing the Past.....	53
Chapter 3: Genetic Disorders	53
Chapter 4: Emotions – Untangling them, Recognizing them	54
Chapter 5: Recovering Your Natural States	64
Natural States that are now being recovered.....	65
Quick Reference Guide	70
Abasia.....	76
Abortion	77
For mother aborting pregnancy.....	78
Survivor of an attempted abortion.....	78
Child born to woman who had previous abortion.....	79
Abscess.....	80
Abundance.....	81

Accidents	83
Achilles Tendon Rupture	84
Acid Reflux	85
Acne	87
Adults with acne	88
Acoustic Neuroma	89
Acute Interstitial Pneumonitis	91
Acute Lymphoblastic Leukemia	92
Addictions	92
Addictions and obsessive behavior	95
Activity / Sports fanatic	95
Alcohol (see Alcoholism)	95
Anti-depressants	96
Arguing	96
Baking / Cooking	96
Bathing	96
Cheese	97
Cigarettes (see Smoking)	97
Cocaine	97
Coffee / Coca Cola	97
Collecting	97
Computer Games	97
Crime – petty (e.g. shoplifting)	98
Crime – stealing	98
Crime – violent	98
Crystal meth	98
Dairy	99
Food (see Weight Problems)	99
Glue (inhaling glue)	99
Heroin	99
Laughter (compulsive nervous laughter)	99
LSD	100
Marijuana	100
Relationships	100
Sedatives	100
Sex Addiction	100
Addison's Disease	102
Adenoids	104
Adjustment Disorder	105
Adoption	106

Adrenals	107
Adrenoleukodystrophy ALD	109
Aging	111
Aglactia	112
Agranulocytosis	112
AIDS / HIV	113
Alcoholism	115
Allergies	119
Bee Sting	120
Bread / wheat / gluten	121
Dairy	121
Nuts	122
Penicillin	123
Pepper	124
Pollen	124
Shellfish (see also Hives)	125
Soap	125
Sun	125
Yeast	126
Alopecia	126
Alzheimer's Disease	128
Amebiasis / Amoebiasis	131
Amnesia	131
Amyotrophic lateral sclerosis (ALS)	132
Anal Problems	132
Anal Cancer	132
Anal Itching	133
Anal Bleeding	133
Anal Abscesses	134
Anaphylaxes	135
Anemia	136
Anesthesia	138
Anorexia	138
Ankle Problems	140
Anxiety	140
Anxiety (Separation Anxiety)	143
Aphasia	144
Apnea	145
Appendicitis	147
Arrhythmia	148

Artery Problems	149
Arthritis	151
Asbestos	153
Asphyxiating Thoracic Dystrophy (ATD)	154
Asthma	154
Atherosclerosis	157
Athetosis / Athetoid	158
Athletes Foot	159
Atlas Problems	160
Attacked	160
Attention Deficit Hyperactivity Disorder ADHD	162
Autism	164
Key Points for the autistic client.....	165
Key Points for a parent with an autistic child.....	166
Auto Immune Disease	167
Back Problems	169
Back – Calcification of Muscles.....	171
Back (Upper Back)	172
Shoulder-blades	173
Back (Middle Back)	174
Back (Lower Back).....	174
Fused lower spine	175
Coccyx Problems	176
Bacteria	177
Bell's Palsy	178
Right side paralyses.....	178
Left side paralyses	178
Bi-Polar (Manic Depression)	179
Birth	181
Anesthesia during birth.....	182
Birth Pain	182
Breech Birth	183
Caesarean	184
Delayed Labor (deliberate)	186
Forceps / Vacuum Birth.....	187
Incubator Babies.....	188
Induced Labor for the Mother	189
Induced Labor for the Baby	190
Missing Twin	191
Natural Vaginal Birth.....	192

EVETTE ROSE

Oxygen Deprivation	192
Placenta	193
Premature Birth.....	194
Prolonged / Delayed Labor	195
Rumination Syndrome / Merycism.....	196
Umbilical Cord (Strangled).....	196
Unwanted Birth (baby conceived by accident).....	197
Womb	198
Bites	198
Bladder Problems.....	199
Bladder Cancer.....	201
Bleeding	203
Blindness	204
Blisters.....	205
Bloated	206
Blood	207
Blood Clot / Coagulation	208
Blood Poisoning.....	209
Blood Pressure High	210
Blood Pressure Low	212
Blood Transfusion	213
Boils.....	214
Bone Cancer.....	215
Bone Marrow	217
Bone Problems / Broken	218
Broken arms or hands.....	218
Broken back.....	218
Broken legs.....	219
Dislocation (also see Shoulder Problems – Dislocation)	219
Botulism.....	220
Brain Cancer	221
Brain Tumor.....	223
Breast Cancer.....	224
Left breast	225
Right breast.....	225
Cancer between the breasts.....	225
Breast Adenocarcinoma.....	225
Breast Melanoma	225
Intraductal carcinoma of the breast.....	226
Cancer of the milk ducts.....	226

Breast Tumor	226
Breast Cyst	227
Breast Feeding.....	228
Not producing breast milk.....	228
Breast Problems.....	229
Breast Tumor.....	231
Bronchitis	231
Bruises.....	232
Bruxism.....	233
Bulimia.....	233
Bunion.....	234
Burned.....	234
Bursitis	235
Calcification.....	236
Cancer	237
Candida.....	241
Thrush / Candida in mouth	241
Thrush / Candida in vagina.....	242
Canker Sores.....	243
Cardiac Arrest	244
Cardio-Vascular Problems.....	244
Carpal Tunnel Syndrome.....	245
Catalepsy	247
Cataracts	248
Catarrh (Ear)	249
Celiac Disease	250
Cellulitis.....	252
Cercarial Dermatitis (Swimmers itch)	253
Cerebral Palsy	253
Cervical cancer.....	255
Chemical Poisoning	257
Chemotherapy	257
Chest (Pressure)	258
Chicken Pox.....	258
Chilblains	259
Chloasma.....	260
Chlamydia	261
Cholera.....	262
Cholesterol (High).....	263
Chorea.....	264

EVETTE ROSE

Circulation Problems	265
Circulation problems in your hands	265
Circulation problems in your legs or feet	265
Cirrhosis.....	266
Coagulation	268
Cold Sores	268
Colic.....	269
Colitis	269
Collarbone Problems.....	270
Colon Cancer	271
Colon Problems.....	274
Concussion	276
Congenital Disorders	277
Congestion.....	278
Conjunctivitis.....	278
Constipation	279
Coughing	280
Whooping Cough	281
Coxsackie Virus.....	281
Crabs.....	282
Cramps	283
Pain Syndrome (MPS), Tendon Problems, Toxins.....	283
Crohns Disease.....	284
Crying.....	286
Cumulative Trauma Disorder (also known as Repetitive Stress Injury, RSI).....	288
Cut.....	289
Cushing's Disease.....	289
Cystic Fibrosis.....	292
Lungs	293
Digestive system	293
Cyst	294
Cysts on the head	294
Cysts on the neck	295
Cysts on the back	295
Cysts on arms	295
Cysts on upper body / chest / stomach	295
Cysts on legs	295
Cystitis.....	296
Dandruff.....	297
Deafness.....	297

Degenerative Joint Disease	297
Delirium.....	297
Delirium Tremens.....	298
Dementia.....	299
Demyelinating Disease.....	301
Dengue	301
Depression.....	302
Dermatitis.....	305
Diabetes Type 1 & 2	307
Emotions For Type 1.....	307
Emotions For Type 2.....	308
Diarrhea	311
Digestive Problems	312
Dislocation (See Bone Problems – Dislocation)	315
Diverticulitis	315
Dizziness.....	316
Down Syndrome	317
Dried Eyes.....	317
Duchenne Muscular Dystrophy.....	317
Dumping Syndrome	318
Dupuytren's Contracture	320
Dyslexia	320
Dyspareunia (Painful Sex).....	321
Dystonia.....	323
Ear Problems.....	324
Eclampsia	324
E.Coli	324
Eczema.....	325
Edema.....	327
Elbow Problems	328
Elephantiasis.....	328
Emphysema.....	328
Encephalitis.....	329
Endometriosis.....	329
Epilepsy	331
Esophagus	333
Estrogen / Oestrogen.....	334
Too much Estrogen.....	334
Too little Estrogen	334
Eye Problems.....	335

Right Eye	337
Left Eye	337
Inflammation of the eye.....	337
Astigmatism	339
Blurred Eyes.....	339
Bloodshot Eyes.....	340
Dried Eyes	340
Eye Twitching.....	341
Far Sighted.....	342
Glaucoma.....	342
Keratoconus.....	342
Lazy Eyes.....	343
Macula	344
Near-Sighted	344
Night Blindness	345
Pinguecula.....	345
Pterygium.....	346
Retina.....	347
Failed Back Syndrome (Post-Laminectomy Syndrome)	347
Fallopian Tube Problems	348
Fatigue (includes Chronic Fatigue Syndrome).....	349
Female Problems.....	353
Fetal Alcohol Syndrome	354
Fever	355
Fibroids	356
Fibromyalgia.....	357
Fingers.....	360
Thumb.....	361
Point finger	361
Middle finger.....	361
Ring finger.....	361
Pinky	361
Flesh Eating Disease	361
Flu	361
Food Poisoning.....	362
Foot Problems (includes Ankles)	362
Frost Bite	364
Frozen Shoulder.....	365
Fungus.....	366
Gall Bladder	367

METAPHYSICAL ANATOMY®

Gallstones	369
Gangrene.....	370
Gas	371
Genital Warts.....	372
Gingivitis	373
Glaucoma	373
Goiter.....	373
Gonad Problems.....	374
Gonorrhea.....	374
Gout	374
Granulopenia	375
Graves Disease.....	376
Gulf War Syndrome.....	377
Gum Problems.....	378
Gingivitis (Bleeding gums).....	379
Periodontitis	379
Hands / Arms.....	380
Right hand and Arm problems	380
Left hand and Arm problems.....	380
Hair Loss / Problems	381
Hansen's disease.....	382
Hashimoto's	382
Hay Fever	383
Headaches	383
Head Lice	385
Hearing Impairment.....	386
Born deaf.....	387
Left side problems	387
Right side problems.....	388
Ruptured ear drum	388
Water in ear	388
Heart Problems.....	389
Heart Attack.....	392
Heart By-Pass.....	394
Heart Murmur.....	394
Heart Overgrowth.....	396
Heart Palpitations	396
Leaking Heart Valve.....	397
Multi Valve Heart Defect.....	398
Heart Burn.....	399

EVETTE ROSE

Heat Stroke.....	400
Heel / Heel Spurs.....	400
Hemochromatosis	401
Hemorrhages.....	403
Hemorrhoids	404
Hepatitis	406
Hernia	408
Umbilical Hernia.....	409
Herpes.....	410
Hip Problems	411
Hip Replacement.....	412
Ischium	413
Sacrum.....	413
Hives.....	415
Hormone Problems.....	416
Hot Flushes	416
Human Papillomavirus (HPV).....	417
Humerus.....	418
Huntington's Disease.....	418
Hyperglycemia	420
Hyper-Somnia.....	422
Hypertension.....	423
Hyperthyroidism	423
Hyperventilation	424
Hypochondria	425
Hypoglycemia.....	427
Hypophosphatasia.....	427
Hypotension	428
Hypothalamus.....	429
Hypothyroidism	430
Hypoxia.....	431
Hysterectomy.....	432
Hysteria.....	433
Icterus	435
Ileitis	435
Ilectomy	436
Immune System Compromised / Problems.....	436
Impotence	438
Incontinence.....	439
Children.....	440

Infantile Embryonal Carcinoma	441
Infertility.....	441
Inflammation / Infection	443
Insomnia	444
Seasonal Adjustment Disorder, Sleep Problems	444
Intercourse Pain / Problems.....	446
Intermittent Bleeding.....	446
Interstitial Cystitis	446
Intestinal Cramps.....	447
Interstitial Pneumonitis	448
Intestine (Small Intestine) Problems	448
Ileum	449
Irritable Bowel Syndrome	450
IBS with symptoms Diarrhea	450
IBS with symptoms Constipation.....	451
Itching	452
Jaundice in new born / child.....	452
Jaundice in adults	453
Jaw Grinding / Clenching	454
Jaw Problems.....	454
Jejunum.....	454
Jeunes Syndrome	454
Joint Problems	454
Crackling Joints.....	455
Shoulder joint.....	455
Hip joint	455
Wrist joint.....	456
Finger joint	456
Voluntarily cracking joints / fingers	456
Ankle joint.....	457
Toe joints	457
Kaposi Sarcoma	458
Keloid	459
Kennedy's Disease (also known as Spinal and Bulbar Muscular Atrophy).....	460
Keratoconus	462
Kerion Celsi	462
Kidney Problems	463
Kidney Stones	466
Klinefelter's Syndrome.....	466
Knee Problems	467

Kneecap.....	469
Köhler Disease	470
Labor Pain	471
Lactic Acidosis.....	471
Lactose Intolerance.....	472
Laryngitis.....	473
Larynx Cancer	474
Lead Poisoning.....	475
Learning Problems.....	475
Leg Problems.....	476
Leprosy.....	477
Leukemia.....	478
Lipoma	480
Lisping.....	481
Lips	481
Liver Cancer	482
Liver Problems	483
Low Blood Pressure	486
Lung Cancer.....	486
Lung Problems	488
Collapsed lung	489
Lupus	491
Lyme's Disease	493
Lymphoma	495
Lymphatic Filariasis.....	495
Lymphatic System Compromised.....	496
Malaria	497
Male Problems.....	499
Malnutrition	500
Mania.....	501
Marasmus	502
Mastoiditis.....	503
Maxillary sinus.....	504
Melanoma.....	505
Melasma.....	506
Meniere's Disease.....	507
Meningitis.....	509
Meningitis caused by bacteria	509
Meningitis caused by a virus	510
Menopause	510

Menstrual Problems	511
Mercury Poisoning	512
Migraine.....	513
Middle Ear Infection.....	514
Mid Life Crisis.....	515
Miscarriage	516
Morning Sickness.....	518
Motion Sickness.....	519
Motor Neuron Disease.....	519
Multiple Personality Disorder (MPD)	523
Multiple Sclerosis.....	524
Mumps	527
Muscle Problems	528
Muscular Dystrophy.....	529
Myalgic Encephalomyelitis (M.E).....	529
Myasthenia Gravis.....	531
Myofascial Pain Syndrome (MPS)	531
Myoma	533
Nail Biting.....	533
Nail–Patella Syndrome.....	534
Narcolepsy	535
Nausea.....	536
Vomiting	536
Navel Problems	537
Neck Problems	538
Necrosis	540
Necrotizing Fasciitis (flesh eating disease)	541
Nerve Problems.....	542
Nervous Breakdown.....	544
Neuralgia	545
Neurofibroma	547
Night Blindness.....	547
Nose Bleed	548
Nose -Bone.....	548
Long Nose	549
Numbness	549
Obesity	550
Obsessive Compulsive Disorder (OCD)	550
Onychophagia.....	552
Osteitis Pubis	552

EVETTE ROSE

Osteoarthritis.....	552
Osteomalacia.....	554
Osteoporosis.....	555
Ovarian Cyst	556
Ovary Problems / Cancer	557
Oxygen Problems (Lack of)	559
Paget's Disease.....	559
Pain	560
Pancreas Problems.....	561
Pancreatic Cancer	563
Panic Attack.....	564
Papillomavirus (HPV)	566
Paralysis.....	566
Paraplegia	567
Parasites	568
Parkinson's Disease	570
Pellagra.....	572
Pelvic Organ Prolapsed	573
Pelvic Problems.....	573
Ilium Bone	574
Penis Problems	575
Fermosis	575
Peptic Ulcer.....	576
Periodontitis	577
Peripheral Nerve Problems	577
Peyronie's Disease	578
Phantom Limb	579
Phobias.....	580
Fear of flying.....	580
Fear of heights	580
Fear of public speaking.....	580
Fear of being outside	581
Fear of animals	581
Fear of darkness or confined spaces	581
Fear of dark or murky water.....	581
Fear of water	581
Pineal Gland Problems	582
Pinguecula	583
Pink Eye.....	584
Pituitary Gland Problems	584

METAPHYSICAL ANATOMY®

Plantar Fasciitis.....	586
Plantar Warts	587
Pneumonia.....	587
Poisoning	588
Poliomyelitis / Polio.....	590
Polycystic Ovary Syndrome.....	590
Polyps.....	592
Polyps in bladder.....	592
Polyps in Cervical.....	593
Polyps in Lungs.....	593
Polyps in Nasal.....	593
Post-Laminectomy Syndrome	594
Post Nasal Drip	594
Postpartum depression / Postnatal Depression.....	594
Post-Traumatic Stress Disorder.....	595
Pregnancy	597
Premature Ejaculation	599
Pressure in Body	599
Prickly Heat	600
Progeria.....	601
Prolapsed Problems.....	602
Bladder	603
Mitral Valve Prolapse (Heart Valve Abnormality)	604
Rectal	604
Uterus.....	604
Prostate Cancer / Problems.....	606
Psoriasis	608
Face & Head:	609
Back:	609
Elbow:	609
Knee:.....	610
Feet:.....	610
Psychosis	610
Pterigium	612
Quadriplegia	613
Rabies.....	613
Radiation.....	614
Radius.....	615
Rape.....	615
Rashes	617

Rash on the face.....	618
Rash on the neck	618
Rash on back	618
Rash on the inside of the elbow and arm.....	618
Rash on the hands	618
Rash on genital areas.....	618
Rash on legs and feet.....	619
Raynaud's Disease.....	619
Reactive Arthritis.....	620
Rectocele	622
Rectum Problems.....	622
Reflux	624
Reiter's syndrome	625
Renal Disease / Failure	625
Repetitive Stress Injury RSI	625
Restless Leg Syndrome	625
Retina.....	627
Reye's Syndrome.....	627
Ribs	628
Upper part of the ribs	628
Lower part of ribs.....	628
Crushed ribs.....	629
Rickets.....	629
Rheumatism	630
Rheumatoid Arthritis	631
Rosacea	634
Rotator Cuff Problems.....	635
Rumination Syndrome.....	637
Rupture.....	638
Sacrum.....	639
Salivary Gland Disorders.....	640
Salpingitis.....	640
Sarcoidosis	641
Scabies.....	642
Scarlet Fever	643
Schizophrenia	644
Sciatica Nerve.....	646
Sclerosis	647
Scoliosis.....	647
Seasonal Adjustment Disorder (SAD)	649

Sebaceous Cyst (Epidermal)	650
Cyst in face area	651
Cyst in the neck area	651
Cyst in the head area	652
Cyst in the ear area	652
Seizures.....	653
Senility	653
Septicemia.....	654
Sexual Abuse	655
Symptoms of sexual abuse.....	655
Shingles.....	658
Shin Splits	661
Shoulder Problems	662
Left Shoulder	662
Right Shoulder.....	662
Shoulder blades	663
Dislocated Shoulder	663
Left shoulder dislocated	663
Right shoulder dislocated.....	663
Sickle Cell	665
Silicosis.....	666
Sinus Problems / Sinusitis	667
Skeletal System.....	669
Skin Cancer.....	670
Skin Problems	670
Discoloration of the skin	671
Sleep Apnea	673
Sleep Disorders General.....	673
Slipped Disc.....	675
Small Intestine	676
Smoking.....	676
Sneezing.....	677
Snoring.....	678
Spasms	678
Speech Problems.....	679
Spinal Cord Problems.....	680
Cervical Vertebrae C1 to C7	681
Thoracic Spine T1 to T12	682
Lumbars L1 to L5	683
Spinal Fusion	687

Spinal Stenosis	688
Spleen Problems.....	688
Sprain.....	689
Stigmatism.....	689
Stomach Cancer	690
Stomach Fat	691
Stomach Problems.....	692
Strep Throat	694
Stroke.....	695
Stuttering	697
Suicide.....	698
Sweating	700
Syphilis	701
Teeth Problems.....	702
Tooth sockets inflamed.....	703
Root canal.....	703
Teeth Grinding	704
Temples.....	705
Temporomandibular Joint and Muscle Disorder (TMJD).....	705
Teeth Grinding.....	706
Tendonitis.....	707
Tendon Problems.....	707
Tendonitis	708
Tennis Elbow	709
Testicle Problems.....	711
Testosterone Problems.....	712
High levels of testosterone	712
Low levels of testosterone.....	713
Throat Problems.....	714
Thrombosis.....	715
Thrush.....	715
Thymus Problems.....	716
Thyroid Problems	717
Tic (involuntary movements of muscles).....	719
Facial Tic	720
Tinea Capitis.....	721
Tinnitus	722
Toes.....	724
Big toe.....	724
Second toe.....	724

METAPHYSICAL ANATOMY®

Third toe.....	724
Fourth toe.....	724
Fifth toe	725
Tongue Problems.....	725
Tonsil Problems / Tonsillitis	725
Tourette Syndrome.....	726
Toxins.....	726
Aluminum.....	727
Cadmium.....	727
Iron	727
Lead.....	727
Mercury.....	727
Tremor.....	728
Trigeminal Neuralgia.....	728
Tuberculosis.....	729
Tumor.....	730
Ulcers	732
Umbilical Hernia	734
Uremia.....	734
Urethritis.....	735
Urinary Incontinence	736
Uterine Fibroid.....	736
Uterus Problems.....	737
Two Horned Uterus	738
Vaginal Thrush.....	739
Vaginitis.....	739
Varicose Veins	740
Vasculitis	741
Vein Problems	742
Vertigo	744
Vestibular Schwannoma	746
Virus	746
Vitiligo	747
Vomiting.....	748
Warts	748
Plantar Warts (warts under feet).....	748
Weight Problems	749
Whiplash.....	752
Whooping Cough.....	753
Wilsons Syndrome	753

Worms	754
Wrist Problems.....	755
Tendon Problems	755
Yaws	756
Yeast	757
Yellow Fever	757
Yolk Sac Tumor.....	758
Glossary – explanation of terms.....	761
References	766
About The Author.....	767

Introduction

Congratulations on taking the first step to understanding the body and its messages. Metaphysical Anatomy was written not with the intention to reinvent the wheel, but to fill in the missing links of years of research to bring you something amazing and unique. Focus of the book is to help alternative practitioners sharpen their skills and for those interested in self-healing to understand the language of their body on a deeper and more meaning level. Keep an open mind and the possibilities will be endless while you explore the content in this fantastic reference guide!

Chapter 1: Fundamental Healing Concepts in MA

Understanding how the body operates can be challenging. People become depressed when they disconnect from their true passion in life and when they allow others to tell them what to do. They become even more depressed when they feel disconnected from their body – unable to understand that their symptoms are caused by the body's natural responses to unresolved conflict and trauma.

If trauma is suppressed, people are vulnerable to the manipulation of influential people. You may have heard the doctor say that you need this or that, while their body is screaming “no” at the same time. Depression is a good example. Is one really suffering from depression or are doctors too lazy to really listen to the symptoms, which may indicate that something else is wrong? Are antidepressants the answer or do they just need a good listener?

People's lives are based on a series of events: their upbringing, any trauma or ancestral trauma and the patterns that stem from these mentioned points. When people move away from what they really want, whether this is conscious or unconscious, their body becomes rigid, resistant, fatigued or depressed, as what they are doing does not resonate with their true passion in life. Sometimes people cannot change their circumstances due to responsibilities. People can however, change how they feel about those circumstances. When they do this, they are taking control back and they are moving back into the driver's seat of their own lives. People respond to circumstances, their environments and the people around them based on their past trauma and ancestral trauma. Their life becomes stressful when they cannot pin point the origin of their trauma. It can be so frustrating not to understand how they feel or even why they feel the way that they do.

Our lives are also influenced and directed by past trauma. People make decisions based on past trauma and negative experiences without realizing it. I have spoken to many who are depressed, sick etc. People who attend our workshops often report that their lifestyle is not what they really wanted. They live their life with a lack of choices; they live only to survive. Not everyone has the luxury to choose where he or she wants to go in life or what it is they want to become. People are sometimes forced into different circumstances that do not resonate with the goals they had for their future.

For example: I wanted to study law. My father blew our entire life savings and university funds on his alcohol bills and debt. I was not able to attend university and had to study business management instead. I was very unhappy with my circumstances and the way that things panned out for me. My unhappiness took me further and further away from my goals and what I really wanted to do with my life.

Some might say that a lot of good came from it and yes that is true. Which leads to the point that I am trying to make: sometimes things happen that are out of our control. Outside influences can even flip a life upside down. However, real empowerment comes when you are able to change how you feel about it your life and learn how to manifest your goals despite your circumstances. It is possible to change your life and to make it more comfortable for you.

People respond to others and their environment based on the trauma they have experienced in their life and childhood. Many people are stuck in a fight or flight instinct as a result of abuse, rejection or abandonment trauma. They found a survival tool / skill that helped them to cope with trauma in their life. People will often hold on to the survival skills learned at the moment of trauma, regardless of whether the survival skill has a positive or negative effect on their life and future. It's when you become stuck in these instinctive reactions, that you

begin to give your power away. As a result, you may feel vulnerable and fail to see circumstances with clarity. Our perception is greatly influenced by trauma. If you were punished in the past for saying “no,” this may affect whether or not you feel worthy of saying “no,” now. Instead of exercising and establishing healthy boundaries, people draw their power and boundaries from their anger. Anger is often the end result of feeling vulnerable, controlled and trapped. Aggression is a natural fighting instinct found in both humans and animals.

What you learn and observe during childhood becomes a big part of your life’s foundation. This effects how you behave and respond toward others and the environment around you. Most people have suffered from some type of abuse, in one form or another. This can lead to feelings of discouragement, fear of making a new move and feeling powerless to make any changes. You may unknowingly be holding onto trauma as a reminder of how circumstances and people have caused hurt and betrayal. This is called an unconscious secondary gain. When you hold on to your pain because it has become a trophy and represents your life story, it has become your identity. Perhaps you feel that you have earned this pain and it’s pointless to let it go. After all, it has cost so much already. As a result, you might have a fear of letting go of the trauma, as you feel your identity and survival, are dependent on the trauma.

It can be difficult to come to grips with abuse and the after effects trauma can have on someone’s life. The more people deny how they feel, the more their body suffers the consequences. What was once an emotional issue can change into a physical issue. It begs the question, “What is the body trying to say?”

I know from my own experience that it’s not always easy to understand what the body is trying to express. When I took a closer look at my own life and body, I realize that my body tried its best to support me during stressful and hard times. My body never just randomly failed me. I began to realize that there was always a pressing issue in my life that contributed to certain medical conditions. People have said to me, “Oh just get over it, you will be fine.” A person cannot just click their heals three times and wish the trauma away! There is a valuable lesson that I have learned which is; the more I suppressed my past, the worse the physical symptoms became. Our unconscious mind will begin to reach out by any means possible, including nightmares, fatigue, depression, mood swings and hormonal problems, just to name a few. Anxiety levels will hit the roof and become so evident that they cannot be ignored. Scars and the end result of ancestral trauma will be a visible reminder, every day. Suppressed issues will surface in their business relationships, personal relationships and friendships. People will find that they attract circumstances and similar personalities that trigger their deepest emotions. Emotions that they thought they had put behind them.

This is especially true if a person only addresses the symptoms of their problems and not the original cause. Becoming aware of one’s problems and the reason why they are there is life changing!

I felt a profound sense of freedom the moment I acknowledged what had happened in my past instead of living in denial. I felt like I had more control of my life. This was the first step in taking responsibility of my own future. For me, it was the first step to recovering from my past and becoming empowered and in control again.

As many others, I also experienced my fair share of challenges. Challenges used to be the foundation that my life and future was built on. I only really started to process my past in my early twenties, when I jumped from one personal development modality to the next in the hopes of changing my life. I wanted desperately to pull myself out a constant state of fear, anger and feeling the need to protect myself. No modality really worked for me. I was forever searching for something that was going to save me. Little did I realize back then that I had the power to ultimately save myself. Instead, I avoided taking ownership of my life. I thought

that it would mean everything that happened to me would be my fault and I won't have anyone to blame. I needed to blame the people that caused me harm. I realized that if I forgave the abusers in my life then I would not be able to blame anyone anymore.

Being in control of your own life is a very powerful state of mind to be in. People have given away their power to authority, abusers and circumstances. It's easier to give in to others than take ownership. This creates a situation for people to avoid taking control of circumstances in their life that they should; areas that are in desperate need of attention. The appeal is that people don't have to take responsibility for decisions that were made in the past or the consequences of those actions. Instead, people blame someone else when something goes wrong. It is so much easier than being in control and empowered. People have even been made to feel that they cannot change patterns and habits once they have set in. People have been told they cannot heal themselves because they are not strong or empowered enough. People may have been encouraged to medicate themselves, as a means of handling their situation. There are those who have been mistreated in ways that were not beneficial to them. Rather than finding a way that is tailored to them, they try any fix and feel worse when it fails. It is my intention with this book to help untangle stubborn issues related to many forms of trauma.

While you are reading this book, make a point of trying to spot similar patterns in this book that might resonate in your life. I am not ashamed of what happened to me in my past nor am I ashamed to talk about it openly with others. Abuse is a common denominator that many of us share. The biggest problem, in my opinion, is the silence that follows abuse.

One of the purposes of this book is to empower the reader to be more aware of how the body feels and what it may be trying to tell you. I want to remind people how to listen to their body, to understand their trauma, to see any emotional and physical blocks. I want people to walk away from the daily mantra of, "I am a victim" and to ultimately kick-start a journey to healing. People are all diamonds. They are already valuable, brilliant and unique in their own right. Sometimes a person can do with a buff, a fluff and a polish to bring out the natural brilliance and clarity that has always existed within them. We don't need anything outside of ourselves in order to grow both emotionally and spiritually. All of the resources are here at your fingertips, just waiting to be tapped.

Understanding trauma and “completing” trauma



MA is a trauma-based personal development process. I believe that trauma (this could include physical, emotional or environmental) is the ultimate cause of most human problems. What makes MA different than other trauma therapies is that in most cases I do not require the client to talk about or re-experience trauma in order to resolve it. In fact, a person can often resolve trauma easily through identifying its hidden benefit (known as secondary gain), without discussing the actual trauma and going into the details of it which can often traumatize the client all over again.

It is important to understand the significance of trauma and why unresolved trauma is significant to a person's wellbeing and emotional state.

Trauma occurs when a person feels unsafe. Examples can include physical assault, an accident, injury or other events, which involved a threat to a person's survival. Witnessing harm to someone else (including seeing photos or videos) can also constitute trauma¹.

The significance of trauma lies in the fact that it has such a powerful role in changing lives. Your trauma can change your grandchildren's lives. For instance, childhood trauma can drastically change a person's life, influencing every aspect of their health, relationships, education and career. The science of epigenetics demonstrates that trauma creates biological change, which can last for many generations. That means that the trauma people experience, even just witnessing it, can create physical and emotional changes to their future grandchildren and great grandchildren.

Epigenetics is an important part of the science behind MA. What matters is this: the original

¹ [Source: DSM-IV, pp. 424-28]

cause of a problem is likely to be trauma, whether in the client's early childhood or in a pre-existing trauma in the ancestry line that may have indirectly been activated by an unrelated trauma. The great thing about MA is that in most cases, people do not always need to know what the origin of the trauma was. I also explain how someone's state of trauma can even unconsciously serve him or her in one way or another. The trauma creates a barrier around the person and they push others away and establish boundaries with this barrier. What makes MA unique is that I can acknowledge and resolve the trauma without talking about it or even knowing what it is or was.

The difference between completing trauma and surviving trauma

The philosopher Frederick Nietzsche said, "That which doesn't kill us makes us stronger." I personally do not agree with this statement. It depends how a person reacts to the trauma after surviving it. Trauma does not necessarily make a person stronger. It can cause a person to be less sensitive to future trauma, which unfortunately means they have successfully suppressed their past trauma. What some people perceive as "being strong" is actually someone's ability to dissociate, avoiding and resisting dealing with their trauma. Humans seem to lack the animal ability to complete a trauma cycle after surviving it, whether it was emotional, physical or sexual abuse.

If an antelope narrowly escapes an attack by a lion, it is probably traumatized. As soon as the antelope is safe, it goes through a process of shaking off the trauma. The shaking may resemble the physical action and movement that helped the antelope to survive the threat and pending trauma (e.g. running) as if the animal is completing the act of survival. After a few minutes, it has released the trauma and it runs away, healthy and free from trauma. It starts grazing again, as if nothing had happened. This process is called completing trauma.

According to Dr. Robert C. Scaer, this process of completing trauma is a way of "discharging retained autonomic (nervous system) energy." According to Scaer's research, humans lack the ability to discharge this autonomic nervous energy. The human physically survives the trauma, however never completes the trauma. The traumatic experience may be imprinted and stored in the brain. There is suppressed adrenaline in the body and the muscles are still tensed as if though the body still wants to protect itself from a possible threat. This behavior surfaces as tension and rigidity. This is why past trauma can create so many longterm symptoms in humans.

When a human survives trauma, there is no release of this nervous energy and the person keeps carrying that trauma for the rest of their life. According to epigenetic research, this trauma can be passed on to future generations. Trauma is a significant cause of disease, which humans have trouble healing. Any successful healing tool must enable a client to complete their trauma.

Unfortunately, in many modalities, the client is guided to relive the trauma. MA allows a person to not only complete trauma but to resolve specific traumas without talking about it or reliving it in any way.

In a moment of trauma, you will find a way to be and feel safe. This may include reaching out to someone for safety or taking comfort in the numbness or freeze instinct. Every time you experience a similar trauma, you may revert back to the state of mind and gut instinct that kept you safe initially. This can have a long-term effect of allowing you to disassociate from many areas in your life. Becoming numb or feeling paralyzed once served you in a positive way however, the positive survival tactic has negative consequences. The numbness will influence every aspect of your life.

Finding your survival instinct within the moment of trauma may cause you to associate your

trauma with survival. You may find yourself afraid of letting go of the trauma because it may mean letting go of the survival instinct you've adopted. You must learn how to cope outside of the trauma.

You will also see this in the animal kingdom. The springbok (small antelope) in South Africa is a wonderful example. When a lion chases the springbok it sometimes makes a miraculous escape and gets away unharmed. The buck will go to a safe spot and start shaking and trembling for a few seconds. After that, he will just physically shake off the incident, complete the trauma and shock and continue grazing as if nothing had happened. The springbok has completed the trauma cycle in his body and can continue his usual routine. The buck still knows that a lion is dangerous. However, the buck is not stuck in a state of trauma anymore. Humans have a different way of completing trauma. The problem starts when a person holds on to the trauma. They think that it might protect them in the future against similar incidents.

People use their trauma to establish boundaries with others. By letting go of a trauma, you fear it might cause feelings of vulnerability and weakness. In addition, you might fear letting it go, as you are so familiar with the abusive or challenging circumstances.

Any change in the circumstances, may cause you to feel unsafe and stressed. Familiarity often overpowers common logic, as you do not know how to survive in a new set of circumstances.

In many cases, the original trauma that has affected a person may have occurred before their birth. It may relate to their time in the womb, or at conception. People may even be expressing unresolved biological trauma from their grandparents and ancestors. The critical question is, "Do people need to know the origin of the trauma?" The short answer is "no." It is important however to acknowledge and understand that there is a trauma that created and triggered the original instincts.

In order to complete the trauma using MA, I acknowledge that there was a trauma or a family history of trauma. People open themselves up to the possibility that a survival instinct is holding a trauma in place.

Dissociating from Trauma instead of healing and resolving it



In healing and personal development, dissociating is a way around an obstacle, usually a trauma. Many healing modalities are based on this idea of dissociating.

For example, in psychiatry, medications such as anti-depressants are often used to enable the person to move on from a significant problem or trauma. No one pretends that this is dealing with the underlying issue. Rather, it is giving the client some ability to move on and build their strength in order (hopefully, when they are ready) to deal with the real issue.

In many different personal development techniques, the client is given tools to smooth over certain traumas, reducing the stress. Often, the client will be taught to bypass a trauma or stressful situations.

A common personal development or healing technique is to change a ‘voice’ or a singular feeling. This can make the person think or feel differently about a subject. This is an excellent example of a bypassing trauma and dissociating from it – it is generally a fast way to make the person think that they have healed. Nevertheless, all they have done is changed a thought or singular feeling. This singular feeling could actually be connected to many hundreds of similar feelings that were caused by one traumatic event. So by healing one singular feeling doesn’t mean that you actually healed the core cause of it, which is often much deeper and bigger than just a feeling.... It’s due to womb trauma, stress in your life, epigenetics or an actual event that triggered a predisposition “emotional state of trauma that is hidden in your genetic programming” medical condition or negative emotional state.

Imagine the voices, thoughts or feelings as a “neural highway” in the brain. Changing just one aspect to this belief or feeling is exactly like building a side road on the highway – you have cleared a path around the obstacle, but you have not cleared the obstacle itself. Therefore, it is possible to try to heal trauma by working on these points, but you can never heal the actual starting point of the trauma. It’s physically impossible because it’s the wrong tool for the job, like building a house from paint instead of wood or bricks. The original symptoms always return. It may take years but it will happen the next time something happens to trigger or activate the underlying unresolved trauma.

The benefit of a dissociative state

Dissociating can be wonderful and it is not our intention to criticize any therapy. The biggest benefit of bypassing trauma is that it can be created extremely quickly and can be vital in an urgent situation. It can save a person's life, especially if there is no time or ability to deal with trauma effectively.

Note for Practitioners: Working around trauma has their place. Please remember that they are bypasses. Do not confuse a bypass with a healing. Everything has its place, your role is to know and recognize that place because problems occur when you use something out of context.

The problem with dissociating or bypassing

As the above discussion indicates, a dissociative state is rarely permanent. Strictly speaking, the dissociative state creates a new route (or neural pathway) around a trauma. This means that you can deal with day-to-day situations without feeling the symptom. You think you have healed. However, the underlying trauma is still there. Sooner or later, something will happen to directly activate the trauma. The easiest way for this to happen is if the same thing happens again. For example, you can bypass sexual abuse trauma by changing some beliefs and you might feel better. Nevertheless, any form of abuse or invasion in the future will activate the old wounds and undo the dissociative state that was achieved.

It should be clear from this discussion that the true goal of healing is always to truly resolve the underlying trauma or conflict. A dissociative state has its place and do help people. The problem really arises when the client, or especially the practitioner (or you), confuses a dissociative state with a healing. Unfortunately, most therapists make this confusion every day. As a result, you may think you have moved on from a certain issue or problem. Unfortunately, you have not been warned about what will happen if an old trauma gets reactivated. The real problem is not the dissociative state, but the lack of understanding.

When the old trauma is reactivated, it can lead to feeling overwhelmed by past pain. The thoughts of, "Haven't I already worked on this?" begin to resurface. This magnifies any depression and anxiety and in rare cases, can lead to suicidal thoughts simply because you feel the healing doesn't work, when in fact you acquired a dissociative state.

Survival Instincts

Survival instincts are behavior patterns that keep people alive. What makes an instinct become a survival instinct is that it directly and immediately leads to a person's survival.

Survival instincts are also called 'animal instincts' because they relate to base animal responses – something that all animals or at least all vertebrates (fish, birds, reptiles and mammals) share.

The most basic of brain function in say, a fish, would make the connection between the survival instinct and the act of survival and reaching safety. For this to occur the survival must be immediate. The best-known example is the fight or flight, freezing, numbness and hiding responses.

Disassociating from trauma

This is a very common pattern for most people. When you experience a trauma that was unpleasant, painful or disgusting, you often dissociate from it. This may create a sensation as if the trauma never happened, or that it no longer affects you. The trauma is suppressed,

leaving confusion and debilitating symptoms behind. I noticed that clients will often say that they see themselves in a still picture at the time of the trauma / injury. That is because they have dissociated from the incident. They've shifted their awareness elsewhere in an attempt to escape the reality. Other clients will describe incidents that were unpleasant as if they were seeing the entire story unfold on a TV screen. It can range from having vague flash backs or complete amnesia of past incidents (which is also known as dissociating). Most people dissociate when they experience stress, vulnerability and horror and are unable to escape their circumstances.

The more you have dissociated from reality, the harder it is to get in touch with your emotions and to know who you truly are.

It is possible to never fully understand reality if you spend the majority of your life trying to avoid and dissociate from past trauma and present life.

When an unresolved trauma comes up during a session, you may have signs of selective hearing. Selective hearing is when you can't hear everything that a practitioner is saying. Instead, you find yourself focusing on hearing only selective words, in an attempt to avoid hearing the truth. You may begin to feel numb, experience blurred vision and feel restless. You may even physically twitch, finding yourself unable to sit comfortably, even getting agitated or aggressive toward the practitioner.

When a trauma is unresolved, it means that you have suppressed an incident that was traumatic and significant. When a person suppresses a trauma, it will surface in different ways until they have completed the trauma cycle. Once the trauma cycle is complete, the memory of the trauma becomes like a foreign distant memory.

Practitioner Note: A healing crisis may start when trauma has been completed to such an extent that you cannot identify with your new sense of self without the trauma. This indicates that the hidden benefits of the trauma (also called secondary gain) have not been dealt with.

Your entire life may have been based on and driven by your trauma and the way it served you. Once the trauma has been released, it is like a new clean slate. You may find that you grieve for your old identity. The feelings of pain, stress and tension are all you've ever known. A healing crisis can also unfold when a trauma has been triggered and not completed during a session.

Secondary Trauma

Secondary trauma is often caused when a person hears or sees something happening to someone else and this causes stress. The event may have triggered your own vulnerabilities and suppressed trauma. An example of this is when you listen to someone else's traumatic story and feel traumatized and upset about it for a long time.

Symptoms of Trauma

When I refer to symptoms, I am usually referring to the initial complaint. This is the starting point in the healing process. There are many layers to symptoms.

There is some debate about what symptoms are and what the real causes of a person's symptoms are. Each technique or modality has its own views. For example, some believe that a negative thought can be the cause of all your problems. Negative thoughts or voices are themselves caused by your response to trauma. This means that negative thoughts are merely

symptoms. Resolving a singular negative thought won't resolve the underlying cause of the symptoms.

People's deepest instincts hold trauma in place, as our instincts are designed to keep us safe, however sometimes these instincts can become over reactive when a situation was traumatic or if a stressful event is repeated enough. When a person becomes aware of and consciously acknowledges these instincts, they release suppressed, negative feelings and disruptions to the biological function of the body. Many of their emotional and or physical symptoms could disappear. Though the instincts are placed deeper on the diagram (resolving over reactive instincts could ultimately resolve trauma) this doesn't mean that instincts cause trauma. If you trace the instincts back to their very origin, you will find the earliest trauma.

Healing and Religion

I am aware that people of some religions are wary or sensitive about types of healing work because they fear it will interfere with their spiritual beliefs. I can assure you that these fears or concerns are not relevant to this book. MA is not a spiritual practice.

In MA I do not tell people what to believe in, or what to follow. The contents of this book are a conversational tool to be used in order to resolve trauma. Using this book as a resource is similar to visiting a doctor, a dentist, or a psychologist. It can be compared to seeing any professional for help, including a teacher or an attorney. All these people can help someone without religion coming into it.

Whether or not you believe in God doesn't change the effectiveness of your aspirin tablet, or how painlessly your dentist can fix a broken tooth. It doesn't influence how quickly the mechanic can fix your car. Place MA in that same category – useful, effective tools that work without pre-supposing spirituality or challenging people's beliefs in any way. MA is the tool through which you can buff the imperfections of the human diamond. It helps smooth out the rough edges, transforming you into someone who can reach their highest potential with ease and grace.

Working with Injuries

When working with injuries, the sooner you deal with it, the better the results. It is important to deal with physical injuries before the secondary gain patterns set in. When you work with a physical injury, you are working with the actual physical trauma, emotional shock and the survival instincts that were triggered during the injury.

I always start by asking the client what they emotionally felt at the time of the injury. What stress was recorded or imprinted in the location of the injury at the time? When the body experiences physical pain it creates a small (depending on the trauma experienced) weakening in the fascia where the injury took place. The weakened area in the fascia holds on to the emotion that was experienced at the time of the injury. Remember that the point of injury could be in a different area than where the fascia was weakened. When there is tension in one point of the fascia pain can radiate and cause problems in other unrelated areas in the body. This makes it more challenging to find the origin of the actual pain. For example: someone twists an ankle and then the next day this person has knee pain or back pain. Now, because the ankle, back or knees are completely unrelated to one another, one may overlook that it might be due to the injury of the twisted ankle. The fascia in the foot may have been injured, resulting in the fascia creating a tension point. It could be pulling other parts of the fascia out of position, creating a secondary pain elsewhere in the body.

Note: Physical injuries can also trigger old trauma in your body from previous injuries and this possibility should also be considered. People often hold on to trauma due to their inability to naturally complete a trauma cycle. Instead of processing it immediately, the human body suppresses it.

Crying can also be a way of completing trauma for example, yet many people may have been punished for crying.

You may have made a negative association with crying which can leave you feeling conflicted and unsafe when you begin to cry. This blocks the trauma and emotions from being able to resolve itself.

When a person experiences physical trauma to their body as a result of abuse, attack or accidents, the memory / impact of the trauma can remain in the injured part of the body. It can remain until another physical impact or trauma triggers the old trauma that was not completed. This can then recreate all the emotions felt at the time of the first initial injury. Combined with what you were feeling at the time of the second injury, you can see how trauma piles up and could potentially make you feel much worse.

Very early trauma can take place after birth. It may include medical intervention, operation without local anesthesia, negative experience in hospitals, negative experiences in one's environment or in the womb.

The final results of trauma can surface several weeks and even months after the incident. I always ask my clients how they felt during the time of the injury, or just before. It is important to consider the actual trauma and emotions you felt at the time of injury. It is always worth exploring what took place at least up to a year before the incident took place. Explore self-sabotaging patterns and pressing issues that may cause you to feel intense emotions. The more pain you are in, the more anger, resentment and frustration is being suppressed. The energy put into being angry often moves to a weak area in the body such as an area where there was a previous injury and the injury has not healed or has trouble healing.

General note: when a person experiences pain in the body, the body often memorizes how it felt at the time when the pain was inflicted. The "memory" of the emotions experienced at the time of trauma is recorded in the injured area. When that injured area is bumped or injured, again in the future it can activate the emotions that were recorded at the time of the initial injury.

Often you will find that you felt vulnerable on the day of the accident or shortly before the injury took place. It is important to explore why you felt vulnerable and resolve the issue that led to those feelings.

Secondary gain of an injury often starts after the actual injury. You might feel more loved and cared for due to the injury, which could result in an unconscious desire to delay healing. If the injury is associated with love, attention and less responsibility, this is a secondary gain. The upshot is you may feel you are able to express your boundaries and have increased self-confidence due to the injury.

Surgical intervention and healing

Thoughts and organs each have a frequency, tone or vibration. Past illnesses may have gone away, however they have not completely disappeared. A disease may have gone into

remission, however the vibration / cellular memory of the disease is still in the body. This is especially true if you have had a problematic organ removed. The emotional issue that caused the organ to become problematic has not been resolved. Only the physical aspect has been removed. The memory of the issue and tension remains in the area where the organ was. Once you have resolved the emotional conflict related to the physical area on the body, the tension or pain dissipates.

Note: If you do not process the issues that resulted in a past medical condition surfacing, then the condition could be reactivated by trauma and could recur elsewhere in the body.

People go through different stages in their life. They create and survive challenging circumstances that push them forward in life until their biology finally meets their spirituality. When this happens, you become more in sync with everyone and everything. By this point, what you once thought you needed and wanted has changed. You begin to understand the difference between what will help you achieve your very best and what will not. It is the difference between knowing what you want versus what you need in order to reach your full potential.

This begs the question, “How willing are people to allow their spirit mind to guide them without their biological mind needing to control the outcome?” That synchronicity may not have developed to its full potential. What stops a person from allowing this to take place? When are people going to stop needing to control everything and actually believe that they are competent enough on a higher level? How many times do people have to sabotage wonderful opportunities that arise in their lives? What is holding them back? Do people have a fear of taking personal responsibility? Are their excuses too convenient? Is being disempowered easier than being proactive? It’s great food for thought! There are so many questions and the answers are often right under our noses, but it is often convenient to overlook them.

Self-sabotage & Secondary Gain -Why people don't always heal

Self-sabotage occurs when someone undermines his or her own progress whether consciously or unconsciously. This can be in any aspect of their life. A person’s head mind wants something but their actions do something else. For example, a person does something knowing full well it’s not a healthy thing to do, such as drinking, smoking or overeating—but they do it anyway.

Another common example is when a person may unconsciously do something to destroy a relationship in its early stages, in order to avoid a chance at intimacy or to avoid getting hurt.

Popular examples of self-sabotage are fear of success or to explain it another way, fear of getting what you want. Some people in relationships have a fear of commitment and this creates tension and arguments. They may even go as far as unconsciously provoking fights and arguments so that the other partner can’t tolerate the strain in the relationship anymore. Eventually the person breaks up with their partner. When this happens the person with the fear of commitment blames their partner for leaving, instead of taking responsibility for their own sabotaging behavior.

Another example is when someone is single and has a fear of commitment or being hurt. They find fault with people that they meet. Nobody appears to be good enough. The person could do or say something silly which puts the other person off from dating them. They can be nervous about meeting a new partner on a blind date. They can sabotage the meeting by creating a separate problem in their environment that would delay them meeting the person

or ultimately cancel the date.

Doing the laundry is another good example. I have seen many people who dislike it so much that they sabotage their time just so that they can make excuses to get out of doing this and would rather spray their clothing with air freshener than wash it. Self-sabotage also comes into play when someone wins the lottery, especially if they had an average income. These people are suddenly rich, but will often lose all the money that they won a short period of time.

The conscious mind is willing to achieve the goals that a person has in mind. The most obvious result of self-sabotaging tendencies is that goals and success not achieved. Self-sabotage is the end result of a person's lack of self-worth and low self-esteem.

I've learned that the best way to break this cycle is to ask the question, "What is the benefit of sabotaging ____ in your life?" This brings me to the topic of secondary gain.

Taking Personal Responsibility and Forgiveness

Responsibility

The general interpretation of "taking responsibility," means acknowledging that you are the cause or source of something. My interpretation is that were part of 'something' that caused you a set back in one way or another, yet now, you are taking control of something that is within your power to control. The one thing that people are all responsible for is their future and how they choose to live their life. It is a person's responsibility to decide how they are going to move forward every day from their past. It is their responsibility to choose how they are going to respond to their demons and past trauma. It is every individual's responsibility to be in control of their actions and reactions towards others and most importantly, towards themselves.

Note: What I am pointing out here is that you can't just focus on what has happened, but also on how you are going to move forward in life. When a person takes responsibility for their own healing journey and future they are reclaiming their power and innocence. Their life is not controlled and dominated by their past trauma and abusers anymore.

When a person blames their past, trauma or abuser they keep reinforcing the fact that these people or circumstances have won. It also means the trauma / abuser has complete control over their emotions, how they express themselves and how they live their life. When you take responsibility for yourself, you take the trauma / abuser's power away. A person immediately stops being a victim of circumstance.

Taking responsibility is a stepping-stone in the healing process. It's a vital step that cannot be skipped. The majority of empowerment comes through the ability to take responsibility: for the future and for the ability to live life to the fullest.

Taking responsibility does not mean that the abuser, trauma or past will be forgotten or that an abuser will get away with their actions. It only means that someone is consciously taking their power back, standing strong and empowered throughout their daily life.

Note for practitioner: A common mistake made when someone thinks the practitioner is the source of healing. If the healing does not work then it can be easy to blame the practitioner for failing to fix the issues. In reality only you can fix yourself. It is the practitioner's responsibility to be supportive present and serve as a facilitator for the

journey. People often blame others when they hit a wall or fail. They avoid focusing on the healing session. Instead they focus on how all the people in their life make them feel. There are times it is appropriate to process feelings of anger and resentment first. Working on the blame issue (secondary gain of holding on to the resentment) could be the best way forward.

Victims of abuse or illnesses can become stuck in feelings of anger and resentment. It seems that no amount of help or support can help them because of their need for revenge or justice.

They feel angry and stuck in their circumstances. They have allowed others to challenge or abuse them to the point where they have completely given their power away and feel that they cannot access their inner resources. This person may have failed to express their boundaries or take appropriate action at some point. Sometimes people give their power away to an illness or to a doctor who said that they cannot be helped anymore. When a person takes responsibility for him or herself, they take away the power that the abuser or circumstances has over them. People become more powerful when they decide how they are going to live their life going forward.

Note: The more a person is not attached to a specific outcome, the less they can be intimidated or driven to perform in order to meet the expectations of the people or circumstances around them. Explore why and how you may have lost confidence and the ability to be strong. Explore the hidden benefits of the symptoms related to any emotional and physical blocks. Explore hidden benefits of the trauma as well, such as holding on to trauma that was a direct result of abuse or an accident.

Understanding Forgiveness

How does a person move forward, away from an incident that tipped their life upside down? The first step is to identify the issue or issues that they're holding on to. Sometimes a person just feels angry and resentful without really understanding why. Moving forward in life does not mean forgiveness. Moving forward does mean that a person no longer desperately clings to grudges and trauma anymore. Forgiving also includes moving forward, away from the issues at hand and most importantly, the past. In this instance, forgiveness is accompanied by a sense of peace and understanding. Forgiveness is to understand your own actions and reactions to behaviors or circumstances. It does not mean you have to accept what has happened, just acknowledge it.

Forgiving a situation is enough to help a person move forward in life. Often people are in so much pain or denial that they can't recognize there is an issue or block waiting to be released in the first place. Ignoring the obvious signs is a way to keep safe. It may not be until something from your past confronts you that you are forced to deal with the very thing you've been running away from. Forgiveness means moving on, in whatever capacity you can. Always remember that forgiveness = empowerment.

I once had a client say, "How can I let go of something so painful? I suffered so much and now I have to give up my pain?" I then ask, "Is this pain a trophy that you are showing to others? Do you think it's an achievement to have suffered so much and made it so far? You might have endured and have an exceptional ability to suppress and resist possible consequences as a result of your trauma. It is not however; who and what you are meant to be. Your past is merely a story now. It is not real anymore. You are keeping it alive by holding

on to the pain as a survival story to tell others. It is not your identity anymore.” My client had an amazing breakthrough when I said that. He really heard what I said that day and he was able to gracefully start the process of moving on from his past. This happens when the person who suffered the abuse has already processed a lot of their trauma. They are now merely holding on to the story. The story gives them an identity and meaning in life. They feel insignificant without their survival story. These are all examples of the diverse levels on which people can experience pain and abuse. People hold on to issues and pain for different reasons. Needing vengeance is another debilitating factor. Vengeance is only going to let a person spiral into an anxiety-riddled bottomless pit. Vengeance will create more thoughts that are negative. Their entire life could revolve around negativity and in some cases, suicidal thoughts can occur when no action is taken.

Loss of identity was a big block for me, personally. I had no idea who I was without with my history and trauma. I thought my trauma defined my character and everything that I stood for. I was so caught up in the story of my life that I could not afford to let it go. If I did let go of my story then who and what would I be without my baggage? I would not have anything to complain about. I wouldn’t have anyone to blame. I wouldn’t have a reason to be angry anymore.

This is when a person often begins the journey to self-discovery. People start to see who they really are without all the projections, abuse and negative thoughts that they have grown so fond of. I also didn’t have a goal in life. I never asked myself the question, “Who and what would I like to become without the trauma? What would I like to become once I have moved away from the hurt and pain? What would happen to me if I forgave people and let go of past debilitating circumstances?” These questions are easy to answer now, however it does need a certain willingness to move away from what was once considered to be true. People need to open themselves up to more excitement and positive experiences in life. Once a person has established this, they will find themselves working their way through their life journey much easier and with more clarity. There is now a starting point.

A wise friend once said to me, “People are like tides and waves of the ocean. Some are gentle and some are destructive, however they never stay on the beach. They always move away, change and never come back in the same shape, way or form.” I have come to learn that people in your life are the same. It’s something that is a part of life that we need to accept. You can’t always change the laws of nature and so you can’t change the past and what had happened. What you can change is how you perceive the events. You can change how you are going to move forward from it and how it affects you right now.

Metaphysical Anatomy Foundation

I am a researcher. For several years I was the head of research and development for one of the leading companies in sciences for rapid transformation. I have coached and trained thousands of people in over 40 countries around the world helping them to break through their emotional, psychological and spiritual barriers so that they can live the fullest expression of their life. During this time, my new modality MAP was designed.

When I teach MAP and when I work with my clients I have a set of firm beliefs and values that hold that helps me to create the strong healing platform that I work from.

- Any resource you need in order to succeed in life is already present, but simply blocked by trauma and stress.
- The only thing that stops you from creating what you want in your life is resourceful states of mind and emotion.
- Change can occur instantly. The full scope of the change and transformation may take several days to fully begin to even realize.
- Three things that are of utmost importance in change work. Permission from the client, alignment of intention between client and practitioner, and willingness to change right now on the part of the client.
- Both parties take 100% responsibility for the change work.
- Oneness is our essential Nature. With permission you can make changes inside yourself that support and encourages change within the other person as you bring the possibility of change into their consciousness.
- Limiting Beliefs are symptoms of underlying stress or trauma.
- Multiple limiting beliefs can be tied to a singular traumatic event .
- When we release trauma, it releases the surrounding belief structures related to it and the body can return to our natural harmonious state.
- Instincts are hardwired into the reptilian brain
- Instincts are not healed they are rebalanced
- Illness is an expression of suppressed trauma and the body being stressed.
- Know the difference between a fear and a valid instinctive reaction. Knowing the difference between instinctive responses and emotional responses based on past trauma and stress allows you to have the best judgment as to what to address during a healing session whether it's with yourself or a client.
- Once awakened states are retrieved people are empowered to make the highest and best actions and decisions.
- Openness and receptivity enhances the process of transformation and allows for the greatest flexibility and impact in one's life.
- The inability of the practitioner to access their abilities potential can sabotage the clients progress, healer heal thy self. Know that what ever is said is perfect and you can work without judgment and with what is presented to you.
- From a leadership perspective the more clarity you have about your own identity the more power and impact you will have in terms of awakening that level of clarity within someone else.
- Projection will occur. Remain dissociated stay in 3rd person, yet compassionate. Don't be part of the problem be part of the solution.

You must be curious by now, “What is the foundation of MAP and how does it work?” In short, I made a video that is posted on my site about the MAP technique. I also briefly outline

what is addressed during the MAP technique and my seminars. Note that I do have two different seminars though, one is Heal The Woman Within and Metaphysical Anatomy Process (MAP) technique. So I know by now the question is, what do you address and work on during the MAP technique?

Womb trauma



Womb trauma can take place from the time of conception to the very last moment that fetus is in the womb. Womb trauma or stress takes place when the mother of the baby experiences a great deal of stress or shock. Womb stress also takes place when the mother experiences repetitive negative emotions such as anger, feeling abused etc. while she is in her last trimester (6 – 9 months pregnant) this the time period when the fetus is much more sensitive as to how the mother is feeling, experiencing her environment and relationships.

When the mother experiences physical pain / trauma it can affect the fetal development during any period of his or her womb stages from 1 – 9 months. At this point the fetus can experience the mother's emotional stress at the time of the accident / physical trauma.

Pain and the Fascia

When working with physical pain ask when did the pain start. If the pain is due to physical injury then often where the pain is, is the primary starting point, however this starting point can also cause pain in other parts of the body as the injured part of the area can be pulling the fascia of the body in a different direction causing pain elsewhere – this is called secondary pain.

Pain can be healed using, white light, healing the mid brain and Breath Work. Before using any of these techniques, always heal what the person was emotionally feeling at the time of the injury or when the pain started.

Soul Copies

The term soul pieces (or soul fragments) are common in alternative healing. It is rare to find a precise definition or understanding of what it is. In the past I believed that soul pieces were pieces of another person's energy that you might have in your own energetic field. This soul piece can influence and affect how you emotionally feel. A person might end up expressing

or feeling the person's soul piece that is in their energy field.

Neurotransmitters



Neurotransmitter receptor. A neurotransmitter receptor (also known as a neuroreceptor) is a membrane receptor protein that is activated by a neurotransmitter. A membrane protein interacts with the phospholipid bilayer that encloses the cell and a membrane receptor protein interacts with a chemical in the cell's external environment, which binds to the cell. Membrane receptor proteins, in neuronal and glial cells, allow cells to communicate with one another through chemical signals.

In postsynaptic cells, neurotransmitter receptors receive signals that trigger an electrical signal, by regulating the activity of ion channels. The binding of neurotransmitters to specific receptors can change the membrane potential of a neuron. This can result in a signal that runs along the axon and can be passed along a neural network. On presynaptic cells the binding of a neurotransmitter to a specific receptor provides feedback and mediates excessive neurotransmitter release.

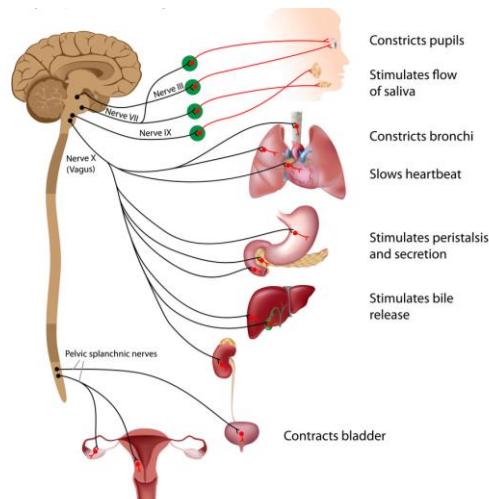
Nervous System

Spinal cord – it's column of nerve pathways in the vertebrae of spinal column and it receives sensory message from organs (muscles, joints, skin etc.) and carries them via nerve connection to higher brain centers. This is also where we store Ancestral Values and Beliefs.

Brainstem – this is also known as the Reptilian brain – this is where we feel our gut instincts, normally people would say that you feel your instincts in your gut, however the trigger point for these instincts starts in the Medulla. The Medulla contains primary motor / sensory center that regulate chest organs and abdomen. The heart and the gut often triggers off at the same when the flight or fight instinct is activated.

Midbrain – This part carries sensory / motor nerves messages to and from the brain to coordinate patterns of movement and also modulates pain. The Midbrain is above the Medulla

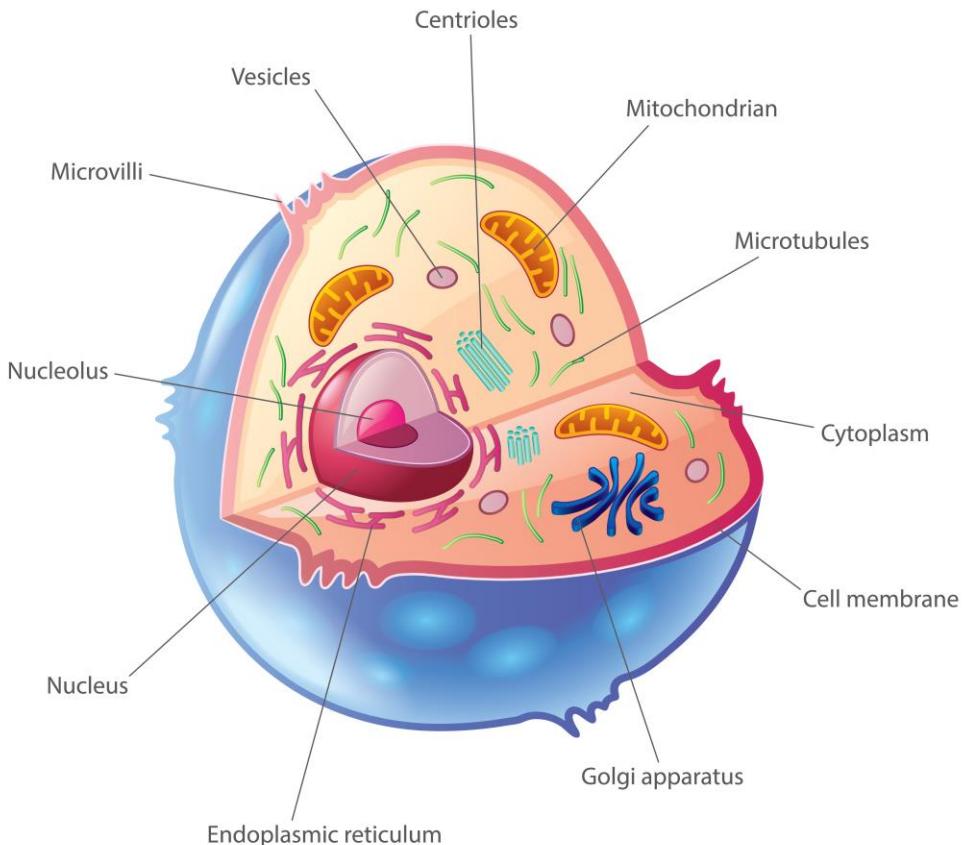
The Limbic System that is the emotional brain it holds functions such as arousal, feelings and expression.



The Master Cell

This cell is not just one cell, but one of many billion and trillions of cells in the body. When we work on the master cell we only need to work on and view one cell as any healings done in this cell will spontaneously reflect in all the other cells.

Trauma is stored in DNA in the Nucleus cell. Ancestral trauma is stored around the Nucleus shield.



Breath Work

This is a great technique to use when you feel stuck with a situation and when you or your client cannot see what the issue is. Breath Work helps the brain to move into a Gamma State, which is the highest brainwave state. When this state is achieved the DNA spontaneous stretches and allows for a quicker and gentler release of the issue that is being addressed. This is a wonderful technique that can be used. Different Brain waves states and which state to use when addressing a specific problem.

Chapter 2 Spirits, Angels and Past Lives

I have been asked many times, what I think of angels, guides and talking to people who have

passed over. I decided to share my thoughts and experiences. Angels, ascended masters and guides are a part of a person. No one is separate from that vibration in any way. People are all a part of a bigger picture. As humans, we are never separate from each other. The only thing that sets people apart is their biological experiences and genetic make-up. I always invite people to believe in whatever they feel comfortable believing in. I personally believe that there is no higher force than my soul. I believe that there is a spiritual aspect to everyone that is unique and separate to the biological body and one's biological level of awareness.

What if people are not ready to hear how amazing they are? Sometimes it's easier to believe in something that is bigger than you. People find comfort in believing that there is something greater out there, that is responsible for their lives, circumstances and the state of the world. People don't want to be a force that is so huge and powerful.

People's lack of worthiness often holds them back and blocks them from realizing that they can be the creator of their life right now. I always like to remind people, "You are the force behind the force and you are the law behind the law; it's never outside of yourself."

It's easier for people to make themselves small in the eyes of others, as then they do not challenge these people's insecurities. If a person stays in one place in their life then they are less likely to be hurt and influenced by others. Those "others" are actually part of this person; it's a part of their experience and they cannot avoid or hide from it. People share a certain degree of consciousness with one another. If a person really looks at it closely then it's like being dominated, controlled or bullied by them! It's quite funny when a person looks at it from this perspective. Sometimes when people argue with me about something, I can really see myself in their body. Sometimes I have my moments of clarity and realize that it's like arguing with myself.

When a person opens up to this possibility, the moment of recognition is truly amazing, the feelings of loneliness dissipate.

It is said that people who look outside of themselves for answers and guidance are not ready to step into their full glory and power. They are not ready to acknowledge how intelligent they are. They can't see that they are the healing force that can heal and change their own lives. They are not ready to take full control of themselves and their future. They don't feel worthy of being so big and amazing and they don't seem to realize that is OK to be so amazing. People are allowed to have their own belief system. People have permission to be who they are. People will make their big transition when they are ready to do so. I personally find it hard to debate with people who cannot see how amazing they are, independently on their own. When a person can't acknowledge how great they are without needing to search for something outside of themselves then it's quite painful to have this conversation. This is because they come from a place of trauma – not being able to see and acknowledge how great they are. Instead, they deflect by searching for something bigger and greater than themselves.

A related topic is the spirits of people who have passed away. I feel that there are aspects of a person that are left behind when they pass away. I refer to these as "memory pockets," places that hold the deceased person's entire life story. These memories can even interact, as if it's alive. I suspect that this might be the case when a person's soul has decided to move on and move back into the collective consciousness. It's like they leave an essence of themselves behind that loved ones can relate to and connect with.

My idea of angels and spirits has been quite rigid until I had a few unexpected experiences of my own that made me second-guess my opinions.

I had a client who came to me in order to help her work through her childhood trauma. She sat down and looked around a bit nervously, not sure of what to expect. [Note that I am not a medium and I do not connect to people who have passed over. In my world, this was

something that only happened to other people who had the “gift.” I refer to the word “gift” as we all have amazing abilities. It’s only suppressed by trauma. How can something be a “gift” if it’s a natural ability for us all?] As the session began, I felt a presence next to me on my left hand side. It felt as if someone was standing there, but I couldn’t see anything. It was actually quite distracting and I also didn’t want to alarm the client. Just as I was about to start talking to the client, I heard a deep voice coming from my left side. I nearly jumped off my chair. As I turned my head, I looked up right into a man’s face standing next to me. He had a red and black check shirt on with rolled up sleeves. There was one tattoo on the inside of his left arm. He had a very distinct moustache and he was holding a tobacco pipe in his hand. He wore blue jeans and had medium long messy, oily brown hair. He had piercing green eyes. I was speechless! He folded his arms and said, “Please tell my daughter that I am so sorry for leaving her with her mother when she was a young child. I drank and smoked so much to suppress my own anxiety. Please tell her how sorry I am for molesting her as a child. I was always scared how she might remember that it was I. I caused her so much pain and I am so sorry. She is here today because she needs to let go of her anger toward me.” I looked at the client in awe. I explained to her what he looked like, every little detail. When I finished explaining to her, describing what he looked like, she burst into tears and cried in a way that nearly had me in tears. She accessed a very deep, previously unexplored pain for the first time in her life. I told her what he said and her jaw dropped. She realized that this was really in fact her father. You could hear a pin drop, she was dead silent and so was I.

Then, there were more tears. After a while, she looked at me and said that this was the most amazing session. I told her that we had not even started. She didn’t need anything else other than to hear her father admit to his inappropriate behavior and apology to her. That was exactly what she needed at that time. I was amazed at how calm and balanced she appeared after that incident. She didn’t need or want anything else other than a heartfelt apology.

I was blown away myself! Her need for an apology was so strong that I suspect she created an amazing experience not just for herself but for me, as well.

If it challenges you to think of a spirit from beyond talking to us, you are in good company. Actually there are many different explanations for what I saw, most of them a lot more scientific than ghosts from the other side. Our preferred interpretation is to say that what I saw was a “soul piece” or missing piece of the client. She had not integrated her father’s energy because of trauma. His “spirit” (for lack of a better word) was an ancestral piece that she carried with her, in her field. In that case what I saw was part of her, not part of him. It certainly wasn’t his soul. What I know for sure is that these experiences only happen when there has been great trauma. Once the trauma is resolved, these experiences disappear (because the “spirit” itself is a symptom).

I had a client who had a five-year-old daughter that was terminally ill. This little girl had only a matter of months left to live. The mother talked to me a few times over the phone about her daughter and her condition. By this point, the daughter was not able to communicate properly and she had a really hard time walking. The little girl was sitting in her room at the time of the session. The mother told me that she didn’t know what to do anymore and she didn’t know how to help her child. I told her that she could start by giving her a hot dog and green soda, as it’s her favorite food and drink. She misses her favorite food. I just spontaneously said it without even thinking about it. The mother paused and said, “How did you know that? Yes, I have not given her that meal for a while and she does love it!” I felt the presence of a small child next to me when I explained to the mother what I sensed from her child. The child also revealed many private issues that the mother had with her husband that made her life more challenging than it should be. We worked through this and I helped her as

much as I could. The mother asked me why her daughter couldn't stay with them. I was very hesitant to continue the session. The mother's questions became more emotional and personal. I didn't want to be held accountable for something that I heard but couldn't even see or begin to explain! I decided to keep going and to see what would happen.

The worst thing that could happen was nothing. After a few minutes of silence, the answer from the child came through crystal clear. I heard the little girl say, "The way that things are right now in my mother and father's lives have to change. My mother and father's way of life as well as their marriage need to change. My parents are not spiritually growing together. They are suppressing each other and resent each other instead. Everything will change when I move on. If I stay, it's going to change the order of things. I am not meant to be here next year or the year after that. My consciousness left my body a long time ago. I check in every now and then, especially when my mother sings to me at nighttime. My mother is staring herself blind at my physical deteriorating body, but I am fine! I am and will always be OK."

I was fighting back tears as I explained to the mother what I heard. I made it clear to her that it was my interpretation and how I understood her daughter's message. We ended the conversation after the mother calmed down. The mother had a bittersweet response to what her daughter said. That night when I went to bed, I felt restless. I woke up at three o'clock in the morning, which is quite unusual for me. I heard light and small steps running around my bed. I could hear the steps running from the right side of the bed to the left side where I was. Something flicked my hand, which was hanging off the side of the bed. I pulled my hand back quickly not realizing what was going on. This continued for about a minute, until I suddenly heard a child's voice. It was my client's five-year-old daughter in spirit running around my bed. She said, "See, see! I am fine! There is nothing wrong with me, I am not sick I am OK. Please tell my mother that I am OK, she cried about me again last night because my physical body can't walk properly anymore. Please tell her I am safe." I heard her loud and clear. To say that I was shocked is an understatement. This experience completely rattled the foundation of my beliefs.

The next morning I called the mother and told her what happened. I could hear and sense that she settled down a lot after that message. She started to accept things the way that they were. This was a tough case for me. It was very emotional and yet so amazing and profound. That little girl opened up a whole new world for me with so many new possibilities. She was so receptive and easy to communicate with. She is a very special soul! It was the most amazing experience that I have ever had with a client. I don't always have these experiences and they often surface in very random circumstances with different people.

Moving back to our initial topic, nothing I say or do can change a person's thoughts or beliefs. That is not my job and that is not the purpose of these few paragraphs. I am merely answering questions that many people have asked me. I prefer not to share my opinion to a great extent. I prefer to empower people to believe what they want to believe in. It is not and never has been my job to challenge another's values and belief system. I help and support people to find a common ground between their beliefs and the new possibilities and concepts that are out there. People should always try to listen, to find a balance between another's values and their own instead of first judging and criticizing someone else's values.

Past Lives

There is a time and place for this subject. When you are working with trauma and biology then it is important that you stay focused on the biology. If you find yourself referring to a time in your past life that cannot be resolved, ask, "When did a similar trauma take place

recently, in this life?" Remember that the actual trauma might not have taken place in this life, it could be related to ancestral trauma. Focus on how the past life trauma makes you feel. Then explore circumstances or people that have made you feel the same way as the past life trauma. If you try to heal biological trauma in a past life you will have a never ending session as there will always be something new to heal. During my sessions I don't focus on past lives being the source of a client's problems, they can still be very real. When I get to the healing step of acknowledging the trauma and biological history, I will often ask my client to acknowledge the past life memories if that is important to them.

Changing the Past

In MA, I do not change the past. I only release the trauma and stress that influences how a client responds to the past. I release the impact trauma has on a client. Instead of responding to past trauma in the form of anxiety, panic, fear, stress or depression, we work toward completing and releasing trauma. My aim in MA is for my client to feel calm, happy and at peace within themselves, as well as feeling proactive in creating new healthy and sensible changes.

Chapter 3: Genetic Disorders

Genetic disorders are diseases or disorders that are inherited genetically. These conditions are caused by an abnormality in an individual's DNA. Abnormalities can range from a small mutation in a single gene, to the addition or subtraction of an entire chromosome or set of chromosomes. There are several types of genetic disorders. These may include single gene disorders (a single gene mutates, such as sickle cell disease); chromosomal disorders (an entire chromosome mutates or is repeated or missing, such as in Downs Syndrome); or multifactorial disorders in which multiple mutations exist, often triggered by environmental factors.

There are healing techniques that “heal the DNA” and claim to be able to treat genetic disorders including single gene or chromosomal disorders. Unfortunately, these claims are untrue. At the present time, there is no alternative, complementary or allopathic cure for single gene or chromosomal disorders. That said, complementary (and allopathic) treatments exist which can postpone the onset of symptoms or improve quality of life in many cases. This is valuable and I encourage anyone with these conditions to get treatment.

The word miracle is often overused. However, there’s no doubt that I have seen instant remissions that doctors could not explain. I believe that this occurred because the conditions were epigenetic rather than strictly genetic – that is to say that environmental triggers created epigenetic changes, which in turn caused specific genes to switch from on to off. The DNA itself does not change, only the epigenetic switch and how it is expressed in the nucleus cell.

Note that there is a huge difference between claiming to change an epigenetic marker and claiming to “reprogram your DNA.” Techniques claiming to reprogram your DNA are easy to disprove. If you have a genetic predisposition for condition X, see a “DNA therapist,” and if they say it was successful, go back and have the same test. The DNA has not changed.

The human epigenome has not yet been mapped out the way that the human genome has. However, in time, surely within the next 20 years, I will have these answers and hopefully a scientific explanation.

How can we work with epigenetic conditions or genetic disorders with an environmental trigger? If the condition is epigenetic, it suggests an ancestral trauma exists. The trigger in the client’s lifetime probably activated the ancestral trauma. Try to identify the environmental trigger or stress and then trace it back to its ancestral origin.

Environmental factors during these key developmental stages cause a disproportionate number of our symptoms.

Chapter 4: Emotions – Untangling them, Recognizing them

Emotions are moods, temperament, personality and a mental state that arises spontaneously. Expressing an emotion does not necessarily require a conscious effort for it to be experienced or communicated. Emotions are merely a symptom of a much deeper trauma or layered events that contributed to an emotion forming in the ancestry, which is now being expressed in your life. Emotions may arise in response to changes in a person’s life or environment. Emotions are a symptom of deep-seated problems or positive experiences and are not the original cause or starting point of an emotion being expressed. Emotions, in my opinion, are an expression of genetic programming and culture.

I believe that there is already a predisposition within a person to experience a variety of emotions. Whatever traits / emotions / patterns people are born with will surface in their life from a very young age, as they begin to interact with the world. The environment a person is raised in will trigger and set off different predisposed emotional responses and coping strategies and allow them to explore how various situations make them feel.

People do not often take the time to be really present with themselves so that they can

experience and observe how they react to certain people, situations, weather patterns or their environment. A person may be aware that the way they respond to someone does not necessarily resonate with how they feel. One reason for this could be that they are feeling an emotion, which triggers an old suppressed trauma and the current circumstances triggers a stressful memory in the unconscious mind. This complicates issues and scrambles a person's ability to effectively communicate how they really feel. It makes it harder to understand why a person feel the way they do as the trauma might not be so easy to spot and recognize. It may be that the person feels the symptoms of the trauma, while the actual trauma is a mystery to them.

People may be predisposed to patterns such as tempers or depression because of deep-seated trauma. This is because everything has been set and stored during the cell division stages after fertilization. If someone has a predisposition for sadness or loneliness, then they will readily respond to circumstances in their environment that provoke these emotions. I suspect that we experience an emotion if there is already a predisposition for it, otherwise where does the emotional response come from, especially during one's childhood. As an adult there is more time to adjust to circumstances, resist etc. as there is a stronger emotional foundation as a result of experiences had and the environment triggering certain predispositions.

People who are apathetic toward others have a block that suppresses their ability to feel empathy as a result of head trauma during birth or due to inherited biological imbalances.

The options are endless. Keep in mind that if a person was born depressed, it does not mean that they were born without an ability to feel happiness and joy! There is merely a trauma or biological imbalance that is blocking the mind from experiencing pleasure and bliss. Emotions can be controlled by trauma. Let's say that someone's ability to feel happiness is temporarily dormant or suppressed. The ability to feel enjoyment can be 'reawakened' by dealing with the issue that caused it to become dormant or suppressed.

The fewer traumas there are in someone's life, during birth and fetal stages, the clearer they should be able express and feel their emotions.

Emotional Conflict

Emotions are a symptom of the original problem and not the problem itself. Emotional conflict starts as a process during early childhood. For example: Children experience emotions and patterns that are a predisposition from their parents. As the child matures, the parents project their emotions e.g. their fears, insecurities and daily stress onto the child, both consciously and unconsciously. The child will readily accept what they see and experience. They observe their parents' behavior for guidance on how they should handle future problems and circumstances. What the child observes, they accept and adopt in order to psychologically and physically survive. The child might see a parent behave toward someone or some circumstance in a certain way. The child does not necessary understand why the parent behaves the way that they do; yet the child copies the behavior of the parent. Children unconsciously accept and often copy emotions that they observe in others and emotions they experience themselves as valid and true -even if they do not hold the trauma for that specific emotion. For example: A child observes her mother yelling at her siblings when they do not listen to her. If this is repeated often enough in the presence of the child, she might grow up and yell at people and her own children one day. This action is merely a reaction when she feels ignored. She is not necessarily yelling at them because she is actually angry. She yells because that is how she learned to express boundaries when she feels disrespected or ignored.

Emotional patterns and values of the parents that are projected onto the child which are repeated on a regular basis can one day become the child's absolute truth and foundation. The conflict starts when the child becomes an adult and all the mixed emotional signals begin to surface. They will experience and feel emotions that have been triggered by trauma. This might create a conflict with the emotional patterns that they observed from their parents in their childhood. For example: Let's say that Tom is exposed to his father's bad temper and he saw his mother become submissive and fearful towards her husband. If this scenario is repeated enough, Tom will start to feel emotional conflict when dealing with confrontational circumstances. His bad temper will most likely attract confrontational people and circumstances into his life. When he is involved in an argumentative situation due to his bad temper, Tom will find himself in a fight or flight response. He will become submissive once actually confronted with the consequences of his bad temper.

I have seen passive-aggressive clients with these same patterns and family history. It can be quite challenging for these people. In MA, these symptoms are usually resolved as the underlying trauma is resolved.

Key Emotions during a session

This section describes some of the key emotions, which can surface during a session. The purpose is to help you to understand and identify emotions. Sometimes you may feel something but lack a word for it. Other times you are aware of what the label is for the emotion (e.g. loneliness). This section may help. In several cases (such as anxiety, depression) the emotional state here also corresponds with an entry in this book's encyclopedia of metaphysical anatomy.

Abandonment

Abandonment often takes place after birth (this is when you are more conscious of when someone is present in your environment versus being alone, separated from the source of food and feeling vulnerable). When a person feels abandoned, they feel lonely, unsupported and threatened with no protection available to them. Those who suffered from abandonment as a young child often surround themselves with people / objects and even unhealthy relationships in order to fill an empty void. It becomes easier to dissociate from feelings and to place others needs first, in the search for acceptance and love. In this situation, value is measured by how much is done and given in sacrifice for others. This is also related to ancestral trauma such as adoption or separation trauma during wars and kidnapping.

Alone / Loss

This feeling can be described as a void, a sensation in the central column or center of the body. It feels as if something is missing and has been since birth. The feelings can be so strong; it is as if something is physically missing. Some avoid this feeling by moving into one of the other minds. This could be the Head Mind, Heart Mind, Gut Mind or Sexual Mind. This is done in order to connect to a false sense of identity, as a substitute for the part that is missing or suppressed due to a very early trauma. Now the power is drawn from one of these minds instead of being coherent with all the minds. As a result, you may feel rejected and abandoned by influential people, when your survival instincts not being met. This could include not having a home or no access to food. Caretakers may have been emotionally unavailable yet physically present. This includes a lack of attention after birth, loss of placenta, separation from womb or lack of support, love and protection during childhood. It may also be caused by someone who passed away, parents divorcing or being separated from

a beloved pet that gave comfort during a time of need.

Anger / Rage

Anger and rage are not actual emotions. They are a reaction to something much deeper. Anger and rage are merely symptoms of an emotion. When you feel too vulnerable to express how you really feel, anger sets in. People often feel more confident to express their boundaries when they are upset. Anger is a way of reclaiming power and setting boundaries in an unhealthy way. It's a response, driven by feeling fed-up, helpless, scared or out of control.

Anxiety

There are two ways that I interpret anxiety. One is that more than one unprocessed trauma has resurfaced. It becomes impossible to identify what it is causing you to feel overwhelmed. Someone or something has triggered a deep trauma that may have taken place in utero. Diet also plays an important role. It may also be a resistance stepping into an opportunity that is being presented. You may or may not be consciously aware of this opportunity. New doors and higher levels of consciousness are unveiling themselves. What are you afraid of? Why are you resistant to this new phase that is unfolding itself? There is more about this topic in the book under the heading Anxiety.

Boundaries

Boundaries define a person's territory – the space in which they feel safe. Physical boundaries define the physical territory – where a person ends and where another person (or outside world) begins. This also includes overstepping / disrespecting someone else's physical boundaries or physically touching a person in a way that could make the other party feel uncomfortable without their permission. Emotional boundaries define one's emotional space. A similar principle applies to spiritual, financial, psychic and intellectual boundaries and territory.

You should be able to say "no" without feeling guilty or manipulated. You will find that the more you resist expressing boundaries, the more you will attract circumstances, which reinforce the fear of setting boundaries.

Quite often you will cross paths with someone who has an invasive nature / personality. These people may find it challenging to recognize other people's boundaries and often fail to respect them. Their own boundaries in life may have been violated or disrespected to such an extent that they do not know what their own boundaries are or should be. It could be they feel that expressing boundaries will only result in rejection, abuse or abandonment. People may use their anger and rage to express boundaries with others. I have seen people who did not want to improve their quality of life. They found it much easier to express boundaries when they were sick. They found that in a weakened state, their loved ones respected their wishes more often.

If you do not know what your emotional and physical boundaries are, how are you going to express them and expect others to recognize them?

I have made interesting observations with clients who consistently fail to recognize other's boundaries. Some came from a background where they were not educated about boundaries by their parents. In other cases, the parents had no consideration for other peoples' boundaries, so their own boundaries had been violated and disrespected to such an extent that they did not know what their own boundaries should be.

Your experiences in life help you form a general basis of emotional and physical boundaries. Painful or unpleasant feedback may lead you to avoid moving beyond certain

boundaries. Positive feedback stimulates a person to explore that boundary more. People are continuously forming and reforming their boundaries based on their life experiences and the sensory messages associated with those encounters. Positive ongoing experiences reinforce healthy boundaries.

Infants do not have boundaries until they are taught. The way boundaries are introduced sets the foundation for their understanding of boundaries. As a child, there is no awareness as to whether a boundary is good or bad.

Shame and boundaries often go hand in hand. A mother might be upset or angered by the child's behavior. She might use manipulation and shame by saying how bad the child is for doing ___. The child then feels ashamed for what they have done.

When a child experiences hostility or abuse from a caregiver it may make the child feel that there is no safe place (no buffer) between themselves and the world.

I once saw a client who told me that she had good boundaries as she yelled at her father when he disrespected her boundaries. She needed to yell and stamp her feet in order to be heard. She did not express boundaries in a confident manner. She expressed her boundaries from a place of fear and she only felt heard and safe when she yelled.

The more confident you are, the better and more clearly you can communicate your boundaries in a calm manner.

When Anger becomes your Boundary: Healthy boundaries are a happy medium – a balance between weak boundaries on one side and rigid or over-corrected boundaries on the other. There are pitfalls to both extremes, and most people trying to heal from abuse or a traumatic event that greatly challenged their boundaries (this could also be a result of long term stress and does not have to tie in with a singular event) will vary between extremes before achieving a healthy balance.

As a child, my boundaries were never respected. I grew up with very poor boundaries. Saying "no" was challenging, as in the past it always provoked confrontation and rejection.

As I matured, I over-corrected my poor boundaries and became explosively angry and resentful. I realized that this happened as a result of skipping an important step, loving myself enough to say "no." I didn't respect my own boundaries, so why would other people respect them? I didn't even know what my boundaries should be. There was no guideline to follow.

I had to start clearing the abuse trauma first, before I really had the strength and self-love to say "no." Then I started to establish my boundaries based on circumstances and how they made me feel. There were times when my boundaries provoked conflict, however I quickly learned that the conflict was a result of the abusers' frustration. Suddenly the abusers in my life were not able to manipulate and control me anymore.

You should not have to over-correct your boundaries. If you do, then it means you are still in fear of not being heard and respected. When you over-correct your boundaries, it causes only more problems, because the people that you are setting boundaries with can sense that you are not coming from a place of power. When someone is being firm, you can feel whether that person is confident, or fearful, angry or insecure.

Any person can often recognize the difference between when you are coming from a place of power and when you are scared and fearful. It is also important that you recognize the difference between when you are fearful or confident.

Note for Practitioners: When working on a client's boundaries, explore what happened the first time the client said "no." Also explore what the client's parents' marital relationship was like and how they interacted with each other. Was a pattern set in place?

Control

This includes those who need to be in control and who fear being out of control. All of us have control dramas here and there. What sets people apart are how they deal with their circumstances. The more traumas a person has experienced, the more intense their behavior might become when they are faced with a situation that makes them feel out of control. The situation might be quite acceptable to another individual. When a person is in control, they feel safe and protected. Those who need to micro manage (control) everything in their environment have a great need for safety. Their controlling manner is a means of overcompensating for the lack of control they may have had during their childhood and adolescent years. The more you understand yourself and why you behave the way you do, the safer you feel. Those who need to be in control are often very territorial, as this is a way of securing the environment and their feelings within a comfort zone that feels familiar.

Identify and resolve the secondary gain of any control drama (resolve the fear). For example, if you have a need to control everything, pretend you've lost complete control of your life. What fear surfaces when you image this?

Identify and resolve the attachment you have to being in control.

Note for practitioners: Ask the client to pretend that all of the above stresses and trauma and control dramas were taken away. Who are they now? What is their identity? What is the worst thing that can possibly happen if they let go? It is important to identify the fear its origin and the reason why it's still there (secondary gain).

Defensive

Being overly defensive stems from a childhood spent feeling attacked and controlled, trapped with a lack of freedom. Being overly defensive is often the end result of failed boundaries in the past, which can leave a person feeling always on guard and being taken advantage of. As a result, it is easy to become oversensitive to insults and perceived attacks from others. You may find yourself looking for problems that don't exist, getting caught up in many different arguments. Abuse and lack of protection may have been so much a part of life that it can be challenging to move away from this pattern. You may unconsciously create circumstances that result in feeling a need to defend yourself.

You may be stuck in a fight or flight instinct and the traumas that have caused you to feel this way have not been completed. Often there is a conflict between the flight and fight instinct, which causes a heightened sense of stress, anxiety and oversensitivity.

Depressed: See Depression

Fear

Fear is a natural response to trauma as the brain seeks to protect itself from things that are associated with trauma. For example: a fear of the dark can be found in people who were abused as children. The nervous system can over-compensate and create fears, which are not directly associated with the original trauma (the abuse could create a fear of spiders or heights). The key is to remember that in most cases fear is just another symptom of a trauma not always directly related to the fear.

Ask yourself how the fear makes you feel—the answer will help you access your emotions, rather than focusing on the symptom.

Note for Practitioners: The art is to guide the client through finding and resolving the

actual trauma. Practitioners often become stuck when they focus only on the symptoms of the fear.

Guilt

People are often made to feel guilty by their abusers and influential people whenever they express boundaries. As a result, a person may associate guilt and selfishness with expressing boundaries. Manipulation was used with the intention of changing a person's mind or actions in order to do what the influential person wanted. Strong boundaries = manipulation, rejection, punishment. Poor boundaries = love, attention, acceptance.

In the case of abuse, guilt is often projected on to the victim as a means of controlling and manipulating them. Guilt can stem from needing or desiring the same affection that was wrongfully brought upon them. Feelings of guilt can occur when the unconscious mind wants to recreate the associations they made with abuse or violation in their childhood. When love has only been shown through abuse or violation, it is not difficult to make an association that abusive behavior equals love.

Pain

When working on issues such as pain, whether it is in the back area, legs, stomach, neck, toothache, sinus pressure, headaches, or joints, I always look at the specific area that is affected. What is the meaning / message in the body part that is affected? If that part of the body and the pain had a voice, what would it say?

Sometimes people can have a low level of pain somewhere in their body, say in their foot. Then a few days later their knee begins to hurt. The pain (pressure / tension) in their foot might move to the knee. This may be because they were unconsciously avoiding that foot and favoring the other side. This imbalance aggravates sensitivity in the knee. Tension and energy in the body can move around and is often attracted to weak areas such as an injury.

The body seems to have a way of distributing pain if the pain is not managed and dealt with immediately. Always take note of this when working on pain related issues. It is important that you explore the first original pain / injury that started and not necessarily the most painful point! Sometimes pain can surface merely just because a person's parents told them that they will suffer from similar medical problems. People also get more attention when they are in pain.

Secondary Gains are discussed in more detail in this book. I have met people that felt incredibly comfortable being in pain because it made them feel alive and present in their day-to-day life. When people have been in pain for a long period of time, it can become difficult for them to imagine what their life would be like without any pain. It defines their identity.

Physical pain might even distract you from emotions and past trauma. People can unconsciously hold on to pain in order to avoid feeling or remembering an emotionally painful past.

When a person cannot stop or control something in their life, they adapt to it. This is the body's way of coping with stress. In these cases, pain can become a part of someone's life and identity. Ask yourself, "Who would I be without this pain?" Explore how the pain may be serving you. Look at the Secondary Gain section for more information.

Rejection

Rejection takes place when one feels they have been excluded from a group or environment. It creates feelings of insignificance and isolation from a community, which produces a great deal of anxiety. When you feel rejected, you feel you lack support or cannot accomplish goals

on your own. It's human nature to be a part of a community, to work together, live together and socialize together. People can become depressed and even ill if they cut themselves off from their communities. Influential people can sometimes use rejection as a form of manipulation and punishment as well.

Resentment

This comes into play when a person is struggling to let go of the actions of people or circumstances that caused them harm or stress. Resentment often serves a purpose, as you can draw personal power from it when it's used to express boundaries and build walls. With resentment, you can become a force to be reckoned with, making up for the emotional pain you were forced to endure.

Resentment can also occur when you fail to set boundaries and as a result, feel taken advantage of and misused.

Rigidity / Stubbornness

Are you stubborn in your adherence to what you perceive as right or true? Do you have to be right? Is your way better? Consider: how do you react when someone suggests they know a better way? Are you open to other's ideas or do you stubbornly refuse to see their point of view?

The human body has a way of sending messages when a person is disconnected from what's going on in their life. If you are stubborn in your relationship with truth, if you are rigid or inflexible then this will come up strongly in your body. It's the muscles that hold this energy, since muscles give people both strength and flexibility, they will hold the trauma of being inflexible or rigid (misuse of strength, locking the muscles).

People have been brainwashed to be strong (especially men). People have been taught to always keep it all together. Inevitably, people become rigid in their life as a way of protecting their fragile emotional state. Showing emotions is seen as a weakness. They may not have grown up feeling safe and comfortable feeling connected to their emotions. Women seem to be more emotional and willing to explore their emotions. When their childhood is disrupted with abuse, hostility and dominance then they instinctively become rigid. Rigidity protects people from the full brunt of their parents' actions and reactions. Being rigid may have become a safety mechanism and you may be very hesitant to let go of any rigid patterns. You may have had only yourself to rely on in the past, so you don't trust others. It is important to acknowledge this rigidity and how it serves you. Perhaps you were raised in a busy environment, where many changes took place in a short period of time. Being rigid is often a way of controlling the environment when you start to feel out of control. Identify where you hold on to patterns of rigidity and stubbornness – is it in your personal life, relationships, within the families or at work? What issues make you feel rigid and inflexible?

Selfishness

There are those who have been part of a family or circumstances that had a poverty consciousness. They may have grown up with a lack of love, support, attention, and acknowledgement. This may create a situation where you overcompensate by holding on to people and things that you didn't always have in childhood. Perhaps the mother (or maternal figure) was hostile and insecure. Her ability to love and provide was challenged by her own trauma. Selfishness can also stem from being an only child and growing up without having to share their space and personal belongings. The main key point to focus on is lack—lack of what?

Separation (feeling separate)

In the MA language, this can be experienced by the soul mind the first time the soul's awareness moves into the awareness of the physical body. It can be a stressful experience for the soul to experience such separateness. The soul's origin is part of a collective consciousness. The soul now experiences the ego and biological issues for the first time. The soul might feel that it needs the ego to survive in this separate state of mind. This also goes hand in hand with rejection. The ego was already part of the biology, so the reference for the ego is already there. The ego is what separates people from one another. People are meant to be of service to each other and the world.

Trauma related to separateness also stems from being born and being separated from the placenta. The placenta is very much a part of the human body. Losing the placenta could be experienced the same way as losing a limb. Losing the placenta is a natural process and should not be traumatic. It is thought to be experienced as a traumatic transition for the baby.

Ego is the part of a person that feels different or separate from other people. It is the illusion of having a sense of self or identity. There is nothing wrong with having an ego – it is a necessary illusion. Without ego, a person would not achieve or aspire to their goals. It is how this person goes about achieving the success that defines whether the ego is being used in a positive or destructive way. The human experience requires a person to feel separate in order to achieve what they believe is their purpose. Without ego, there would be no motivation to become successful. One issue is attachment (e.g. attachment to a specific identity).

Another issue is the belief that people think they are better than, or more entitled than, other people. In this case, they have fallen victim to their own illusion. The illusion that they are different is meant to be used to their advantage, but not believed.

Tribal Trauma / Ancestral

There are those who have reported that they have a fear of letting go of certain family and old ancestral values and patterns. The fear is that if they resolve their ancestral trauma then they would be dishonoring their ancestral journey, suffering and loss. Stagnant traumas often release easier once this fear / block has been acknowledged. Some form the basis of their personalities around their ancestral history and their trauma, which may stem from a need to be accepted by the family, or fear of being attacked or abandoned if they move away from their values. The ancestral trauma also helps one to identify with a culture or group and gives a sense of belonging. Releasing this ancestral trauma can almost feel like losing a part of your personality / identity. You can release ancestral patterns and life experiences that contributed to your biological make-up and still honor their history and how they contributed to your biological blue print.

Note to Practitioner: Helping a client to release their ancestral trauma can almost feel like losing a part of their personality / identity. It is important that client understands from the beginning that their identity is on a soul level, their body and biological make up is just part of their physical life experience.

You no longer need the pain of their history and life experiences. It's like letting go of grief. Sometimes people hold on to the grief of losing someone because they fear that if they let go of the pain then they lose their last connection to the memory of the deceased. This is not the case, the sadness can be resolved and the deceased can be remembered for all the right and healthy reasons.

Trust

Trust is a process of setting good boundaries, opening some doors and closing others and knowing that you are making the right decisions. Trust issues are one of the main control dramas in a person's life. Are you a trusting person or are you an example of once bitten, twice shy? Do others trust you, or, do you radiate the vibe of being untrustworthy? In our experience, most trust issues boil down to trauma from past abuse of trust. Trauma associated with being disconnected from other people because when people are disconnected from others, it becomes hard to trust. Lack of discernment could include incorrect associations, such as who, what, where and when to trust. An individual's tendencies around trust speak volumes about their childhood and life story. Can people trust one another? Do you know when to trust and when not to?

When working with trust issues, such as trusting too much or too little, you will need to examine the secondary gains around trust. There is a secondary gain to not trusting, which is a fear of being hurt (if I trust then I'll be hurt). Trust itself exists because there is a benefit – trust keeps the family / society together. Trust may be a biological instinct in that some trust is vital for society to function. People who trust too much may be refusing to see that people in their life (e.g. a partner) are untrustworthy, the secondary gain (maintaining the family) related to trust is too high.

Trauma creates an imbalance in a person's ability to set an intention to trust others. It influences your connection with yourself and your willingness to listen to your own judgment and intuition. Eventually, you may stop finding that safe place within to make day-to-day decisions, both for yourself and your family and work. If you do not trust the intentions of others, you may feel that everyone has a selfish agenda.

The benefit of dealing with trust issues is that you can begin to feel safe again. You can move forward with ease, having healthy relationships because you are enabled to ultimately accelerate within yourself and your personal growth. It is so important to feel safe as that is how you can make good decisions instead of making fear based decisions. The human evolution depends on a person's ability to trust, to choose the right partner, make the right career choices, all those components that help you to evolve and sharpen survival skills. Human culture has evolved to create a civilization of communities, which depend on mutual trust and cooperation.

Once there has been a disruption in the natural flow of trust, it can wreak emotional havoc and incoherence during decision-making processes. When there are trust issues, it is important to look at your relationship with a primary caregiver. This primary caregiver may be seen as a source of food, love and safety and even be considered a godlike figure. When there is hostility and lack of trust due to any kind of abuse in this relationship, it can inevitably cause trust issues in future relationships. Any kind of unhealthy tension with a primary caregiver is enough to result in trust issues.

A child doesn't have a choice when it comes to trusting their caretakers. Once a person has reached an age where they can understand their circumstances, they start to rebel against the system. Trust is not an action or ability, but merely an intention where a person needs to feel safe enough to follow through on their intent to trust.

Chapter 5: Recovering Your Natural States

Let's start by defining what a state is. A state is a present condition or consciousness of a person at any given time. This state can be positive or negative depending on the person's circumstances which could either have a negative or positive effect on them.

We are always trying to access positive states in life by engaging in activities such as drinking or participating in sports activities (running for example). Everybody knows unconsciously that there is a memory of these positive states that they sometimes feel momentarily. We lose these states during our developmental events (e.g. trauma) where trauma blocks a person from experiencing certain states. As a result, we only experience momentary glimpses of these states. These states often come to the surface involuntarily or when we engage in certain activities. When these states are temporarily recovered while we engage in certain activities such as running for example, we associate this activity with the positive state that we experience. We keep repeating these activities with the intention of continually accessing these states. However, the states that we achieve and feel are only temporary, as any trauma that is blocking them, has not been resolved.

How can you maintain these states that you only seem to catch glimpses of? You would need to resolve specific traumas that took place at particular developmental events in order to recover your natural states.

Some examples of different states that we are born with are: Inner Transformation State, Inner Balance State, Gratitude State and the Here and Now State. I am just giving these emotional states names so that we have specific emotional states to refer to during this introduction. Most people cannot access their natural emotional states as their states were

suppressed by trauma.

The trauma that blocks these states often takes place during a person's conception, birth and childhood stages. Once certain trauma points have been released, our natural emotional states are automatically restored and we can enjoy our natural states on a permanent basis. Once trauma that blocks our states has been resolved, the state that is recovered is lasting. The specific points that were unblocked in your biology stay cleared and your state is always active.

These states help you to manage your emotions and greatly improve your quality of life. Your emotional intelligence and awareness are heightened and you are not driven and controlled by the intense emotions that were once held in place by specific traumas. When your natural states are recovered, you can then manage your overall emotional state better than the average person who has not recovered their natural states. When your emotions are activated, you can blindly do things that you might regret later on. The states work to help you control these impulsive urges and bring you back to a more grounded frame of mind. You are able to make better decisions with more objectivity, clarity and discernment. These are just some of the many benefits you will get from recovering your natural states.

When we experience trauma, it greatly affects the way we see the world. Whether this trauma occurred before or during conception / birth, it will have an affect. Decisions, reactions and interactions between others and us are influenced by trauma. When trauma is healed, you experience more than just relief from stress. It changes how you experience your life, interact with others and most important of all, it changes and greatly improves the way you see yourself and the world. Your judgment towards life and people changes, as it is not affected by trauma.

Your perception is not controlled by past trauma. You are able to start seeing and observing people more clearly, with more, understanding and compassion. You are also less emotionally activated as old trauma has been lifted and healed. This means that you do not have as much trauma that can be activated in your daily life. It truly takes the definition of emotional freedom to a new level!

Our natural states are calm; there is no trauma associated with our natural states. This means that when we experience The Gratitude State for example, you feel a gentle and calm state of gratitude towards yourself, others and your environment. States are by their very nature, gentle; they are not heightened emotions. When you experience a state, you feel calm and peaceful along with the description (symptoms) of the state that was recovered. Our natural states are calm and peaceful. There should be no charge, such as positive or negative. Even heightened positive states such as nervous laughter or even excitement can and will still drain your energy and even though you associate positive experiences with these emotional reactions doesn't mean that they are always necessarily good for us. Anything that can potentially drain the body energetically is considered trauma (yes that includes positive trauma). Positive trauma is trauma and depletes you either way. Our natural states are consistent and gentle and do not cause any stress to the body. Our natural states are there to keep us calm, in harmony and coherent within ourselves and within our environment.

Natural States that are now being recovered

Inner Transformation State

This state will enable you to reach a more peaceful mental state. There will be less clutter in your mind. This state will also create a desire to change things around in your life and to find a direction that suits your needs and future goals. Summarized in short, if something needs to

give in your life then this state will bring it about quicker and give you the drive to move forward. You will reinvent your life in a way that will give you the freedom that you need and desire in order to reach your highest potential. You will notice gentle effects and results of this state during a period of four months after process.

An important observation that we made was that people needed to let go of certain habits, patterns and relationships that no longer serve them. This state will put the wheel of change in motion and push you to make the necessary changes. You will start to recognize and feel that which no longer serves your purpose, especially if you are not doing what you feel you are meant to do or if you are not with the right partner, for example.

The ITS will require you to make changes in your life. For this reason, you might not feel the results straight away. You feel suddenly that you are free and feeling free from cultural expectations, projections of others and stigmas. Past activities that were driven and motivated by trauma start to dissolve. You will find that after recovering this state, it will be more challenging for others to manipulate you as well.

Gratitude State

Blocks that hindered your ability to be fully present in your life will be lifted and cleared when this state is recovered. You will be more receptive to your environment, feel your emotions and you will be more open to becoming aware of blessings that you surrounded by in life.

Your perception and the way you perceive your reality is not blocked and filtered by trauma. You are able to see and experience positive aspects to all situations and interactions with people. This state also raises your relationship with yourself to a new and profound level, as you will find that you feel more appreciative of yourself and what you have achieved in your life. You will feel a great sense of gratitude toward yourself and others. This state also makes it easier to forgive and forget, as you are able to see the teaching and learning in each situation, instead of staring yourself blind with resentment and blame. It enables you to see ‘the other side’ of the story when caught up in disputes, as well. You will find that you are more centered and calm in the face of adversity, as it will be easier for you to see and hear another person’s point of view. You experience conflict in a calmer fashion. This state is also wonderful for people who experienced abuse, as it helps the person to focus more on the good aspects of their life rather than resenting their circumstances. They are able to see the blessings in their current life, thereby greatly improving their quality of life!

Being Here and Now

You feel that you become one with the world; there is a sense of oneness and you no longer have that sense of ‘separation.’ Your inner world feels connected to the outside world; you feel more connected to nature and you will also find that you have a deeper and more meaningful connection with people who also have this state. It takes the concept of being present to a new level! Your 3-D vision becomes deeper and clearer, your surroundings become full of life. You start to feel connected to the people and things that you once took for granted. Your peripheral vision widens and you are able to keep your focus for longer and you are more present with people in your environment. You feel serene, blissful, peaceful and grounded. You will feel that all is well. This state is great for children, as it helps to keep them more present and stabilizes them to a great extent.

Inner Balance

The name says it all. You will discover that you find your balance and coherent state much

quicker after an argument or trauma. It gives you peace of mind and helps you to feel more comfortable within yourself. You don't always feel so activated by your environment and there is a deeper sense of calmness and peace in your life.

Disconnection Process

The Disconnect Process will assist you in letting go of people that no longer serve you. It will also help you to let go of unhealthy attachments that you have with people that are not for your highest and best. This process releases a great deal of emotional stress and the neediness you may feel toward the person you would like to disconnect from; they will no longer have free rent in your mind.

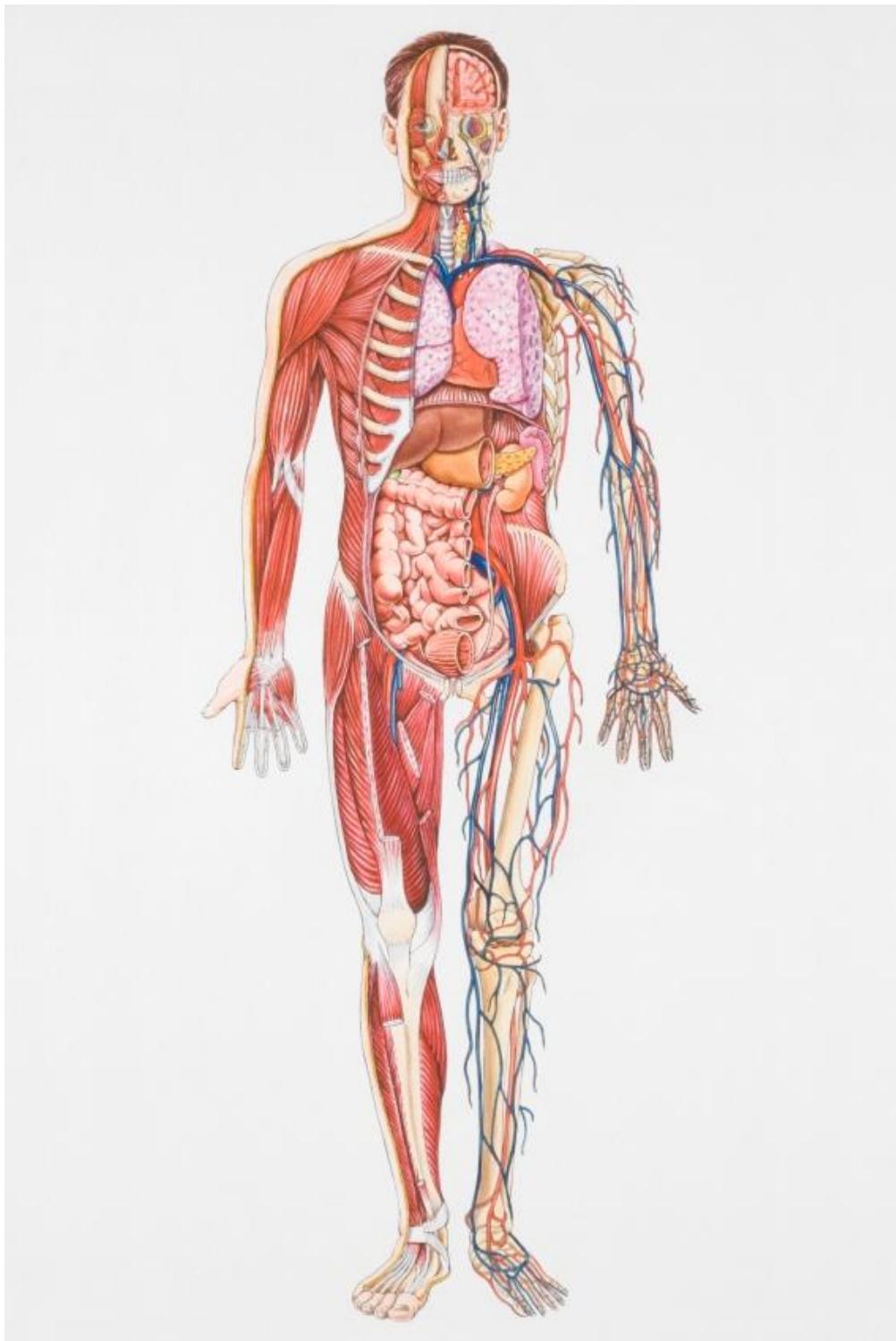
Letting Go Package -Healing from Divorce or Break-up

This package is designed to assist those who would like to move on in their lives from trauma experienced as a result of divorce or separation. It will bring about the forgiveness stage much quicker. You'll be relieved from feeling afraid of moving forward with your life. Trauma related to isolation, separation, rejection and a sense of failure would also be addressed and resolved, as well. The package includes The Disconnect Process, as this process perfectly rounds off the Healing from Divorce or Break-up Process. Feelings of attachment and neediness toward someone that you need to let go of in your life will be resolved.

Inner Goddess State

This process will resolve trauma related to your sexuality, personal boundaries, being and feeling attractive. You will recover your natural beauty state and regain confidence in your feminine qualities. You will feel equal to others and have more confidence in yourself and your appearance.

EVETTE ROSE



Quick Reference Guide

Body Part	Possible Key Emotions
Age spots	Skin trauma stemming from ancestry line due to sun exposure. Feeling resentful toward circumstances. Frustration and irritation that has grown out of control.
Ankles	Flexibility related to the future, control issues, stubbornness and conflict with mother.
Anus	Refusal to let go of bad and sabotaging patterns that are still serving you. Holding onto toxic and unhealthy love and relationships.
Arteries	One's ability to give to others and support (fear of giving too much of yourself, fear of being depleted or taken advantage of).
Arms	Fear of being powerful and reclaiming your own personal power and identity.
Back	Support, structure, responsibility, stability.
Middle Back	Feeling responsible for others, blurred line between what is your issue and what is not. Humiliation, embarrassment; feeling dominated and controlled.
Lower Back	Financial responsibilities, others needs, burdens; feeling under pressure.
Bacteria	Guilt and regret, self-punishment, sabotage.
Bladder	Feeling pissed off with people in authority. Feeling helpless and disempowered to change your circumstances.
Uthera	Drawing power from your feelings of resentment, don't want to let go of toxic relationships. Feel suppressed and resentful leading to hardening of the attitude. Feel attacked by loved ones.
Blood	How you feel about your appearance, how you communicate your needs, life force. How protected you feel from the world.
Bones	Needing to be strong, feeling supported, loyalty of others toward you.

Bones broken	Support has been pulled out from under you. Losing control of your life. Fear of change. Sabotaging personal progress. Needing to break away from old habits and take more time to make decisions.
Brain	Control issues, what you see and feel are not coherent, resulting in conflict. Feeling unable to control what your brain senses, your connection to your environment is traumatic.
Breasts	Nurture, love, mother love, giving and receiving nurturing, abuse trauma, relationship with close family members.
Bunions	Feeling vulnerable and exposed in your quest to move away from family values. Stubbornness, “I will show you.” Pushing too hard—can only have fun when working really hard.
Cheeks	Insecurities. Feel intimidated by authority and confrontation.
Chest	Feel pushed away by a mother and also pushing people away. Negative association with love.
Chin	Worthiness, anger related to words you cannot express. Feel betrayed yet unable to say anything about it. Your truth is not believed.
Ear	What don't you want to hear, need to block out; who or what? Fear of confrontation. Feel disempowered by influential people.
Elbow	Poor personal boundaries. Need to push people away. Hardening of the attitude. Indecisiveness, “Should I or shouldn’t I?” Lack of passion related to what you do in life. Elbow problems are related to feeling very indecisive. Not knowing whether to leave or continue a project, job or relationship. Feeling obligated to see things through however, even though there is no benefit for you.
Eyebrows	Need to be different than others. Don’t feel unique and good enough as you are. Lack of acknowledgement and praise.
Eyes	Seeing truth, resistance to not seeing your environment, too much responsibility, wanting to hide. Related to birth trauma.
Fat	Protection. Being unattractive = feeling safe. Trauma related to scarcity such as food, love and protection. Trauma related to

	being a threat to someone. Love and relationships = toxicity.
Feet	Stepping forward, control, direction, stubbornness, feel controlled and out of control, resistance to change, fear of moving away from family and family values.
Fingers	Feel unsure where you fit in, needing to establish your identity, to be validated, do not feel supported when doing things. Holding back secrets, direction in life, passion. See the Fingers section.
Forehead	Feel conflicted and angry due to current circumstances and people in your immediate environment. Feel like losing control.
Fungus	Resentment related to a mother / feminine figure. Abandonment trauma.
Glands	Feeling unable to express boundaries. Holding back anger as a result of recent circumstances. Represents how you feel about your situation.
Gums	Feeling attacked, unsupported when making decisions. Feel unable to change / break away from unhealthy circumstances. Anger is your best defense.
Hair	How you feel about yourself. Feeling unprotected. Need to get away / escape circumstances or someone. Feel controlled and threatened. Disassociated from feelings.
Hands	Blocks around receiving, giving, delegating without guilt, understanding how you feel when you are working (such as in the workplace).
Heart	Giving and receiving of love and nurturing. The Left side ventricle is related to receiving. The Right side ventricle is related to giving. Also related to one's territory and competitiveness.
Hip	Balance and moving forward, being flexible, relationship problems, sexuality, confidence in personal relationships.
Infection	Resentment and anger grown out of control. Disgusted with self, feeling shame and suppressing feelings of panic.

Intestines	Store old abuse, store resentment, anger, vengeance, injustice and betrayal within close relationships.
Jaw	How one expresses oneself to parents—what is the conflict?
Kidney	Resentment, anger, not letting go, toxic relationships.
Knees	Moving forward, making big changes, fear of what others might think if you follow your own beliefs and values. Fear of stepping into influential roles; feel pushed down and controlled by a feminine figure.
Cut on Knee	Your goals and needs are attacked, criticized and unsupported by influential people.
Lips	Feeling insecure and overly aware of how others view you. Fear and tension related to what you need to say. You don't trust your own judgment.
Liver	Regret, resentment, guilt because of what one cannot change. Anger related to feeling suppressed, loss of identity.
Lungs	Grief, depression, sorrow, lack of joy, feeling smothered, suppressed and controlled by those you rely on for love.
Lymph nodes	Unable to let go of toxic relationships, love is toxic and unhealthy but I can't let it go. Unable to forgive. Anger is my power and strength.
Muscles	Knowing what is good / bad for oneself. Self-sabotaging health and happiness. Stuck in unhealthy / undesirable circumstances and feeling helpless to change it. Feeling under attack. How one feels about oneself, stubbornness, having to be right, holding on to guilt.
Myelin Sheath	Trauma related to communication. Blocking what you see and sense in your environment. Self-sabotage of personal progress. Love in your life feels toxic, stressful and invasive.
Nails	Feeling unprotected, controlled and manipulated by authority.
Neck	Rigidity, not able to make decisions, resisting your environment. Feel vulnerable and out of your depth within circumstances and relationships. Not allowed to be with someone else.

Nerves	Communication trauma. Ability to communicate is being controlled and manipulated by authority.
Nose	(see Sinus) Personal power, how strong do you feel when outside of your comfort zone? Trauma related to intuition and psychic abilities. Your character feels under attack.
Parasites	Boundary issues, invasion, not feeling worthy of saying “no.”
Pelvis	Ancestral trauma related to sexual abuse, feeling unimportant, cannot stand your ground, feel powerless.
Rashes	Built-up trauma related to fear of confrontation, verbal or physical abuse. Take things too personally.
Ribs	Feel ignored by family, unable to protect what matters to me.
Shoulders	Carrying responsibility (Financial / Family) / guilt about having fun.
Sinus / Blocked	Trauma related to intuition and psychic abilities. Feel offended and invaded by environment. Feel rejected and abandoned. Disconnected from feeling joy.
Skin	Irritation, sensitivity to specific issues / people, lack of protection, poor personal boundaries, holding on to anger and resentment, feeling vulnerable.
Spine	Structure, direction in life, burdens, financial responsibility, sexuality, reproducing, breadwinner.
Swelling	Boundary failures resulted in anger and feeling helpless. You are not expressing clear boundaries.
Teeth	How supported and protected you felt during your childhood and womb stages.
Tendon	There is urgency to what you want to do, feel pressured; everyone is watching my every move.
Tongue	You are not sharing your opinion. Feel silenced by authority.
Veins	Feels blocked around receiving love and support. Receiving may have equaled feeling obligated, controlled. Love = abuse / lack.
Virus	Worthiness, disappointment, self-punishment, poor personal

METAPHYSICAL ANATOMY®

	boundaries, having to fight for respect and understanding.
Warts	Feeling resentful toward influential people for projecting too much responsibility onto you. People in your life feel energetically parasitic. Feelings of resentment have grown out of control.
Wrists	Feel that you are the buffer between two people, feeling caught in the middle of something. Fear of failure.

Abasia

See Athetosis, Chorea, Meniere's Disease, Paralysis, Tic, Tremor

Emotions

Choreic abasia: is an abnormal involuntary movement of the legs. You should explore patterns such as suppressed fear and shock. Have you been pushed into doing something that you didn't want to do, or were not emotionally and mentally ready for? Explore your parent's history related to feeling forced to do things against their will. This could include being sent to boarding school or events that are more traumatic that were outside of their control. You may feel stuck in a fight or flight instinct conflicting with a dominating freeze instinct.

Paralytic abasia: is a paralysis in the leg muscles. You'll want to explore long-standing patterns related to resisting doing something or moving in an unwanted direction. This could include any goals and future plans. Having others see you in a negative way is your worst fear. This fear is often a result of your self-loathing. Old values, beliefs and habits are still serving you while you stubbornly hold on to them. Past trauma feels familiar and almost safe even though it was emotionally debilitating because you have possibly mainly known stress and trauma since childhood. Your ability to be strong and stand strong within yourself has been greatly challenged. Influential people or circumstances sideswiped what you once thought was reality. Being powerful was taboo and shameful so it is safer to be still and not be a threat to influential people. Explore pressure that has been placed on your legs during fetal stages (such as being too big for the womb or a lack of circulation in the leg). Explore poor personal boundaries and the dominant hiding instinct, also what resulted in this instinct being triggered.

Spastic abasia: is a spastic stiffening of the leg muscles. Explore trauma related to being controlled. One minute you feel safe, then the next minute you feel overwhelmed by the lack of control you have in life. You feel unsafe when you're not in control or unable to contribute to a decision that has a direct impact on your life. You feel that people don't listen to you yet you are afraid to speak up. May have ancestral trauma related to near drowning.

Trembling abasia: causes trembling legs. Explore ancestral patterns such as fear of moving forward and making big decisions in life. Someone in your family history may have made a big decision that affected many people. As a result, they suffered tremendous guilt and felt responsible for any suffering that resulted from decisions they made. You feel under attack and blamed for another's mistakes which were out of your control. You may feel lost and unsure of your role or where you fit in. Explore war trauma or circumstances where ancestors were unable (or barely able) to escape.

General remarks: Traumatic experiences can split part of the self (meaning identity and all the body minds, especially the gut mind) into different parts. Every part contains old memories, unspoken resentment, fears and trauma. The brain is not a single organ. It should however, function as a single coherent mind. Some people can use their left or right side brain more independently -trauma can split this connection between the left and right side process. The more serious the traumas the bigger the splits are. I would suggest exploring birth trauma and fertilization where these splits often occur.

Key Points

- Explore how this condition makes you feel. Do you feel frustrated and angry—as if everything that has happened is unfair?
- Deep seated ancestral control issues. Trauma of being out of control. Explore conception stage for these patterns.
- Who made you feel under attack (verbally or physically)? Explore fertilization, womb stages trauma and relationships with parents.
- You may have a pattern of over burdening yourself with responsibilities. You magnify unresolved issues, which causes intense emotions. How does this pattern keep you safe? What is the benefit of it? Often it would be because you received affection, love or approval from others. Explore what void is filled.
- You may feel that you do not belong anywhere. Explore why you feel lost in your life. Who or what made you feel this way?
- What makes you nervous in life? Why? Explore earlier trauma that made you feel this way.
- Explore possible trauma to the nervous system, such as toxic poisoning.
- Explore your mother's diet during her pregnancy and how she felt digesting foods.
- Challenged sleep patterns. Consider meditation techniques that could help with sleep.
- The key here is to explore the origin of suppressed anxiety and fear. Explore trauma that resulted in a great deal of cortisol being released into the body. The body could not complete the trauma and process the cortisol.
- You may have been aware of and affected by your mother's anxiety during fetal development. You didn't feel comfortable moving around freely in the womb due to the feelings of hostility or frustration that your mother may have felt.
- You may have experienced head trauma during birth when you began to rotate in the birth canal. Moving through the cervix could have caused possible skull damage as you moved past your mother's spine, causing orientation, depth perception and directional issues. Damage might not necessarily be evident at the time; head trauma later in life could trigger symptoms from the birth trauma.

Abortion

See Attack, Birth, Miscarriage, Eclampsia, Post-Traumatic Stress Disorder, Pregnancy, Toxins, Uterus Problems

Emotions

There could be several reasons why a mother would abort a pregnancy. Sexual assault, life threatening conditions or defects in the developing fetus could all be reasons for the abortion.

Regardless of why the abortion took place, it is a traumatic and heart wrenching situation for someone to experience.

Many women suffer from depression, PTSD, guilt and shame after an abortion. These symptoms may be triggered by the abortion but in fact, the abortion may just be the final tipping point in a pattern of pre-existing trauma.

Key Points

For mother aborting pregnancy

- If you aborted the pregnancy due to an illness or life threatening condition, then it's important to explore the illness and the emotional components related to that.
- If you became pregnant by means of rape then also see the section Rape and Sexual Abuse for more information.
- Explore feelings of guilt and shame. Explore these feelings during fertilization stages and also just after the sperm entered the egg. Acknowledge the difference between your shame and guilt and your parents' shame and guilt.
- If the trauma does not shift then ask yourself what the benefit is of still feeling the guilt, shame and disgust. Why are you still punishing yourself? How does holding on to these feelings keep you safe? Often the answer is that it lessens your guilt because you feel you need to be reprimanded for what you did. You may feel your self-worth has been shattered by this experience.
- The abortion process made you feel out of control. Address this trauma including addressing the key developmental event of segmentation – rapid cell division after fertilization which can feel out of control.
- Explore times when you felt ridiculed, manipulated or threatened by a strict family member. Did you have an upbringing that involved strict religious projections and values? If religion played a big role then you may feel guilt, shame and fear of being punished by God.
- Explore feelings of abandonment, fear of judgment and being punished by others. Have you ever deliberately caused harm to yourself with the intention of inflicting punishment? Explore these key points in the womb, ancestral history and implantation.
- Explore the stages of your infancy. This relates to feeling unsupported and the fear of not being able to ask for support. Were you taken away too early from your mother for long periods of time? If yes, then explore further. How did this make you feel?
- Explore key points for grief, loss and feeling disempowered by circumstances. Explore fertilization stages in pre-natal development, when the sperm lost its tail, the sperm was separated from other sperm, the loss of the placenta after birth, being separated from your mother as a new born.
- Explore the physical shock on the human body after the abortion and also the emotional shock. Explore pre-natal development points such as sperm being pushed through tube after ejaculation, how your mother felt while she was pregnant with you, ancestral war, slavery or murder trauma. Fertilization when millions of sperm approached the egg.
- If you are part of a couple that is having an abortion and you support one another, then it's important that you both work on yourselves. A man may feel a loss of power because he respects the woman's right to decide. This can be difficult when a man wants the child but the woman does not. Even if the man supports her decision, he may unconsciously regret the lack of an opportunity to have a child. This might be stored in the prostate, which may lead to a pattern of self-sabotage, or self-destruction if not acknowledged. This is a sensitive subject and it also influences a man on an emotional level.

Survivor of an attempted abortion

You might feel that the timing to launch projects and make changes is never right. There is always a fear of making a mistake. This is often related to how your mother may have felt when she learned about her unexpected pregnancy. Always feels a need to hide and be invisible to others in order to survive. How does trauma reflect in your life?

Key Points

- High levels of stress and anxiety from early development stage. During your development in the womb, you felt stressed, attacked and confused as to why you were in danger.
- Explore the time you spent in the womb. Work on all key points / traumas mentioned above and see if you can find more.
- You often experience other's behavior and way of communicating as a personal attack (either verbally or physically) toward you. Your earliest associations with life have been made while being attacked or feeling under attack. Explore further possibilities.
- You may always be on edge and very defensive. This can be exhausting and lead to fatigue. How does being on edge keep you safe?
- You may feel as if life is a battlefield—everything revolves around survival and keeping your head above water. You feel that no one can be trusted and you don't let others into your life because if you let someone in, you will be attacked. Being lonely feels like the safest option. Explore further possibilities.
- You feel stuck in a fight or flight response and are often confused as to when you should fight or when it's necessary to flee. You worry that your judgment is impaired and you won't know when you are being attacked or if it's a misunderstanding. You feel safer by choosing to fight whenever you feel threatened.
- You feel blamed for everything and always feel in the wrong. How does that make you feel? Explore further.
- You may suffer from low self-esteem and don't feel good enough to be treated with the respect that's deserved. It may seem like you are always pulling the short end of the rope and that others are more entitled to the goodness of life. Explore this. How does it make you feel?
- Feeling bitter and resentful. You may feel bitter towards your mother and the world for being welcomed with hostility, resentment and a tough love attitude. An association has been made that love is hard, cold, abusive or hostile. You might even find yourself attracting people whose interactions make you feel abused, vulnerable and unworthy. How does this cycle serve you? Often the answer would be that the abuse is familiar. Explore this pattern.
- You often suffer from fatigue due to the intensity of stress experienced in the womb. The body's fight or flight instinct was activated in the womb and did not switch off. Resolve the trauma that caused the stress. Do not stop working on the womb and fetus until it feels calm and balanced.
- If the attempted abortion occurred by abusing drugs, alcohol, needles or punching the womb, then explore this further. Explore the stress that the chemicals and abuse caused in utero and work on the trauma where the fetus felt stuck and unable to escape the chemicals. See section Attacked, Poisons.
- You have self-harm tendencies and battle a great deal of self-loathing. You may not have felt welcomed by the world or your parents and feel as though you do not deserve any of the goodness that life has to offer. What would happen if you did allow the goodness to come in? How does it feel when you abuse / punish yourself?

Child born to woman who had previous abortion

You may be struggling with suicidal thoughts. It's a lingering feeling. Resolve your mother's trauma (previous sections) and the trauma of the previous fetus that was under stress just before it was aborted. Explore fertilization when the sperm was separated from all the other sperms and entered the egg. New born baby losing the placenta, being separated from mother,

egg moving away from the other eggs before ovulation. Also explore more points other than the ones mentioned.

Key Points

- You feel guilty, as the other sibling should have had the life that you are having now.
- Explore feelings of guilt, as the other sibling should have the life you have now.
- You might have had difficulties bonding as your mother was still feeling guilt after the abortion. What is the relationship like with your mother now? How does this make you feel? Explore any emotions that come up in the fertilization or womb stages.
- Did you feel sufficiently breastfed and nurtured by your mother? If yes, then explore this further. Explore trauma from lack of love and feeling unprotected.
- You might suffer from trust issues. Because a sibling was aborted, you may feel that you can't trust your parents. This begs the question, "What will they do to me?" The idea that they might harm you is enough to create a constant state of stress. In extreme cases, the parents' guilt surfaces in the form of abuse and neglect towards the second child.
- You feel challenged when faced with commitment in relationships and friendships. How does commitment in a relationship make you feel? This question might trigger a deep sadness. Longing for love might surface and trauma related to lack of stability in the environment and security during childhood might surface. As a result of the intense emotion, you find you are emotionally exhausted and afraid. All you want to do is feel safe. Explore the fertilization stages for the above-mentioned points.
- Explore the stage where the sperm entered the egg and then died. Explore the consciousness of the egg once fertilization has taken place, the other sperms around the egg are dying.
- Explore stages after fertilization when the cell division started. This can be experienced as another big change or as a death.

Abscess

See Inflammation / Infection, Parasites

Emotions

You have been suppressing anger, rage and resentment for long periods of time. The suppression has now begun to surface on a physical level. Children often develop this condition when they feel that influential people are suppressing them. You may not feel validated by someone whose opinion is valued.

Repetitive and unresolved quarrels/confrontations in the environment seem to be affecting you and lead to feelings of being overwhelmed. Conversations in the mind seem to keep you mentally occupied, taking the focus away from how you really feel in the heart mind. The idea of letting go of anger and circumstances that are unhealthy seems to be a challenge. Familiar feelings such as anger, resentment and trauma feel more empowering than gentler feelings such as happiness. Personal relationships seem to have a love-hate pattern, whether it is with a partner, friend, co-worker or family member. You have now reached a point where you've had enough. As a result of internal conflict, you are physically drained. Suppressed anger has left an emotional scar, which serves as a reminder that it is time to resolve problems before they grow out of control.

You may find yourself unable to express joy or make your own decisions. Transitions and new phases have taken place but they only leave you feeling angry and resentful.

Someone is provoking old anger that has been suppressed since childhood. The ability to freely make decisions has been greatly challenged and controlled by influential people. Other

people's interest in your personal affairs feels invasive and controlling. There is a need to push people away. You desire more personal space and freedom.

Key Points

- How does suppressing anger provide safety? You can also ask, "What is the benefit of suppressing and holding on to the anger?" What does the anger help you feel that you can't feel without the anger?
- You may feel taken advantage of by someone you respect. How did that make you feel? Explore further possibilities.
- You have regrets about certain decisions you have made and it shows in your current lack of decision-making skills. How does this make you feel?
- You feel defeated and let down by people who should have supported you. Explore how this makes you feel.
- Do you express healthy personal boundaries in relationships? If not, then why? What would happen if you did express boundaries? Explore further possibilities.
- Are you experiencing unresolved issues with your parents, especially your mother? Do you have a co-dependent relationship with her? Has she ever, or is she now spilling her own emotional turmoil unto you? How does it make you feel when emotional needs are not met?
- Explore the implantation and the womb process and explore points of unmet needs and fighting for nutrition.
- What was the environment in the womb? How did it make you feel?
- Have you experienced a change such as a new job, new school or studies that have left you feeling resentful of the changes? This new change may leave you feeling rejected, angry and out of control.
- Who or what is challenging your ability to make decisions? Explore control trauma such as feeling controlled, trapped and manipulated.
- Is your ability to feel happy dependent on other people's behavior or circumstances? If so, you may have given power away. How does this make you feel?
- By whom do you feel controlled? Why did this happen? How does that make you feel? Why do you allow yourself to be controlled?
- Can you safely express joy and make your own decisions? If not then why not? How does that make you feel?

Abundance

See Weight Problems

Emotions

Do you feel worthy of being abundant, loved and successful? First of all, what do you want? Who or what would you like to manifest? Start with one desire you have. Then the first question to ask is, "Do I feel worthy of having it right now?" It will be more challenging to attract something or someone if you feel unworthy of attracting it. Your fear of a partner or money will sabotage your manifestations.

How would you feel if you had ___ in your life right now? What emotions do you feel? Do you feel happy? Do you feel stressed? Do you feel a fear surfacing somewhere in your body? If it's a partner and you had traumatic or stressful experiences in the past with a partner, then you will face obstacles attracting the right person. You may have had a negative experience with a partner (they were abusive) and you didn't resolve how this person made you feel. It's then possible that you might attract a new but similar partner. It is important to tie-up lose

ends as you manifest new experiences.

Another block related to manifesting is if you don't know what ___ feels like. Say you are manifesting love but your association with love has been abusive, distressing or negative. Did this result in a negative association with love? How are you going to attract calm, gentle and peaceful love if your association with love is negative? Firstly, you should be able to recognize the difference between aggressive love and calm / gentle love. If you had the desired outcome (love) in your life right now, do you feel safe having it? Was there an earlier incident in your life when you experienced love or ___ and were not able to maintain it? If so, why? What happened? If there is trauma associated with it then it is important that it is resolved.

It can be challenging to manifest emotional freedom or gentle love if you don't know what it feels like. How are you going to recognize it? What will your reference point for gentle love be? We all have different definitions of love. It's important that you find what your definition is for the person, emotion or object that you are manifesting.

Explore self-sabotaging patterns that are related to your manifestations. Did your mother or father have the same pattern? Is your fear related to an incident that you observed during your childhood or adult life that didn't directly affect you? If so, then you might be expressing someone else's fear, resulting in you sabotaging your personal progress.

Here is a simple way to kick-start your manifestation process: When you have worked through the blocks related to what you are manifesting for then you can move on to the real deal. Ask yourself, "How would I feel if I had ___ right now? What is the best thing about that?" When you feel the next emotion, ask again, "What is the best thing about that?" Keep asking yourself this question until you can't go any deeper.

Let's say the final answer is, "I feel free." The next question would be, "What makes me feel free?" This could include walking in parks, swimming, spending time with someone special etc. Let's say walking in the park helps you to feel free. Then set the intention while you are walking and feeling free that you would like more circumstances in your life that will make you feel this way. Set the intention that your desires will be met in a healthy and positive way. The freer you feel in your life the more you are able to attract ___. You manifest from a mental and emotional state where you feel great, you manifest while you feel empowered. It's much easier to attract the desired outcome!

Let go of attachment. The more attached you are to the outcome, the more you unconsciously sabotage and control how your desires manifest. Yes, be proactive but not overly controlling. What is your definition? Sometimes what you are searching for is right in front of you – because you are so focused on specific details and looking for signs, you overlook the possibility that you might already have ___. As a result of your definition of ___ you don't recognize a different definition / form of ___. Your manifestation radar might be set to search for something that resonates with your definition. Instead, you could have been more open to new possibilities that might be emotionally, spiritually and mentally healthier for you. You never know. Always keep an open mind!

Key Points

- Explore trauma related to financial loss. You had it all in life and then lost it—how did that make you or an ancestor feel?
- Sperm was separated from all the other sperms when it entered the egg. Before fertilization, it was in an abundant environment with many other sperm and now there is the nothingness, disconnection and lack.
- Explore and resolve trauma associated with ___ (what you are manifesting).

- While she was pregnant with you, did your mother eat enough nutritious food? Did she have enough food? Did she have enough warm clothing? Did you have feelings that you would never have enough of ___ in your life as your mother always stressed about ___ during the pregnancy?
- Was your mother able to absorb enough vitamins? Was there enough of everything for both mother and fetus? Did you feel a lack of anything including love, protection, food and peace?
- Was there ancestral trauma related to poverty or war like environments that may have resulted in a great loss?
- Did your parents experience any periods of financial hardships? If yes, how did this affect you?

Accidents

See Back Problems, Bone Problems, Pain, Paralyzed

Emotions

Trauma related to an accident (or car accident) in your past is still being expressed and triggered in your day-to-day life. You feel out of control while the freeze instinct is activated during an accident. The freeze instinct locks in the trauma (including the emotions, physical pain and shock felt) at the time of the accident. Emotions, shock and trauma are locked into the body mind at the same time.

In the future, when you find yourself in a similar emotional or physical situation, you feel the same emotions and trigger the unresolved secondary trauma that stemmed from the initial accident. At this point, you may be experiencing the old trauma that was triggered, secondary trauma related to the accident and new trauma! What complicates matters is that you need to address the origin of the trauma, not these symptoms.

Prior to the accident (whether you saw it coming or not) you already experienced feelings of vulnerability. This is a result of an issue that took place before the accident occurred.

You may have had an argument with a friend right before the accident. Alternatively, you were feeling angry towards someone or were remembering a time that was negative.

Which area of the body was injured during the accident? What are the emotional components of that area (refer to the Quick Reference)? Are there any areas in your life that feel vulnerable right now? What were they thinking about prior to the accident?

This does not necessarily have to be a car accident; it can be any type of accident. It could indicate that you are not living up to your highest potential—for some reason you are holding yourself back. You may have a fear of success / fear of failure and it is important that you reassess the direction you life is heading in. Where do you want to go and what do you want to achieve?

Be more conscious in your decision-making. Take the time to really understand the implications of the decisions you make. Ask yourself if what you have in life is what you really want. Can you do better? If so, what is stopping you from making the necessary changes?

Pain experienced during an accident can become intensified when you hold on to old anger, frustration and irritation. Refer to the section, “Working with injuries and Pain.”

Key Points

- You might be going through a stressful time, which is causing you to disassociate from your emotions and environment. You are not fully present in life. Explore the benefits of disassociating from your situation.
- The body is tired of being in a constant state of conflict. You often feel like you are caught between two people or between someone important and their goals.
- The body is stuck between a fight and flee instinct, which causes a great deal of conflict in personal relations and the way you communicate your needs.
- Explore the sperms journey from the testicular tube. Explore physical trauma to the sperm. Is there uncertainty? Does the sperm know where it's going? How does it feel?
- Sperm bumping its head against the egg while penetrating the egg (success and victory can only be achieved through bumping, bruising, racing, competitiveness and feeling battered).
- Pressure / trauma against head and body during birth reinforces trauma of sperm bumping into the egg.
- Caesarean: being pulled out and not feeling supported, powerless and feeling helpless.
- How did you feel just before you were conscious of an accident taking place? Stay with this key point until you get an answer and then explore that emotion. Often you will have felt vulnerable in your gut.
- Explore feeling out of control, vulnerable and frozen.
- Complete unresolved trauma that took place during and after the accident.
- Do you suffer from PTSD (post-traumatic stress disorder) after the accident? If yes, then see the post-traumatic stress disorder PTSD section.

Achilles Tendon Rupture

See Muscle Problems, Rupture, Plantar Fasciitis, Tendon Problems

Emotions

Once you begin a project or have a goal in mind, you are determined to get it done. You do not like changes and amendments to what you have started and created in life. Because of past regrets and circumstances you were unable to control, you often feel angry and resentful.

You may feel like you were manipulated and controlled by influential people who used fear and shame to put you in your place. Now you may feel unsure of how to create your own future with confidence.

You are afraid of failing without the support and guidance of influential people. You feel resentful because you gave your power away and now you want it back. Only now, you feel like you have to ask for your power—you can't just reach for it. Sabotaging your own goals and future is the safest option, as then there can be no surprises. You are determined and stubborn, often putting a great deal of pressure on yourself to avoid making a mistake or failing. In the past, when you received support it was in the form of pressure and manipulation. You now use that same method to motivate yourself—you think that success = pressure. You work hard and become even more stubborn, creating a cycle where stubbornness = power and endurance.

Key Points

- When did this condition manifest? What were you doing and how did you feel just before the condition started? Was there a specific activity you were engaged in at the time? Did you experience feelings of, “I will show you, I will see this through to the end?” Were you feeling held back and afraid?

- You may be feeling uncertain and unsupported when moving forward in life. Why? Who made you feel this way? Explore further possibilities.
- Explore ancestral trauma where they had to walk long distances while feeling unsupported or angry with influential people and unable to control outside forces. Explore how similar emotional patterns may have surfaced during your own life.
- You may feel tremendous pressure to perform and succeed. You've set high standards; yet feel held back by possessive, controlling and influential people. Explore how this made you feel.
- There is trauma in not having enough reliable support available. Explore conception, fertilization and also birth trauma for lack of support, feeling controlled or held back by an influential person.
- You use your stubbornness as a source of motivation. You feel the need to push through life, regardless of the lack of support.
- You feel like you don't have a choice other than to suffer while accomplishing goals. You feel as if you always have to do it the hard way and on your own. Why? Who made you feel this way? Explore further possibilities.
- Explore the relationship with your mother. Did your mother rely on you to be strong, while at the same time control and manipulate you? Did you often exchange roles with your mother to the point that the role of mother and child became unclear? Explore associations you may have made with your mother and her role in your life. How did your mother respond when you needed love? Was she too preoccupied with her own emotional pain and trauma? Explore further possibilities.
- You have experienced a trauma that has left you feeling out of control. You have put too much pressure on yourself in order to create a stress with the unconscious intention to perform better and to please influential people. Your need for acceptance was met by pressure and feeling in over your head. Explore how this sense of being out of control makes you feel.
- You are very resistant to making changes and move away from sabotaging patterns. How do these sabotaging patterns keep you safe? Since childhood, you have learned to cope with certain circumstances and you are now unwilling to let these familiar patterns go. Explore secondary gain of not moving forward or sabotaging your future. What would happen if you did move forward? What is the fear?
- Explore birth trauma. Just before the birth was completed, how did the baby feel? Explore how the baby's emotions, fears and trauma have surfaced in your adult life. You may associate change and moving forward with an unpleasant and traumatic experience. Explore further possibilities.

Acid Reflux

See Nausea, Reflux, Rumination Syndrome

Emotions

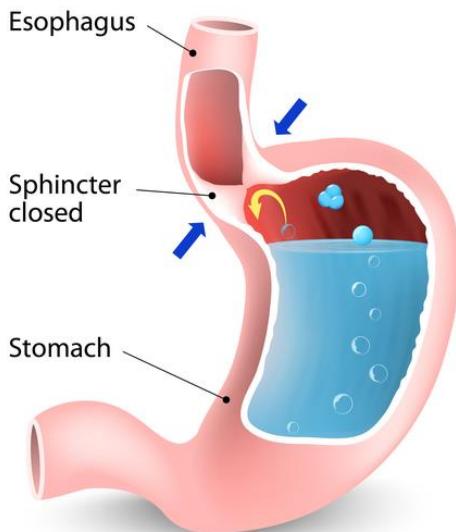
The circumstances you are currently dealing with are emotionally and mentally unhealthy for you—you literally cannot stomach them! You have a fear of confronting people who challenge you and as a result, you have set poor personal boundaries, which get in the way of expressing yourself clearly. You often find that people walk all over you, leaving you

frustrated and resentful.

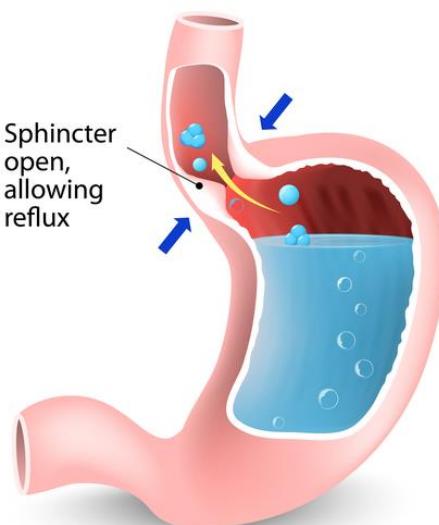
You are filled with doubt and question your ability to successfully change difficult circumstances that no longer work. You are afraid of changing anything in you life, including any patterns, habits and survival instincts that still serve you. Your fear of being alone has allowed you to remain in unhealthy relationships, rather than face being on your own. Having company around is very important, making you feel safe and comforted. This could be the result of a physically or mentally abusive childhood, whether it took place at home / school / after care.

You feel challenged and judged by dominant figures in your life to the point where you feel unsafe in being yourself. You often communicate in intense and passionate ways, making a point in a conversation with a lasting impact makes you feel heard and respected. Paranoia and a need to control often dominate your head mind. You have been suppressing strong emotions, as you have been bullied whenever you attempt to step into your power.

Gastroesophageal reflux disease



Healthy



GERD

Key Points

- You feel guilty whenever you experience joy and pleasure in life. Were you made to feel guilty for not sharing in the pain and stress of family members? Who made you feel this way?
- Who intimidated you, making you suppress your personality and doubt your self-worth?
- What happened when you expressed your self-worth and emotional needs in the past?
- Explore trauma that made you feel judged and threatened. This may have caused you to behave in a certain way that would be pleasing and non-threatening to influential people.

- How does being overly controlling provide safety? How did it serve you in the past?
- Explore trauma related to expressing personal boundaries. What happened when you expressed personal boundaries to others? Explore further possibilities.
- Explore ancestral patterns related to living in an environment where they could never win or achieve success and accomplish goals. Explore similar self-sabotaging patterns in your life.
- You may have been made to feel invalidated. How does being or feeling invalidated or invisible keep you safe? What does it keep you safe from?
- What are you unable to “digest” or process in life? What is causing a great deal of stress? Why? How does this make you feel?
- You were aware of and affected by your mother’s anxiety and stress during womb stages. You weren’t comfortable moving around freely due to the hostile environment or response from your mother. This may have resulted in pressure building up in the stomach and chest area, as there was a lack of movement. Explore further possibilities.
- Was all the amniotic fluid removed properly after birth? If not then explore feeling choked by the amniotic fluid.
- Do you have memories of a suction pipe being forced down your throat to remove excess fluid? If yes, how did it make you feel? How did you feel before the suction pipe was inserted? Explore further possibilities.
- If there is a history of abuse, there may be a trauma of someone’s penis being pushed down your throat. This is a sensitive topic and you can explore this trauma without needing to talk about the details.
- Your truth has been “twisted and shoved” back down your throat by influential people who may have manipulated you into believing that what you had to say was nonsense and unimportant. Explore further possibilities.
- Was the amniotic fluid clean and clear in the womb? Did it feel toxic or acidic? If so, how did this make you feel? Look for feeling trapped, offended and controlled.
- Was the fetus lying in a position that created extra pressure to the stomach and esophagus (arms folded in between the stomach and legs) during the birthing process? Explore trauma.

Acne

See Bacteria, Boils

Emotions

You may be painfully shy and unsure of where you stand in the world. You have reached a point where you’ve had enough of feeling stuck, without direction. At this point, your frustration and anger have reached a boiling point, almost simmering under the skin.

You have come to resent how easy it seems for others to fit into social groups while you feel less than worthy. You have trouble believing in your own abilities to be successful or independent and see other’s success as a reminder of what you may never achieve.

The acne only magnifies insecurities, self-loathing and a painfully shy nature. There is a transition and changes are taking place. However, the changes have made you feel as if you are being pushed into the spotlight before you are ready and you are not comfortable with these shifts.

Being behind the scenes and hiding from the public gives you the comfort and safety you long for. There is a great deal of suppressed grief that cannot be traced to a specific time and place, resulting in anxiety. Hiding behind a controlling façade has served you, although family members are aware of how you really feel. Tension in the family has a big and direct impact

on you, creating intense anger to surface. All you want is to be accepted by others without needing to jump through hoops. Teenagers go through these phases during high school, while trying to fit into groups and their environment. You may have trouble interacting with members of the opposite sex, feeling inadequate in their presence.

Adults with acne

Similar issues as mentioned above are currently taking place in your life. There is trauma that took place during the teenage years that hasn't been resolved. Now you seem to feel stuck in unresolved trauma that occurred during adolescent years as traumatic events have been suppressed. Unconsciously you are attracted to a similar environment (whether at work, social groups, or personal relationships) so that you can resolve the suppressed trauma. You often express boundaries from a place of fear (fear that is motivated by a flight or fight instinct). It is important that you resolve the anger and not use it as a source of power. It's time to feel safe to stand out, be powerful and not fear unwanted attention from the opposite sex. You may be expressing unresolved conflict that your parents projected toward each other. You have no clear discernment of the boundary between your own conflict and the unresolved conflict between your parents.

Key Points

- Manual lymph massage is a wonderful way to assist the body to detox itself and accelerates waste removal from the body. It's recommended when treating acne.
- This condition is often related to sexual guilt that may be related to your father or mother. Your parents might regret sexual acts or decisions they made in the past during conception. Could also be related to sexual jealousy. Explore further.
- Were your mother's hormones balanced while she was pregnant with you? If not then explore how this affected hormone development during womb stages. How did it make you feel? Explore key emotions such as anger, frustration and irritation.
- What was your mother's blood circulation like during her pregnancy? Did she have high blood pressure or was it too low? Did she feel in control of her body? Explore how it affected the fetus.
- There is a lot of suppressed grief. Was either one of your parents grieving a lot due to a problematic relationship that you may have witnessed? If this is the case then explore how their relationship with each other affected you.
- Explore your birth. Did your mother experience shame, guilt or humiliation during the birthing process? If yes, then it's important to heal this and how it made you feel.
- Do you know how to recognize the difference between your patterns and emotions and your parents' patterns and emotions? Acknowledge the difference.
- Was the amniotic fluid clean and clear in the womb? How did it affect the fetus during the womb stages?
- Acne problems can sometimes be related to liver problems. Explore trauma to the head mind during conception. Good starting point is when the egg and sperm came together. Were their brain and body minds in alignment, especially the gut and head mind? Never force these minds to come together, focus on the trauma that caused them to separate. Birth trauma also causes the body and brain mind brains to become misaligned.
- You may feel completely out of touch with your sexuality, even possibly ashamed of it. Why?

- Avoid eating foods that aggravate the liver such as unhealthy fats, oily foods and saturated food.
- What in your life has spiraled out of control? Who made you feel this way?
- How does having the acne make you feel? Explore further possibilities.
- Why do you feel angry? How is the anger serving you?
- How did your parents respond to you as a newborn child when they saw you for the first time? Did they think you looked beautiful, ugly or were they disappointed?

Acoustic Neuroma

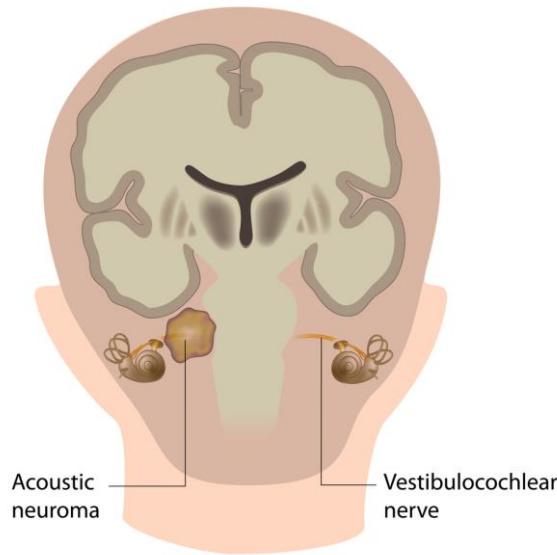
See Cancer, Nerves, Trigeminal Neuralgia, Tumors

Emotions

Invasive family members have challenged your right to have privacy since childhood, making it difficult to discern appropriate boundaries and interactions. A controlling parent/influential authority figure twisted your truth. The parent / guardian didn't respect your emotions, privacy or feelings and you lacked sufficient support and respect from family members.

You were made to feel ashamed for expressing boundaries. Deep down you are painfully shy and are very conscious of how the world perceives you. Letting people into your life can be experienced as an invasion, so isolation feels comforting and peaceful. Expressing the truth is often challenging. In the past, your truth was often twisted into information that was considered unimportant. Now you doubt your own judgment and the power to make decisions. Your parents communicated in such a way that was not entirely clear, leaving you confused about expectations. Misunderstanding often led to resistance and rebellion on your part. By suppressing your emotions, you were able to avoid punishment—it was your saving grace.

If the tumor is in a child then it is important to explore these points in the mother and what her childhood was like, as well as the father. Did your parents acknowledge their own emotional blocks and trauma?



Key Points

- If none of the characteristics above resonate with you, explore what your birth experience was like. How you felt during the birth will be evident in your life today. Explore birth trauma and also acknowledge the difference between your trauma and your mother's trauma during the birthing process.
- Was anesthesia used during the birthing process? Did you feel supported by your mother?
- What emotions did your mother feel during her third trimester? How did her emotions affect your fetal development? Were you able to move freely without being pushed by your mother to stay still?
- Did you feel rigid and controlled in the womb?
- Was there a lot of pressure on / against the head when moving through the birth canal?
- Did the doctor use forceps or pull the head out by force? If so, how did that make you feel?
- Was your mother abused by her father or male figure in her childhood? If yes, then explore the difference between your abuse trauma and your mother's abuse trauma.
- Does it feel safe to fully express yourself? If no, then why?
- Explore any suppressed anger and resentment you feel toward your parents.
- Acknowledge any anger you might have due to lack of divine intervention and divine support. You often become stuck in blaming outside influences for how you're feeling and what you're going through. Take your personal power back! Ask yourself, "What stops me from doing this?"
- Explore times when you were forced to do tasks or complete goals that you had no interest in. How did this make you feel? What would happen if you expressed a boundary?
- You often procrastinate. What would happen if you did complete ____? This may stem from being controlled and told what to do throughout your life. Once the trauma is resolved, this should become a much smoother process.
- Explore the stage when egg was surrounded by many sperm cells. How did that make you (egg) feel? Explore further possibilities.

- You were raised to achieve success and be better than others. What stops you from “letting loose” and having fun? You were taught to believe that life is serious and there is no time to have fun. Explore any rigidity between you and your parents.
- Trauma related to feeling forced to respect someone / authority figure. How did that make you feel? Explore further.
- Communication. The egg became separated from the other eggs during ovulation. How did that feel? You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty. This also includes lack of direction while moving through the fallopian tube. Excitement mixed with fear.
- Trauma related to betrayal. “No one can ever find out about my secret.” Did your father have a child outside of his marriage? This could also be related to ancestral trauma. Did a sister in the ancestry line have a child with her brother? Explore trauma related to a great shame and the inability to discuss it.

Acute Interstitial Pneumonitis

See Asbestos, Lung Problems, Pneumonia

Emotions

You feel attacked (verbally or physically) by loved ones, hurt by those who should provide protection, love and nurturing. Emotional and physical needs have been met by inconsistent reactions of influential people. As a result, you feel intimidated by the behavior of loved ones and the way they express “love.” You may feel scattered and confused, with no clear direction to head in with your goals.

A great deal of grief is being suppressed, while you long for others that resonate with you. Your ability to suppress your feelings and your past is beginning to fail and you feel suffocated by circumstances that have grown out of control. This impossible situation is taking a toll and throwing in the towel is starting to look like the only available option.

You feel that the odds are against you and no amount of support can change that.

Key Points

- When did this condition start? What was happening in your life? Suppressed anxiety, fear, rejection trauma as well as deep grief, loneliness and attack trauma were triggered by an incident that was the final straw.
- Your need for love and safety was met by negative and confusing actions. Explore further possibilities.
- What would happen if you really allowed yourself to enjoy life? You may have made an association that it is unsafe to feel free, happy and content as those feelings may have been attacked or punished in the past.
- You may have experienced an upbringing that caused you to have a fear of people in authority and the power behind their decisions. You didn’t know when to feel safe and when to be on the look out for trouble. How did this make you feel?
- Explore ancestral trauma. Was there war, slavery, torture, hazardous environmental issues or abuse in the ancestry line? How did the ancestors feel during those times? Can you identify any similar emotions in your life? If yes, explore associations and trauma that took place and may have triggered these deep-seated patterns and cycles.
- You are stuck in a cycle of self-punishment and self-sabotage. You have been suffocated and smothered by unhealthy relationships or circumstances that caused you to feel guilty and ashamed. You feel guilt and shame for moving away from family values.

- You may have associated living your life with hardship, suffering and a lack of support.
- As a result, you feel grief and depression, with no bright future ahead. You feel scared not knowing where to go with life and not having a clear life purpose. Explore further possibilities. Were these traumas and associations present during your conception, fertilization and womb stages or after birth?

Acute Lymphoblastic Leukemia

See Anemia, Blood Problems, Leukemia

Emotions

You may have a great need to protect yourself from harsh conditions, such as abusive family members and challenging circumstances.

You may also feel a need to protect someone who is close to you, by making it a priority to comfort and resolve his or her trauma and pain. This kind of behavior often stems from a need to be protected from harsh people or circumstances. You feel attacked by those who should have loved you—your need for love was met by abuse and hostility.

Key Points

- Trauma related to feeling attacked by a dominant authority figure. How did that make you feel?
- Who, in your life, was not able to protect themselves? Did you always feel a need to intervene in disputes? If yes, why?
- You had to fight for everything that you wanted and needed. Fighting = safety and success.
- You had to lose something important in order to gain something else that is unrelated to your loss but also important. Give something away in order to get something.
- Feeling unable to set boundaries with influential people. You feel walked over, worthless and devalued.
- Explore conception. Were your parents fighting? Did your mother feel she had to protect herself from your father? Did she feel safe?

Addictions

See Anxiety, Depression, Caesarean, Hyperventilation, Hysteria, Nervous Breakdown, Post-Traumatic Stress Disorder PTSD, Tremor

What is an addiction?

An addiction is a physical or psychological need for a substance, such as a drug or alcohol. The body becomes dependent on the substance. Because the body can build up a tolerance, it is common for the substance to be taken in bigger doses over time. You may have a history of emotional / mental / sexual abuse. You are seeking ways to achieve the illusion of power (even if it's just over your own life), control and especially a respite from the stress of your environment.

General remarks: Your mother may have been abused while she was pregnant with you. She may have lived in fear of her partner or her environment which resulted in her body being stuck in a fight or flight mode.

The fetus may have developed in a stressful environment, resulting in possible nervousness, PTSD, high blood pressure, heart problems and depression.

I found during my research, as many other researchers and teachers have found, that high

levels of stress, shock and developmental trauma affect our developmental stages in life and our body's ability to function in ways not destructive to one's mental health. As trauma does have an impact on the body's genetic programming for breathing, heart rate, blood pressure, digestion, sleep and levels, alertness ability to trust. Trust is not just an instinctive response; it's an emotional response and need. Ultimately, our need to be able to trust relates back to our need to feel safe—an instinctive survival response that helps us to survive and have our needs met.

To also recap on what I said earlier where trauma does have an impact on our nervous system during developmental stages, I have noticed a consistency in my clients who suffer from addiction problems having a stressful time during womb stages. Often the mother was going through high levels of stress, or she was abused physically, emotionally or her environment was unstable which tested and challenged her ability sense of trust not just in herself but generally in others, and even life. High levels of stress that hits a peak and then calms down and then the mother's emotional state hits a peak again. In my practice, I call this "silent bipolar." The mother may have been too scared to express herself, defend herself or even change her circumstances, feeling there was no other option except to endure emotional stress or physical pain. This can be related to even doing a type of job that could have made her feel this way. It does not necessarily have to relate to her relationship with her husband, closest friends and relatives. In my research, though, I have found this emotional response related to a stressful family dynamic.

It has been said that the baby's connection with the mother or primary caregiver functions as the regulators of the nervous system, meaning the way that the mother or primary caregiver interacts and bonds with the infant. If this bonding and interaction process was stressful, then you can assume that there will be a disruption in this bond, including the effect it has on the baby's nervous system. However, in Metaphysical Anatomy, this is just another secondary issue that could reinforce the stress stored and programmed in the infant's nervous system. My opinion is that if the fetus had harmonious and low experiences of low levels of stress and didn't have a strong predisposition for experiencing high levels of stress, lack of trust and abuse, then the connection between the child and mother/caregiver can actually be harmonious and a healthy bond is formed that doesn't disrupt or activate the nervous system in a way that trauma and abuse would activate it.. But life happens and stress is experienced when a new baby enters the world. What people often fail to see is that it's not just a stressful experience for the mother/primary caregiver but for the infant as well. The infant is going through tremendous adjustments just as the mother is going through new learning experiences. The mother or primary caregiver's ability to soothe the baby has a tremendous impact on their developing nervous system. If comforted in ways that calmed the baby down, then this sets the nervous and limbic system up for a healthy way of regulating itself. If there was insufficient comfort, then this sets the nervous system as sensitive and prone to emotional and stress-related disorders and anxiety. Stress can be soothed quickly when there is a presence that makes the baby feels safe. It allows the stress or trauma cycle to actually complete itself, and the nervous system almost resets itself to functioning in a normal, healthy way. This has a big impact on the baby's ability to connect with its body, ability to trust and, most importantly, establish healthy connections with others.

What is interesting is this is often one of a few root causes of addictions in my opinion. The mother might do everything right physically to comfort the child. However, if the mother was anxious or very stressed, then this state of mind does affect how well she is able to comfort the baby and soothe the baby's nervous system. I have noticed a pattern where students were not able to feel an emotional connection with their mother (because she herself felt greatly

challenged to feel her own emotions) and thus use addictive substances to calm them down in a way a mother normally would have. This is not a conscious thought or act. Ultimately, the body is searching for reassurance and comfort when it's in distress, and the mother is often the first point of contact. If that contact is disrupted or emotionally unavailable (even though she might physically be there), this can set up a strong pattern for addiction. This also tends to be the case when the baby was raised by different care takers for example moving from one day care centre to another, or have different care takers. The baby now matures into an adult, looking for substances to soothe the nervous system with the intention to reset the system to regulate and function in a normal and healthy way again. However, the "act of resetting it" with tobacco, alcohol and drugs do not have a long lasting effect and the emotional reward wears off. This causes the person to reach out to the substance once again with the intention to reset the nervous system that is ultimately only searching for comfort and reassurance. Unfortunately, in most cases, the need to soothe and comfort the nervous system (which, as mentioned before, could be due to a lack of comfort from a caregiver, and bearing in mind it's not that the caregiver or mother perhaps physically did anything wrong but the person's emotional state and emotional availability can greatly affect the baby's nervous system) can cause a person to look for an escape. No matter how destructive drugs can be or other substances can be, the emotional reward and instant gratification it provides makes it worth it, even if it costs your life.

Did your mother suffer from any addictions? This could include alcohol, smoking, food and medication.

Explore what the fetal environment was like during the second and third trimester. It is important not to relive any past traumas.

The mother's body may have released a great amount of cortisol and her blood pressure may have been high as a result of her stress. This may have influenced the fetus's blood circulation, heartbeat and stress levels. After you were born and matured, you may have found yourself searching for substances that would give you the same "racing or heightened levels" you experienced in the womb. You may be oversensitive to stress and feel you can't cope, causing you to give up on life too quickly.

Emotions

There was a lack of touch in your childhood. You feel empty inside and are unconsciously searching for something to fill a void. You feel overlooked, ignored and alone, even though loved ones may be around.

This could be related to ancestral trauma where ancestors suffered great loneliness and suicidal tendencies. Your mother may have experienced great stress as a result of direct or indirect influences in her environment. This may relate to financial stress, or having experienced a traumatic event.

You need to be in control—of your environment, what you eat and the little day-to-day routines. This pattern often overflows into immediate relationships which often challenges your partners / friends / family's patience with you.

Your parents were never consistent with the way they communicated with you. An example of this would be to say, "Today you can sit on the couch," and then the next day "You are not allowed to sit on the couch."

You were greatly challenged by your relationship with your parents. Some clients have described certain events that contributed to their addiction as "soul breaking." This could be due to rejection, abandonment or abuse.

Current circumstances are triggering pre-existing trauma that caused you to dissociate from

your circumstances and reach out to addictive substances or create obsessive patterns.

You sabotage too many aspects of your life in an effort to recreate the lack of emotions you experienced in childhood.

Selling your body to keep up the addiction may become a way of life. There is a pattern that you recreate when you feel the need to be rescued and comforted. There is a lot of drama and chaos in your life as well because your circumstances often reflect your mental state. You may feel that you deserve to be punished and blamed for another person's mistakes. This sabotaging pattern keeps repeating itself, recreating drama, rejection and the need for rescue. The drama and stress in your life distract you from how you really feel—calmness is not the "safe state of mind" you aim for. Perhaps you feel vulnerable or unable to defend yourself when you are calm.

You feel you have reached a point where things just cannot improve or be fixed anymore. When you surrender to negative dominant thoughts, you are rewarded with familiar emotions (related to old trauma). This results in a need to use substances to curb any anxiety and restlessness. Sudden, new and unwanted changes can accelerate any addiction. Ask yourself what new experiences or sudden changes have occurred recently. It is important for you to explore this as you have a tendency to minimize your awareness.

You may have a tendency to search for acceptance from others in ways that only result in rejection. You feel challenged by feelings of self-loathing and shame. You always end-up finding love in all the wrong places because of your preconceived associations about receiving love, developed during childhood. Your childhood often reinforces trauma that has been there before you were born.

Addictions cause suffering to the people closest to you. Addictions will always catch up on a physical level at some stage in your life. Abusing food and money is a common symptom of the problem.

Note to practitioners: Issues that arise from clients in this category can be intense. Extreme addicts can even become violent when you discuss sensitive topics. Addicts often take drugs before sessions. Be prepared and use your skill, discernment and intuition at all times. If the addiction serves to suppress childhood trauma, there is a risk that accessing the trauma can trigger preexisting suicidal tendencies. A qualified practitioner needs to always be sensitive to the needs and risks of the client.

Addictions and obsessive behavior

Activity / Sports fanatic

You don't cope well with stress and have too many responsibilities. You are always busy and often don't take the time to relax and just "be." You may need emotional reassurance in your life and a lot of freedom from loved ones. You find your place of emotional safety and calmness when on the go, proving yourself through physical prowess. You are often addicted to the chemical release of the brain that occurs during activity. This release has kept you safe and serves as an escape from problems. It is also the body's way of trying to process unresolved trauma. You might be unconsciously stuck in a flight instinct.

Alcohol (see Alcoholism)

Anti-depressants

You have had enough of daily stress and just need to rest. There is a possibility that your doctor misdiagnosed a condition or was too quick to prescribe anti-depressants (it's often easier than listening to the trauma). You are tired of feeling unheard and often use aggression to get your point across. Disassociating from your situation seems to be the best way to cope. You feel stuck in a place of numbness and this state of mind feels safe, as no one can hurt you here.

Note to practitioners: Always ask the client to consult another doctor for a second opinion. Work together with their doctor and monitor their progress.

It's time for you to reconnect to your passion in life—what makes you happy? Why don't you have more of that? What is the block? Is there a secondary gain of the block? If you can resolve the underlying trauma, you'll be ready to let go of your dependence on the antidepressants. However – and this is vital – this will require medical supervision. Never stop using any medication without medical advice. It can take several months to safely wean off the medication. During this time, keep working on developing inner strength and confidence as you gradually reduce your reliance on the medication.

Arguing

You feel resentful toward people that were supposed to love you so instead of asking for attention and love, you often create drama and conflict. Suppressed anger needs a release and the easiest way is to take it out on people around you. You draw power and dominance from your anger and resentment. Perhaps your family life may have consisted of debates and arguments as a form of entertainment that is reflected in your need for validation through winning arguments. Even better when someone else capitulates and admits you were right! .

You may not even believe in the point you're arguing, it's about the need to dominate and be acknowledged. You often unconsciously provoke conflict in order to feel and experience that sense of power and feeling of control. Arguments = power + control + being heard. You closely monitor conversations, waiting for the moment when you can find a weakness to turn into your favor. You have been shown little compassion, so you in turn show little concern for the mistakes and weaknesses of others.

Baking / Cooking

You often feel overwhelmed and stressed so you began to cook excessively as a means of easing your burdens. You desperately need support but don't know how to ask for support without feeling obligated to return the favor. There is a resistance to dealing with the issues in your life and cooking is a good distraction. This is also an ancestral pattern where a women's only job was to cook and clean. Cooking took their mind off their daily stress and worries.

Bathing

If you find yourself bathing or showering excessively, you may lack affection and nurturing in your life. An influential person who was paranoid about germs and cleanliness may have raised you. As a result, you constantly wash to get rid of feelings of disgust or shame. There may also be strong sexual abuse trauma in the family line. Explore the pre-conception stages as they often hold the answer to your troubles. The story of your conception may also be

relevant, especially if your parents felt disgusted or ashamed about sex or their choice of partner. Guilt associated with an extra-marital affair could be relevant.

Cheese

You crave emotional nurturing. The love you received in your childhood may have been hostile, leaving you vulnerable, in need of comfort and disconnected from your mother. This is probably a pre-existing trauma that began in the womb.

Cigarettes (see Smoking)

Cocaine

You love the very thing you're not getting enough of in life – attention! Being in the spotlight, surrounded by admirers is one of your favorite places to be. Suppressed rage may surface when you use cocaine (this often brings out the worst in people, as the more emotions they suppress the more catastrophic and intense their reaction to the cocaine will be). You may have a high profile job. As a child, you often felt ignored by your parents, while at the same time pushed to your limits to perform for them. It may be that you have lived out your life for them and turned to addictive substances in order to escape the life that hasn't panned out like you envisioned.

Coffee / Coca Cola

You often feel isolated and alienated. You gravitate toward relationships that seem to deny your acknowledgement, support and safety. Poor boundaries and low self-esteem have left you feeling as though you are of a “lower rank” than other people. You strive to show how much better and successful you are in order to prove your independence to influential people in your life. You are carrying a lot of shame—your loss of passion and motivation has you living for the sake of living. You feel bored with life, searching for fulfillment and new changes. Your mother may have experienced high levels of stress during her pregnancy with you.

Collecting

You feel that the more you hold on to and collect items, the more emotionally abundant and fulfilled you will feel. Collecting objects fills an emotional void in your life. You suppress old issues that you do not want to process or let go of. Where does this feeling of emptiness originate? What caused you to feel this void? It may be that you have a desire for children, but cannot have them or you've experienced a loss, such as the death of a loved one. You are collecting things in life due to a lack of love, purpose, or passion. It's actually very healing to clean out one's house every six months. It gives you a sense of empowerment and a feeling of control. By letting go of the things, you are also unconsciously letting go of emotional baggage, too. Looking at old stuff is like looking at old energy that does not serve you anymore.

Computer Games

You are emotionally vulnerable and very sensitive to people. You don't cope very well when interacting with people; the reason behind this should be explored. Conversations are perceived and “translated” in a unique way, causing you to struggle when communicating and expressing emotions. You often feel misunderstood, so you often keep yourself busy with games. You feel a great deal of anxiety when you're around large groups of people and prefer

to have calm and soft-spoken conversations. What are you trying to suppress? What do you get from playing games that you are not getting or achieving in your personal life? What is so fulfilling about the games and being distracted?

Crime – petty (e.g. shoplifting)

If you are stealing due to a genuine financial need then address the underlying trauma such as loss of a job or loss of support. In many cases, it isn't about not having enough money—it's all about the thrill. Stealing meets some unmet need and in some cases, the adrenaline of the theft is the only time you may feel anything. In this case, the theft is a superficial symptom, not the real issue. It is necessary to find out what happened that caused the suppression of your feelings. One strategy is to picture yourself at a specific age, for example: 10 years old. Did you have the suppression at that age? If not, go forwards, to 20 years old. If yes, go backwards until you find what out what happened. If that fails, another strategy is to pretend that you could never steal again, never have that adrenaline boost. What would you feel? Most likely, it will be nothingness. Now work on that sense of nothingness.

Crime – stealing

Ancestral trauma related to lack, loss of their territory, house etc. Unconsciously, you are trying to reclaim territory, to take back what was once lost. Trauma may also be related to loss of a parent or loss of their love and attention. Something of value was taken away from you and you're still searching for it.

Crime – violent

You feel like the world owes you because of your childhood hardships. You often feel very misunderstood by the people who are close to you. Mistakes were blown out of proportion during childhood, with your parents over-reacting whenever you did something wrong. You have trouble letting go of the anger and emotional pain because you have made your rage a source of power. Anger gives you an adrenaline rush, which enables you to take action without worrying about the consequences. You may lack motivation and ambition due to a lack of acknowledgement as a child. Failing before starting a task becomes a vicious cycle. As a result, you move on to crime related activities. There is an association with rage—that it is bliss, fun and empowering. Rage also creates an adrenaline rush and you will try to recreate these feelings and experiences by provoking unlawful circumstances. This could also be related to lead poisoning, especially if you have a violent tendency.

You may have witnessed one of your family members nearly killed due to violence. Your ancestors might also have been part of a group that uses violence as means to gain power and authority.

Crystal meth

The pattern here is violence, whether it is in your fantasies or in real life. You have an immense lack of self-control, however you seem to be the only one who knows best and shun other's advice. You feel that your life is unique and the crystal meth makes you feel special. There is a sense of “fulfillment” when using this substance. You may resist loving yourself or allowing yourself to be loved by others. In your opinion, love is dangerous and destructive.

You have suppressed anger and rage from your childhood (your parents often projected their frustrations on you). Expressing your needs made you feel vulnerable, exposed and unsafe. You feel paranoid about what other people think of you. Developing “meth mouth” is a common side effect due to the dry conditions and lack of healthy bacteria in your mouth.

This only compounds your insecurities and low self-esteem.

Dairy

You want love and need to be nurtured. You often search for love and nurturing from the opposite sex and end-up attracting the wrong person. You may have felt disconnected from your mother directly after birth and when you were breastfed. The love you received from your mother was confusing. Explore ancestral trauma where they may have made negative associations with dairy such as digesting diary that was not fresh. See Allergies as well.

Food (see Weight Problems)

You use food to fill the gaps in your life. You feel you lack fulfillment and protection, so you find comfort and security in food. Intimate relationships challenge your comfort zone. You have a fear of commitment. In your mind, commitment = being controlled, abused or abandoned. Abandonment may have used to punish you. One minute you had an abundance of love and attention and then the next minute it was absent for long periods of time. You often feel out of control in many areas of your life, especially in relationships. What do you need emotionally just before putting food in your mouth? How does the urge to eat make you feel emotionally? Explore these emotions. See Weight Problems.

Glue (inhaling glue)

You feel stuck in your circumstances and see no way out. As you feel you had no support from your family, you had to mature very quickly in order to survive. Giving up seems to be a viable option, as life has very little to offer you.

Heroin

You are battling with a great deal of self-sabotage and self-loathing. You often experienced emotional, physical, or sexual abuse trauma during your childhood. You feel disempowered and rejected by your circumstances and yet feel helpless to change it. Love was given and shown by only one parent. There was a “push and pull” pattern in your love relationships. You may feel like you’ve lost complete control of your life and all attempts to regain control is failing. This causes you to fall deeper into the vicious addiction cycle.

You feel that there is a lack of guidance and direction in your life so you wait for someone else to intervene and rescue you

Laughter (compulsive nervous laughter)

You use laughter as a way of avoiding your true feelings. You may begin laughing when a trauma is triggered and you are trying to suppress it. Expressing anger was not acceptable or tolerated during childhood. This may have resulted in inappropriate laughter whenever you were upset, sad or angry. You feel as though your accomplishments were never taken seriously nor acknowledged. You have learned to cover up your need for approval through humor, especially when it comes to achieving success. Laughter is the key to everything for you—how you react when you receive too much attention and how you process emotions such as shame, guilt or humiliation.

Your unresolved trauma may surface as anxiety and nervousness, which results in laughter. It’s also due to deep grief and suppressed sadness that may have resulted from abandonment and rejection.

LSD

You have very eccentric characteristics. You show great leadership potential yet sabotage your talents and personal progress. You often feel that you've never been acknowledged or seen for who you really are. You lack structure in your projects and decision-making, in need of consistent positive reinforcement from influential people.

Marijuana

You may have experienced a violent / emotionally abusive childhood and have a desperate need to feel safe. You look for safety in unhealthy circumstances, as it feels familiar and you know how to cope in those circumstances. There is a lack of motivation. You often have no desire to become successful and have given up trying. Past success may have come at a big price, so now you feel over burdened. There was not enough encouragement during your childhood making you feel that you do not have what it takes to be successful. Your mistakes were often punished with hostility and humiliation. Heavy use of this drug leads to mental disorders, psychosis, schizophrenia and panic attacks. Bronchitis is common in heavy smokers.

Relationships

You jump in and out of relationships. You've made an unhealthy association with security and love—the moment you come close to being in love and feeling safe, you bail out. You may even unconsciously create drama that could end the relationship. While you are always searching for mister / miss right, you tend to attract people that make you feel the same way that your parents did. You have a lot of self-sabotaging patterns.

Sedatives

There is a need to numb yourself emotionally. You have experienced a great deal of grief, pressure, physical and emotional pain. Now you need to rest and be away from your debilitating and stressful circumstances. Poor personal boundaries seem to play a big role. Reaching out to substances has lifted the weight and responsibility that you carry in life due to poor boundaries. On some level you are addicted to a busy lifestyle and do not want to give it up. At the same time, you also want to avoid the stress that comes with all of the responsibilities. By using sedatives, you can avoid the stress and keep up the usual routine. The life that you have now is recreating similar patterns from your childhood.

Sex Addiction

There was lack of love and support from your parents. An emotionally cold mother or influential female may have raised you. On the other hand, you may have made an incorrect association during your own womb stages. You only feel loved and fulfilled when you are intimate and sexually expressing themselves. Sex = safety. You have a fear of commitment so when choosing to have sex with different partners the odds of being hurt are almost zero.

Key Points General

- Lack of stability, safety, love and feeling unworthy are the key words here. Who made you feel this way?

- Did your mother abuse drugs or alcohol before and during her pregnancy? If yes, then explore what affect this had on your development both physically and mentally.
- What did you need emotionally when you took the drugs or completed an activity? The answers here need to be worked on and explored. What do you lack emotionally in your life that you get from drugs or an activity?
- How did the drug / activity nurture you? Why is this ____ (emotion) absent in your life? How does it make you feel?
- How does numbness keep you safe? Safe from who or what?
- Was your mother violated or abused before or during her pregnancy? If yes, explore what effect this may have had on your development.
- Did your mother experience high levels of stress and anxiety during her pregnancy? Was she in a fight or flight situation which may have involved robbery, physical abuse, or being chased by a dog?
- What substances were filtered between you and your mother? Such as toxins, unhealthy food, alcohol, nicotine, medication or was your mother ill, etc.
- Explore the state of the placenta and see if you can sense any toxins or unhealthy substances? Explore how it made you feel?
- Did any of your ancestors live in a war zone or in refugee camps / concentration camps? If so, explore ancestral depression, PTSD, anxiety that may have started in your life.
- Was either parent in the military? If so, what similar emotional patterns do you now have that your parents had during that time.
- Explore implantation stages. Does the embryo feel accepted and welcomed during the implantation stages? If not then explore why? How did that make you feel? Explore further possibilities. Refer to the Birth section for more details.
- Did people smoke cigarettes around your mother during her pregnancy? If yes, what effect did it have on you? Did the smoke trigger old ancestral addictions? Explore further possibilities.
- Is addiction used to fill a void in your life? If so, where in your body is the void located? How does that void feel? Explore emotions such as feeling stuck and stagnant.
- How was the void created in that area of the body? Explore birth trauma. Can you sense the void there? If yes, then take it one step further back and again explore if you can sense it there as well. Keep exploring the origin.
- Explore trauma that resulted in feeling rejected and abandoned.
- Self-punishment, attacking the self and sabotaging the good things in your life. Who punished you a lot? Why? What did you need emotionally when someone made you feel attacked or punished? Explore further possibilities.
- Explore addiction patterns in your ancestry line. What were their circumstances? What happened that made them begin abusing addictive substances or activities? Have similar issues surfaced in your life? Explore further possibilities.
- Does anyone in your family (such as mother, father or grandparents) suffer from post-traumatic stress disorder PTSD? If yes, then explore how trauma may have affected you. Remember to explore the womb stages and how your mother felt during her pregnancy.
- Explore the amniotic sac and water. How does it feel? Can any toxicity be sensed in it? If yes, how did this make you feel? You may feel stuck, attacked and irritated.
- Explore similarities between your own emotions, habits and your mother's patterns.
- Patterns copied from the mother, often set in during fetal stages while the fetus's stomach, nervous system and heart develop. Emotional stress and tension is stored in these areas. The fetus receives their programming from the mother's heart mind just before turning their

head towards the uterus. It is also during this time that the pattern of anxiety, self-esteem and personal strength is reinforced.

Important questions to ask yourself:

- Does this condition make it easier for me to express boundaries, such as saying “no”?
 - When I’m sick, do I feel that others will be less likely to attack me?
 - Is my illness part of my identity (the answer may vary depending on how long you’ve had the condition)? Do I know who I am without this condition?
 - What have I discovered in my life now that I would not have discovered while being healthy?
 - Did I feel respected by influential people before the illness?
 - Am I avoiding certain responsibilities because I have been overwhelmed and burned out by too much responsibility in the past? Am I trying to avoid old patterns?
 - Did I know about my mother’s anxiety during pregnancy and how it would affect me?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Addison’s Disease

See Adrenals, Fever, Muscle Problems, Nausea

Emotions

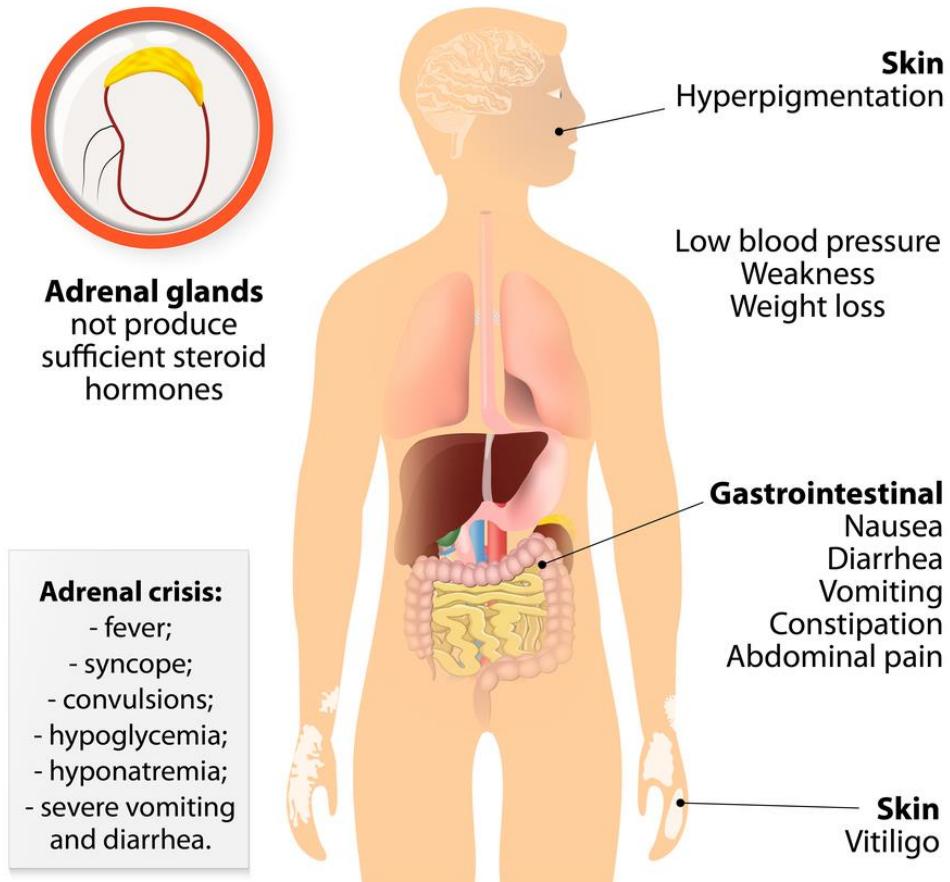
You have dissociated from any goals and emotions causing you to feel out of sync with yourself and those around you. You feel uncertain about life, your future as well as the direction that life is taking you in. You feel controlled by outside influences and are unable to stand strong with your own power.

There is a great deal of confusion as to what your role and purpose in life should be. It begs many different questions, “Did I achieve what I should have? Did I do the right thing by people?” These questions are an echo that stems from a family line. There may have been a great deal of suppressed anger and lack of control present. Loneliness has followed you like a shadow, even though loved ones may surround you. Connecting and interacting with people always came at an emotional price, as you tend to wear your heart on your sleeve. Interaction = feeling exposed and vulnerable. This is often related to the development of poor personal boundaries.

You often have a negative pattern, feeling there is no use investing time and energy into any of your goals. You lacked a healthy support from others and motivation in the past. This only made you feel stuck in a rut, not moving forward in life. Goals and dreams you once had have become very distant and out of reach now. You feel angry and resentful as you have allowed yourself to be disempowered and now you feel unable to take your power back. If you don’t feel supported and motivated, then you often sabotage your own goals.

Your mother may have attended primarily to other people’s needs during her pregnancy while ignoring her own. Your mother had to be strong and stand strong in her position as the mother in the house during her pregnancy stages. This caused her to feel a great deal of responsibility and unable to attend to her own health care and emotional needs. You are alert and aware of how others see you. You are tired of playing the stereotypical role of a spouse in life and want to rebel. You long to escape your responsibilities as they have overshadowed your individuality and need for freedom.

Addison's disease



Key Points

- What do you feel exhausted from? Explore boundary failures and feeling overwhelmed.
- Who or what has drained you from your own source of happiness? Why did you allow it? What is the benefit of giving your happiness away?
- Trauma that caused you to feel overwhelmed. How does feeling overwhelmed make you feel? What is the secondary gain of always feeling overwhelmed?
- Do you feel like giving up? If yes, then why? Who or what made you feel this way?
- Explore trauma and patterns exercising bad boundaries in your life. Can you say “no” without needing to use anger? What happened in the past when you did express boundaries?
- Do you feel overloaded by responsibilities? Have you been overburdened by responsibilities in the past? If yes, how does this make you feel?
- Explore trauma during times when you unsupported. Start by exploring the womb stages. How did your mother also feel during her pregnancy?
- Explore the fetal stages. Explore circumstances in your mother’s life that caused her to experience stress. Did this affect you during fetal development? Did your mother express

symptoms related to war trauma that may have taken place in her ancestral line? Memories of physical and sexual abuse? Explore what part this may play in your life today.

- What was the environment like during the stage when your adrenals were developing? Explore further.
- Did you feel under attack by your mother while in utero? If yes, how did it make you feel? Explore further possibilities.
- Was anesthesia or an epidural used during your birth? This creates the feelings of being alone, unsupported, stressed and confused.
- Were you breast-fed long enough? Did you receive enough nutrition from your mother? How did your mother feel towards you while she was looking after your needs in the first two years?
- You are often aware of your mother's anxiety and exhaustion during womb stages. This may have made you feel uncomfortable to move around freely. Your movement may have made your mother respond in an angry and hostile manner, which in turn made you feel controlled and trapped. Explore further possibilities.

Important questions to ask yourself:

- Does this condition make it easier for me to express boundaries and say "no"?
- When I'm sick, do I feel that others will be less likely to attack me?
- Is my illness part of my identity (the answer may vary depending on how long you've had the condition)? Do I know who I am without this condition?
- What have I discovered in my life now that I would not have discovered while being healthy?
- Did I feel respected by influential people before the illness?
- Am I avoiding certain responsibilities because I have been overwhelmed and burned out by too much responsibility in the past? Am I trying to avoid old patterns?

Adenoids

See Lymphatic Filariasis, Lymphatic System Compromised

Emotions

You feel that you are always in trouble and are to blame for everything that goes wrong. You have been manipulated to such an extent, that you're very vulnerable to being used as the scapegoat for other people's mistakes. Parents and influential people often project their resentment and bitterness towards you in an effort to rid themselves of their frustration. You may have a parent who is jealous of the attention you receive from others.

Key Points

- Explore trauma as a result of feeling unaccepted and alone. Explore implantation stages as well.
- Work on trauma related to fearing your parents / authority figure / teacher. If this is the case for you, then explore circumstances that led to your fear.
- You lack discernment knowing when something is your fault and when it's not. How does it keep you safe to just accept another's false accusation towards you? Often the answer is to avoid confrontation or to be accepted and to not have a choice or say. Explore this further.
- Explore womb development stages while your mother was in her mother's womb. Explore the above emotions / trauma and acknowledge this as an ancestral pattern.

- Trauma related to feeling under attack by someone that was supposed to love and respect you. Explore fertilization when the egg and sperm came together.
- Did you feel accepted and welcomed in your mother's womb? If no, then explore this further.
- If you could see outside of the womb during the last trimester, what would you see and sense? What was the environment like? Was it positive? How did your mother feel? What kind of relationship did she have with her partner? Was your mother happy or depressed? How did your mother's emotions and her environment affect the fetus?
- Did your parents want you? Was the pregnancy a mistake or planned? Explore resentment that was projected at you after birth and how this made you feel.

Adjustment Disorder

See Anxiety, Depression, Seasonal Adjustment Disorder (SAD), Post-Traumatic Stress Disorder (PTSD)

Emotions

You may often feel challenged to adapt to new changes in your environment. You may have had an emotionally unstable or unpredictable childhood with your peaceful state and safety regularly disturbed by trauma such as physical or emotional abuse, bullying or sudden dramatic changes.

You feel as if you had no security and stability within your family relationships. Your mother may have been physically present but was often emotionally absent. This caused you to feel abandoned and rejected. This condition is often also associated with separation anxiety.

Any changes to your routine or environment were experienced as a trauma. Now you associate change as being traumatic, negative and emotionally stressful. You often attract people into your life that are emotionally unavailable, providing you with very little support, love and stability.

You may have been separated from objects or people that made you feel safe. This trauma may be triggered whenever you change location or are separated from a familiar environment.

You have made a negative association with change. This could be related to birth trauma, moving from the womb to the outside world.

Ancestral trauma also plays a role. Ancestors may have been violent or as a result of danger, moved from their homes or country, causing a great deal of trauma.

Key Points

- Explore the underlying trauma for feeling abandoned and vulnerable.
- Explore when the sperm dissolved and merged with the egg. Explore feeling invaded and out of control associated with change.
- Explore stages after fertilization when the cell division started. This can sometimes be experienced as another big change or as a death. Then explore trauma related to implantation such as feeling out of control, not able to settle down, etc.
- If there are still residues left, explore how the emotion that remains is still keeping you safe. What is the benefit of holding on to this emotion? How does this familiar emotion serve you?
- Birth trauma. Did the medical team use forceps or pull your head when you were moving through the birth canal? If yes, then explore this further. See Birth section
- You always need reassurance. Why? How does this make you feel? What would happen if you didn't have someone in your life to offer reassurance?

- How quickly were you taken away from your mother after birth? Explore this. Example, were you washed first and then handed to your mother? Was there a medical problem that needed to be attended to first?
- Were you able to stay with your mother in her room or were you in separate rooms?
- Was there enough physical contact between the two of you in the first few days?

Adoption

Emotions

Your intimate relationships often don't last long due to feeling worthless and self-sabotaging patterns. You often overcompensate for feeling thrown away by holding on too strongly to a partner in fear of being abandoned again. This possessive behavior also allows you to hold onto unhealthy relationships far longer than you should, as you would much rather be with someone than be alone. You often have a great fear of not belonging anywhere.

You often have the unconscious expectation of being abandoned at some point in time. This leads to a self-sabotaging cycle where you project the fear of being abandoned by means of anger, jealousy or stubbornness. This creates circumstances where you feel rejected as the drama of the unresolved trauma plays out. As result, you often feel that no one is there to look after you—it's just you against the world.

You project a strong façade which has developed from a constant state of numbness in response to your past pain and trauma. The façade keeps you from making an emotional connection with your environment and the people close to you. You don't handle responsibility well, often due to a lack of structure, support or positive reinforcement.

Responsibilities are often passed on to others who will take care of it. There could be a pattern where you overcompensate for the lack of structure and control in your life by being overly controlling.

You often feel that other peoples' needs are always more important than your own. A loving family may surround you yet still long for something more, to connect with someone on a deeper level. This is often the bond between mother and child that you may be unconsciously longing for. This feeling can be described as having a piece of your soul missing.

Your life story revolves around being rejected and feeling not good enough to be loved. You want to receive love, yet invariably push it away. You often tell yourself, "I would lose them anyway" or "The world is too cruel and selfish to support my goals."

You may find safety in your connection with animals, as they do not pose a threat.

Key Points

- Explore phases where the embryo attaches itself to the womb wall. Did the embryo feel accepted by the mother? Explore stressful experiences that occurred such as feeling rejected and unwanted.
- Explore abandonment key points, especially during implantation.
- Explore stages of the new born baby's life after birth. Were you taken away too early from your mother for long periods of time? If yes, then explore further. How did it make you feel? Explore further possibilities.
- Did you have a chance to be breast-fed or were you taken away from your mother immediately?
- You may not feel worthy enough to be loved. Why? Who made you feel this way? Explore further possibilities.

- Feeling disgusted with yourself. You feel thrown away and not lovable enough to be kept by your mother. Explore further possibilities.
- Explore feelings of rejection. How many foster homes did you live in? Did you have to adapt to a new family such as moving from one familiar environment to a new environment with your mother absent in the second environment? How did changing families and environments make you feel? Which emotions kept you safe? This could be stubbornness, anger or hostility.
- There may have been a part of you that knew the separation from your mother was inevitable during womb or infancy stages. If you identify with this then explore.
- Had your mother made the decision to give you up for adoption before the birth? Your mother may have made this decision during the last trimester of her pregnancy. If she gave you up against her will, explore her grief and guilt that could have affected you, or your relationship if there was to be any contact after the adoption.
- Abandonment could mean “death” as you would then be separated from your source of food and safety. This is a survival instinct as there is no one to feed or look after the baby or young infant.
- If several caretakers nurtured you then you may have multiple sexual partners as an adult.
- You could unconsciously be searching to fulfill a need for love, acceptance and safety from multiple people.
- This is because your needs were met by multiple caretakers in different and inconsistent ways.
- Fear of being attacked (verbally or physically) due to lack of protection from a stable source. Can you identify with this? If yes, then explore further. See Unwanted Birth under the Birth section.

Adrenals

See Addison's Disease, Cushing's Disease, Congenital Adrenal Hyperplasia (CAH)

Adrenals Right Side: You crave power however; you often resist being put in a position of power, as the price you'd pay would be too high. You may have witnessed influential people abuse their power, so you have issues with authority and negative associations with power. There is often a great deal of unresolved anger (could be ancestral as well) related to a male. The anger could also be related to a mother/maternal figure that had a challenging relationship with her husband and took her frustrations out on you. You often have a presence that feels like it's fading away. The right side represents problems you are currently having. You may feel exhausted or challenged by people in authority such as in the work place or even within the family. You feel challenged or attacked when you need to take charge and make decisions but this often leads to conflicted feelings. You want the role of leader but not at the price you'll have to pay for it.

Adrenals Left Side: You feel disappointed in a female figure, which is a role model. This role model may have passed away which made you feel abandoned or having regret in being unable to express any possible grievances with this person.

You feel powerless and uncertain as to how to kick-start your goals. Whether it's a work project / relationship or personal goal. You lack trust in your own guidance and mistake your fears for intuition. The left side is about family issues, stress, responsibilities and feminine power. It always begs the question, “Who challenged or abused you and why?” You may have been the target of an abuser's bad temper and failure to take responsibility for their own

shortcomings.

Were you used as a scapegoat in the family? If you are a mother, you might be overly worried about your children, especially any unresolved trauma that might cause you to feel that your children) will always be in danger and you're unable to provide safety.

Emotions common for Depleted Adrenals

You worry too much about life and may be described as a “stress-head.” Creating unrealistic scenarios in your mind and then acting emotionally as if it has already happened is draining. You worry about things that haven’t happened and there is little to no distinction between what is a real or superficial threat. There are often many unresolved ancestral traumas that seem to be surfacing in your life. Socializing is now at the bottom of the to do list as interactions with people have become parasitic and draining. You have little energy to give and share with others, so you have begun to withdraw from your environment. This is your way of setting boundaries and conserving energy. By hiding from things that cause you stress, you make time for yourself.

You tend to feel responsible for those around you, even taking the blame for things that go wrong in your family. You have always been relied on to pull through, regardless of the circumstances.

Fear of failure motivates you to work harder. You often blur the lines between what’s your responsibility and what’s not.

Being patient is not your best quality, as you do not want to wait for things to take a natural course. In situations where you have no choice but to wait, you may project strong control issues. As a result of the lack of control in your life, you overcompensate by taking on too much. This self-sabotaging pattern causes you to exhaust yourself with no positive outcome.

Emotions common for Overactive Adrenals

You don’t know where to draw the line between yourself and others. Your thoughts are often all over the place and you lack structure both in your professional and personal life.

You often experience back problems as a result of the emotional chaos and pressure you create for yourself. This is because you lack structure, support and direction.

You often unconsciously create circumstances which leave you feeling trapped. The stress caused from these situations may become a source of motivation. The more stress you experience, the more motivated you are, feeding off the adrenaline that is generated. However, this pattern only works for short periods of time, leaving you completely burned out. You continue to use this pattern because you believe that being exhausted and working too hard is the only way to achieve goals. Everything else is a shortcut to failure.

You feel challenged by guilt as a result of a childhood pattern. Shame and guilt may have been used as a means of punishment and manipulation.

You often become stuck in a flight or fight instinct that is regularly triggered, causing a great deal of exhaustion and stress. The sense that there is always an unknown threat just around the corner makes it important to always be on guard.

Key Points

- Did your mother experience a great deal of anxiety while she was pregnant? If yes, how did this affect you?
- What associations did you make during the developmental stages in the womb while the adrenals were developing? Was there a lot of tension or stress in the womb? How did your mother feel?

- Unable to trust yourself and letting go of mistrusting patterns. What is the benefit of holding on to these patterns?
- Fetal stress (feeling tired and exhausted). Explore how you felt after birth. Are you expressing your mother's exhaustion and stress?
- Dwelling in a place of resentment toward yourself and others – who do you resent? Why?
- What is the benefit of holding on to the resentment? How does the resentment serve you?
- Unable to forgive someone or past circumstances. Why? What would happen if you forgave someone that caused a great deal of stress or harm?
- Pattern of hatred and grudges. Toward whom? Why?
- What stops you from loving yourself? Who made you feel ashamed and guilty?
- Trauma related to feeling hopeless. Explore circumstances that made you feel this way.
- The need to overwork yourself in order to earn the good things in life and the respect of others. What is the benefit of always giving too much of yourself? What would happen if you expressed boundaries that would enable you to have more time for yourself?
- Fear of change (what will happen to you if ____ changes?). What happened in the past when circumstances changed? How did it make you feel? Did bad things happen?
- Need for nurturing, love and approval from authority figures. Who made you feel devalued?
- Always needing to be on guard. Did your mother feel like this while she was pregnant? Is there war trauma in the ancestral line? If so, explore further. Was your mother abused by her partner while she was pregnant? Did she have many problems that caused her great stress and worry?
- You often draw power from an outside source or situation instead of from within (emotionally relying on someone or something). This someone or something is starting to change and move away from your life.
- Need to be and feel responsible for everything. Do you know where your responsibilities end and someone else's begins? This may stem from having parents who don't have a clear discernment about where their own responsibilities are.
- How does it keep you safe or serve you to carry so much responsibility? What are you avoiding? You are using the overload of responsibilities to avoid dealing with suppressed emotions. Which emotion(s) do you not want to deal with? Which emotion is consuming you?

Adrenoleukodystrophy ALD

See Adrenals, Nerve Problems

Emotions

You may feel conflicted between what you want and what you think others want you to do. You feel that you are living your life according to the standards of others, with no control over your own future. Your life seems to be controlled by another person's agenda and your needs have been pushed aside. You may have been pushed or manipulated to become someone that you did not want to be. The controlling and manipulative ways in which you were raised were often very subtle, making it difficult to recognize the pattern.

A process of self-discovery is now taking place. You may be learning to understand what your needs are and what your unique purpose is.

You are beginning to understand what you should do with your life. You are drawn to the glitz and glamour that life has to offer.

Your emotional needs were dismissed during your childhood years. Expressing your truth came at a price, which left you unable to express yourself well. Your sentences are often

incomplete and you do not communicate clearly. As a result, you feel misunderstood and often walk away from situations feeling inadequate. There is a conflict between your head mind and heart mind.

You tend to reject yourself and invalidate your experiences and past efforts. You often feel frustrated, as you cannot control how others perceive you. You are challenged when you trying to express yourself and show the world how you truly feel. The language of your body seems to be projecting a different story. The trauma and strain of the ancestral line and family projection has taken a toll.

Key Points

- Family patterns related to feeling unloved and isolated. You often feel malnourished of love and nurturing. Explore implantation.
- What would happen if you allowed your spirit mind to guide your head mind and not vice versa? Explore trust issues. This could be related to an ancestor who was given bad advice or false information that nearly cost them their life. Explore this possibility.
- Do you know what you want in life? If the answer is no, how does this make you feel? Why do you feel confused? Have you ever been given the opportunity to explore your talents?
- Ancestral trauma related to communicating. Often your need for safety and love has been challenged to a point where it has been suppressed. Explore this further.
- Explore ancestry line -trauma related to feeling over burdened by responsibilities and circumstances that left them feeling out of control. Feeling unsure of how to move forward in life without always feeling responsible.
- You don't want to see or hear what is going on in your environment; especially the stress that your condition has caused or is causing loved ones. Explore further possibilities.
- Trauma related to feeling out of control as a result of being overly controlled by someone. This may have resulted in you becoming increasingly stubborn as a way of protecting yourself and regaining control.
- Explore womb stages and fertilization. If this is relevant, how does being stubborn keep you safe? Alternatively, how does it serve you?
- Feeling ashamed and angry towards your circumstances. Are you feeling anger toward a parent? If yes, explore further.
- Explore your parents' anger and issues that relate to feeling out of control. What happened in their childhood? How did it affect your conception?
- Explore birth trauma. Where forceps used? Being held by the doctor and not able to breathe and cry properly.
- Explore possible toxic and poison trauma in the ancestral line. Explore how it may have challenged their immune systems. Explore how this may have taken place and affected your own immune system. Was your mother's immune system strong during the pregnancy?
- What was your relationship like with your mother and father / primary caretaker?
- Was anesthesia or an epidural used during the birthing process as well as during your parents' births?
- Always explore your birth trauma and see the Birth section.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying "no"?
- When you are sick, do you feel that you're less likely to be attacked (verbally or physically) by influential people?

- You often feel stuck in a victim of circumstance state, especially if you have no support available. It also depends on how long you've had the condition for. Your illness starts to become part of your identity. Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Aging

Emotions

Aging is a common fear for many people. Thought patterns about aging can sometimes actually speed up the aging process. People's thoughts are vital for their wellbeing and reflect how they feel about themselves.

You feel safer growing old and showing your age alongside friends and relatives. Stress, poor personal boundaries and feeling exhausted have now played a part in making you feel overwhelmed by self-sabotaging patterns. Your body has suffered the impact of your lifestyle, which often includes working under a lot of emotional stress and pressure. You may feel held back and challenged by the sabotaging patterns, experiencing a disconnection from your purpose and passion in life.

Lack of hydration and high levels of stress can add to aging. Not having had enough water throughout your life may have a negative effect on your body and its ability to stay rejuvenated.

You are too focused on daily stress and do not listen to your body and your needs. You have stopped caring about your health and pushed your body too hard. It is important to always explore toxins that may have played a role in aging. Explore your ability to express personal boundaries. A person's life is always peaceful and guilt free when they have good boundaries. Why are you prioritizing your needs last? See the Mid Life Crisis section.

This could also be related to ancestors who experienced a great deal of trauma as a result of abuse. Explore circumstances that may have caused any ancestors to feel that their lives were always in danger. This continuous heightened state of fear and trauma take its toll.

Key Points

- Trauma related to friends / family that have passed away leaving you behind. As a result, you don't want to be left behind.
- Trauma related to long-term high levels of stress, this includes your womb stages. Explore further.
- Trauma related to feeling alone and isolated. Explore end stage of fertilization.
- Trauma related to feeling that you have lost the battle with life. Why?
- You seem to resist being in the flow of life. You don't really know how to relax in a calm atmosphere. Why are you always on guard? How does that keep you safe?
- Explore trauma of caring for others and then being hurt by these people. Example: someone who supported and loved you may have passed away or abandoned / rejected you.
- Explore trauma related to feeling abandoned by others and rejected by the world, as you grow older.
- Explore trauma related to feeling worthless / useless. What stops you from wholeheartedly acknowledging your brilliance and importance regardless of age?

- Explore stubbornness. How does it keep you safe? From whom and what?
- Explore trauma related to not being able to feel happy and enjoy emotional freedom.
- Explore your ancestry line when priests projected their own values on to people about aging and dying young.
- Trauma related to diseases and illness that resulted in ancestors passing away at a very young age.
- You don't feel worthy of being healthy and beautiful. Trauma related to a deprived childhood. Explore further possibilities.
- Explore toxic poisoning that resulted in your body aging rapidly.
- Did your mother abuse drugs, alcohol or medication? This may have affected the developing fetus as well as affect the speed at which cells age.
- What long-term stress have you been feeling? Explore further possibilities.
- Do you drink enough water?

Aglactia

See Breastfeeding

Agranulocytosis

See Attacked, Blood Problems, Immune System Compromised, Inflammation,

Emotions

You may have become a victim of circumstance, often feeling like you don't have enough authority or right to walk away from debilitating and unhealthy situations. You may feel you have to fight for what you want. Being yourself often caused you to feel attacked (either verbally or physically), so you are constantly on guard. This pattern has left you feeling worn out and exhausted.

You've often given power away to authority and to challenging circumstances. Influential people always disrespected your boundaries resulting in feeling that people just walk over you. You may have felt devalued during childhood, with authority figures making you feel less important. Communication often attracted confrontation.

Expressing your opinion makes you feel uncomfortable and unsafe, as communication often attracted confrontation. Being undermined by influential people may have left you feeling suppressed, humiliated and held back.

Key Points

- Your truth was often suppressed by stern and unfair judgment and aggression. How did that make you feel?
- You may have given up and given in to abusive people, bullies and overwhelming conditions. Why? What is the secondary gain of giving up?
- It is unsafe to walk away from abusive circumstances. Why? Explore further possibilities.
- How does it keep you safe not to defend yourself or express boundaries? The answer is often that it would avoid further attacks. How does this make you feel? Explore boundary issues.
- What stops you from communicating stress and need for support? What happened in the past when you did express it or ask for support?
- You feel disempowered and intimidated by people who raise their voice. This is often a family pattern. Explore further.

- Explore fetal development stages from the time of implantation. What kind of diet did your mother have during her pregnancy? Did she digest anything that challenged her or the fetus' immune system? Did she eat enough food? Did she use medication that may have affected the fetus?
- You are always on guard, choosing never to relax. Why? How does always being on guard serve you? When did this pattern start? Did you feel this way during the womb stages as well?
- What would happen if you expressed your boundaries? Who made you feel this way?
- How did your mother feel at the time when the blastocyst developed? Explore further possibilities.
- Did your mother have a strong immune system while she was pregnant or was it challenged by a medical condition? This may have affected the developing fetus physically or emotionally. Did your mother feel unsettled in her environment? Were there toxins, smoke and pollution or was she in an unhealthy relationship?

AIDS / HIV

See Attacked, Blood, Kaposi Sarcoma, Suicide, Virus

Emotions

The consciousness of the virus can influence the body, just like any parasite that invades. You might be feeling emotions such as, "You need me." You have trouble differentiating who is a friend and who is an enemy.

Your self-loathing and low self-esteem has led you on a path of self-destruction. You seem to be searching for a way out of life (not necessarily by death, more so by making big and drastic changes).

You are very sensitive and do not deal well with rejection. Your great fear of being alone allows you to tolerate unhealthy relationships in order to avoid being alone. You may reject the importance of your life and the role you play within the family. You have suppressed a great deal of intense emotions and dissociated from how you truly feel. You seem to be emotionally on autopilot mode.

You feel challenged and guilty in regards to sexuality and sexual pleasures. You often assume that everyone feels the same way about you as you do about yourself.

You were greatly challenged by a female figure such as a mother. This influential female rejected, abandoned or abused you when you needed support. Love and acceptance was often absent in your life. Power games were used to manipulate and control.

You may feel that there is nothing out there for you—there is nothing to look forward to anymore.

People in your life constantly invade your privacy and require your help. As a result, you feel that your personal space and are not important enough to be respected.

Loved ones have become increasingly pushy and project many expectations on you. This pattern only adds extra tension to your emotional state. Pleasing everyone is an impossible task, yet you keep trying because the rewards of recognition, acceptance and love seem worth it.

Immense stress and tension were experienced during your fetal development. You may be expressing your mother's unresolved stress and anxiety. After birth, you felt like a burden to your mother and were made to feel guilty for expressing your needs.

You may have made an association that love = rejection and hostility. Your search for love and acceptance from influential people often came up empty handed. As a result, you feel

empty with a void in your heart mind. You feel like love is a battlefield for which you are not prepared.

You experience emotions very intensely. This causes you to feel depleted mentally, physically and spiritually. You invest too much of your precious energy focusing on the wrong things in life.

You may have unconsciously made a decision to give up due to inner conflict and challenging circumstances that you feel helpless to change. Life and the baggage that comes with it have proven to be too much to handle.

This does not necessarily mean that you've had a severely challenging life. A previously inactive trauma has recently been triggered. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. You may have been born overly sensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later activated. It is important to understand that this does not mean it is anyone's fault that this condition was triggered.

Key Points

- Trauma related to feeling attacked (verbally or physically) by people's actions as well as by the environment. How did feeling attacked make you feel? Explore further possibilities.
- Feeling invaded by people. What stops you from expressing healthy and strong personal boundaries?
- Often influential people used rejection, abuse and abandonment as a form of punishment whenever you expressed a boundary. Explore and discuss how this made you feel.
- Feeling unworthy and never good enough, no matter how much effort you put into being accepted. How does this make you feel? Explore further possibilities.
- Feeling attacked and invaded by the environment (not people in this instance) such as being in a polluted environment. Explore trauma related to toxicity combined with emotional stress.
- For example: You may have felt controlled, abused or bullied by an influential person while feeling under attack by toxins, smoke, pollution or unhealthy food. Explore further possibilities.
- Trauma related to feeling under attack. How does it keep you safe to allow the attacks to take place? Often it's to avoid further confrontation and to be accepted by society. You may also feel that you deserved to be attacked, as this cycle has been present in your life from a very early age.
- Trauma related to feeling overwhelmed. Explore fertilization stages.
- Explore when the egg was surrounded by millions of sperm. How did the egg feel?
- Explore implantation stages when zygote was connecting to the womb wall. When attaching to the womb wall did the zygote feel under attack by the mother's antibodies? Was the zygote fearful? Explore further possibilities.
- Womb stages. Did your mother consume food, drink or medication that may have caused the fetus to feel under attack, irritated or unable to escape? How did your mother's environment affect you? Was your mother in a polluted area? Did people around her smoke? Did she smoke? Explore more possibilities.
- Explore how your mother's habits and emotional state affected you and the associations that you made with the trauma experienced in the womb.
- Your need for love may have been met by rejection or abandonment.
- Circumstances and controlling people made you feel that you have to accept others values in order to be accepted and loved. How did this make you feel?

- Explore the difference between your emotions and the virus consciousness.
- Explore trauma that resulted in feeling pressured, controlled and resented by others. Who or what circumstances made you feel this way? Did influential people with the intention of manipulation and establishing control take the above actions?
- If you suffer from having suicidal thoughts, did you have these suicidal tendencies before finding out about the condition? If yes, why? Work on those issues as the Aids condition is merely a secondary problem of the first original trauma. See the Suicide section.
- Which circumstance are you trying to get out of? Where in life do you feel stuck? Why? How does this make you feel? Explore further possibilities.
- Trauma related to the lack of love and nurturing in life. Explore the possibility of the virus substituting as a replacement for the loneliness in your body. Many people suffering from this condition have reported this and it's always worth asking yourself this question. This association often starts in the womb, especially if your mother suffered from a viral infection during her pregnancy.
- Was anesthesia / epidural given to your mother during the birth process? If yes, explore how the substances may have affected your ability to feel emotions. See the Birth section for more information.
- What is / was your relationship like with your mother? Explore further, as well as similar family patterns and relations with others that mirror any maternal issues.
- Trauma of feeling humiliated / shamed. Explore fertilization, how did your mother feel during sex? How did your father feel?
- Explore feeling a great deal of shame. Who made you feel so guilty and ashamed? Why are you allowing yourself to feel this way?
- Sexual guilt and shame induced family. How did that make you feel?
- Trauma that resulted in feeling unworthy to be alive. It is important to explore this when working on virus issues.
- How did your mother feel toward you while you were in the womb? How did that affect you?
- When you needed love and acceptance, how were your needs met? How did that make you feel? Explore further possibilities.

Alcoholism

See Addictions, Anxiety, Birth (Caesarean), Cirrhosis, Depression, Fetal Alcohol Syndrome, Malnutrition, Osteoporosis, Panic Attack, Pellagra, Senility

Emotions

Abusive Alcoholic: You may have suffered from a hostile, love-hate relationship with your parents, which left you feeling emotionally insecure and uncertain about your identity and where you fit into the family. Because love has often brought you nothing but pain, you do not trust or open your heart to anyone near to you. You have learned how to cope without the nurturing love of a mother.

Alcohol gives you a temporary free ticket out of stressful circumstances. Alcohol is a form of self-medication, a coping mechanism to deal with problems, without the emotional pain.

You've established destructive lifestyle patterns as a result of feeling devalued and undeserving of happiness. Often, expressing and feeling joy was not allowed during childhood. No one was allowed to have fun while influential people were stressed. You feel

as if being happy is a threat to your safety because you were often punished whenever you expressed joy.

You feel very undeserving of acceptance and often work very hard to gain recognition and praise.

You may create problems due to a need to rescue or support others. This stems from your own need to be supported and rescued. Helping people outside of the family takes priority because it makes you feel important. By contrast, helping those within the family only adds to your responsibilities and burdens. Focusing more on others outside of the family seems to be a way of punishing loved ones.

You often believe you are a victim of your bad habits and are powerless to control them. Alcoholics often create a life for themselves where everyone else is looking after them and always rescuing them.

You may blame others for your behavior and challenges you face. You may even blame your spouse, parents or children for becoming an alcoholic. Projecting responsibilities onto others is a tactic used to avoid seeing how you've destroyed your own life. You feel that the world owes you for all of the suffering you've endured in life.

Your frequent childlike behavior is perfectly acceptable, in your opinion. Growing up and maturing into an adult was painful.

There is a constant need to numb your emotions. You will try to avoid expressing emotions even if it means that you fail to attain your life goals.

You often have two sides to your personality. One personality may be displayed at home and another gentler and compassionate personality will be displayed in public. The general public is blissfully unaware of how brutal and abusive you can become behind closed doors.

As an adult, you are no longer the victim; you are now the abuser in relationships. You have overcorrected poor personal boundaries by exercising power with aggression and rage.

You tend to attract partners that suffer from a low self-esteem and self-loathing. Targeting insecure individuals is safe because then you won't be abandoned or challenged. A partner with healthy boundaries would leave. It is important that the people who share a house with an alcoholic also work on their own boundaries.

You are a good manipulator, often bullying family members into believing what you say and promise. Long-term alcoholics often take loved ones for everything they are worth. This can mean both financially and emotionally if the family allows it.

Your loved ones become stuck in a dilemma in which they hope you will get better one day. The odds of this actually taking place are low. You must want the change.

There may be lack of sexual interest in your partner due to suppression, but it can be the opposite. It's often from one extreme to the other. Having affairs with strangers is safer than emotionally connecting with a partner. A stranger cannot emotionally hurt you. You may feel that you are less likely to get hurt if your emotional needs are met outside of your private life.

Alcoholism general: If you were abused as a child then abuse and trauma become normal; you grow accustomed to abuse. As a result, you may unconsciously attract and recreate the abusive circumstances experienced during childhood. You are often drawn to circumstances and people that remind you of the childhood trauma, as it feels familiar and normal. In a way, you may often feel safer when in destructive circumstances as at least you know how to survive. Pushing people who love you away is one method of keeping safe. You often sabotage relationships as you have a fear of repeating abusive cycles from your childhood.

You may have a negative association with love because the people, who should have loved you, threatened and hurt you instead.

You may be very intuitive however will most likely never reveal this side. Starting new

projects comes easier than following through to completion. You often lack the direction and support to finish a project. You have a debilitating habit of sabotaging your own success and giving up quickly. Hard work during childhood never brought you any emotional satisfaction. There was never any praise and acknowledgements, so as a result, you feel that you do not have what it takes to make it in the world. The world owes you something.

You may feel frustrated with God and your religious beliefs. You feel abandoned by the world, as a result of feeling abandoned by your mother or an influential female figure.

You feel overly sensitive and scared due to hostile interactions with influential people. Showing emotions has only landed you in trouble in the past. Showing emotions attracted unwanted attention from people that intimidated and bullied you.

Working hard can become overcompensation for the lack of acknowledgement and control you had in childhood. You always try to please people in authority. You may even find yourself in circumstances where you have to make friends with the enemy, despite knowing that some circumstances are unhealthy and inappropriate for you. Your poor boundaries and desperate need to be accepted sometimes overrides all logic. Self-sabotaging and destructive patterns keep pushing you into all the wrong places at the wrong time.

Key Points

- Explore the ancestral line for alcoholism and work on the trauma that brought it up.
- Childhood abuse trauma. This includes hostility, physical and/or sexual abuse, being ignored and an emotionally absent mother and father.
- What are you trying to suppress? What are you running from or trying to numb?
- What does the alcohol give you that you cannot find, feel or achieve without the alcohol?
- How do you feel just before you start drinking? Explore the benefits of drinking too much alcohol.
- What do you emotionally need from ____ (perhaps a loved one in your life) just before consuming alcohol? From which individual would you have liked to receive it?
- What do you feel guilty about? Who made you feel this way? This is often guilt projected by either parents or siblings.
- If relevant, did you cause any harm to someone that you deeply regret? Who do you need forgiveness from? What is eating away at you?
- Trauma related to being wrongfully blamed. Feeling that it's always your fault. Who made you feel this way? How did this make you feel? Explore further.
- Did you suffer from religious abuse? How did that make you feel? Work on your relationship with yourself. Has any religious abuse taken place? If yes, then explore this further.
- How does avoiding taking responsibility for yourself and your situation benefit you? Often the answer would be so that you don't have to accept any blame for your behavior. You are stuck in blaming and resenting others; in a constant state of victimhood.
- What is the benefit in blaming others for your emotional, physical or mental condition and problems?

Note to practitioners: Be conscious of twitching of feet or hands, avoiding eye contact or long pauses when you ask these questions. The more they twist, shuffle around on their chair, moving their back left to right, the closer you are getting to the bottom of an issue.

- What keeps you from quitting this bad addiction?

- Trauma related to feeling inadequate, numb and confused (birth trauma). See Birth section.
- Trauma related to feeling guilt and being shamed by parents, siblings or authority figures.
- Did influential people use guilt and shame to punish you? Explore further possibilities.
- Trauma related to losing something important. This could also be related to ancestral trauma such as war, slavery or losing an entire family in a mass destruction etc.
- Were you conceived to keep your parents together or to keep your mother at home?
- Abusing alcohol makes it easier to make contact with people, as your trauma and emotions cannot be stimulated. Why? What is the resistance?
- Sexual abuse (also in the ancestral line) is often the starting point of alcoholism and addictions. Acknowledge and explore trauma points of violation and invasion in the ancestral line. Explore conception stages before fertilization.

Note to practitioners: Never ask the client if they have been sexually abused if it did happen then it is the client's choice whether they want to work on it and inform you about it.

- Feeling disgusted with yourself. This often stems from feelings your mother may have projected towards you. Explore further possibilities.
- Could be related to physical trauma related to accidents or physical abuse you experienced during childhood. Explore feeling unsafe, uncertain, never knowing when danger will strike.
- Trauma of being given too much responsibility, which resulted in taking the blame and getting punished when something went wrong. This results in a great deal of anxiety and tension. Explore how it made you feel and the instincts it activated.
- Trauma related to feeling fearful in an environment where you were supposed to feel safe and secure. Explore being and feeling safe versus unsafe, just to name one example.
- You may have been very sensitive to your mother's anxiety and tension during womb stages. How did your mother feel? How did her emotions and environment affect the developing fetus?
- Often the fetal development is affected by the mother's anxiety and stress, which may result in you having heightened emotions. As a result, you might turn to alcohol later in life to ease the anxiety.
- Trauma related to feeling less unimportant and invisible. If relevant, how does this make you feel? Explore further.
- Make sure you genuinely want to get better. If you were threatened by a family member to seek treatment, realize that it can be very hard to help someone who does not truly want help for themselves. A certain level of willingness is required in order to get better.
- You often live your life from the gut mind (survival response, refer to the TBM), which indicates that you are in a constant fight or flight mode. Explore this further during fertilization and explore your ancestral history.

Note for practitioners: Working with a child of an alcoholic parent See FAS (Fetus Alcohol Syndrome).

- Explore their self-esteem. Trauma of speaking their truth. Being made to feel guilty for no valid reason. Any signs of physical, emotional or sexual abuse? If yes, work on the trauma. Depending on the situation, in most cases it is best if the child could be moved to a more

stable environment. Never do the session with the child when the alcoholic parent is there. Explore feeling unsafe.

- Does the client show any signs of anxiety, OCD, lack of eye contact or violence in the child? If yes, explore this and work on the trauma. Often the child's need for safety, support, security and comfort is met by abuse from the parent. Explore this further. It is always best to approach organizations that support children of alcoholics.
- Explore similarities between the client's emotions, habits, and their mother's. This does not mean that the mother of the client was an alcoholic. The mother may have expressed similar emotional patterns to an alcoholic. Patterns copied from the mother often set in during fetal stages while the stomach, nervous system and heart developed. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.
- Explore similarities between the client's emotions, habits, and their father's. Did the client copy certain types of behavior patterns from the father that now serves them? Explore further possibilities.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you feel stuck in a victim of circumstance mode? Has your illness become a part of your identity? Do you know who you are without this condition?
- What have you discovered now that you would not have discovered while being healthy?
- Did you feel respected and acknowledged by influential people before the illness?
- Are you avoiding certain responsibilities as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Allergies

See Celiac Disease, Hives, Lactose Intolerance, Rash, Sinus, Skin Problems

Emotions

You are experiencing hostile feelings towards an invasive / offensive partner, family or environment. You may be suppressing deep grief due to a controlling and dominating childhood, which left you feeling very insecure and unsure of your position within the family.

Due to poor personal boundaries, you feel very offended by people who have invasive personalities.

Often your relationship with your parents or caretakers was hostile. One parent is often too caught up in keeping the other partner happy by whatever means were necessary to avoid the angry outbursts and arguments. This parent unintentionally emotionally neglected your needs. You were often made to feel ashamed or rejected as a child whenever you asked for something, as your timing never seemed to be right.

As a result of the emotional environment in which you were raised, you are never quite sure when to stress and when to relax (related to ancestral trauma). You may have felt challenged when faced with circumstances that require you to use your own discernment. Being always on guard and on the look out for danger and unpredictable moods during childhood has taken a toll. Your body is exhausted from being stuck in fight mode. This heightened state requires

a lot of energy.

Problems in your life often feel impossible to resolve. You have not been successful at accessing personal power and manifesting your desires into reality. As a result, you feel like a failure with no chance in the world of achieving anything—it all seems too hard.

You may only express boundaries after being regularly provoked. Often anger and resentment becomes a source of power. You only feel strong and confident enough to express how you feel when you're angry. The symptoms of the allergy give you an excuse to withdraw from unpleasant circumstances; to hide out and make time for yourself.

You rarely deal with issues in the here and now, preferring to sweep it under the carpet. You tend to dwell on issues you cannot change, causing more feelings of helplessness.

You often find safety in the things that you're allergic to. Think about what you have an allergic reaction to. Was that object or substance in the vicinity when you felt fear, trauma, threatened or out of control? For example: let's say you are allergic to cats. What negative emotions do you experience when you've been around a cat in the past? The cat (the smell and visual image of the cat) triggers the negative associations of feeling scared, vulnerable and threatened every time you hold or look at a cat.

When the body is in a fight or flight response, your senses are heightened which results in feeling overwhelmed and out of control. What you digest or breathe in during that timeframe (or even afterwards while you're still traumatized, shocked or stressed) could influence or alter current associations with the food and environment, depending on how you're feeling emotionally. The main key emotions to explore are feeling out of control, trapped and invaded.

When there is an allergy, always explore the ancestral line. Often there is already present a type of trauma associated with the substance that you are allergic to. For example: an ancestor digesting a substance and becoming very ill afterwards. The ancestor also could have digested the substance under extreme emotional duress, while trapped in concentration camps, during the wars, slavery, poverty or imprisonment.

Bee Sting

Emotions

You often feel attacked (either verbally or physically) by people who are projecting jealousy and anger towards you. These people are in your life not by personal choice but by some type of commitment (marriage, work, social groups or community groups). You feel resentment and anger towards those who pretend to like you. It is important to know that these people and situations were attracted to you for a reason—so you could confront your emotions and express your boundaries.

People who project resentment and offensive behavior towards you will remain part of their life until you've dealt with your anger, resentment and fear of expressing your boundaries.

You often project a great deal of anger toward the world and your relationships. You feel that it is unfair to be stuck in your current circumstances. As you are gentle by nature, you do not cope well with harsh, stern or aggressive relationships. You may find you are suffocating yourself with your own anger and refusal to let go of unhealthy emotional patterns.

Key Points

- Explore the relationship you had with your mother. Is this same pattern repeating itself in your current personal relationships?
- Feeling under attack. By whom? How does this make you feel?

- You feel very angry toward someone. Explore further possibilities.
- Your boundaries have been invaded and overpowered by controlling and dominating influential people. You feel that others are resentful of you, projecting their insecurities towards you.
- Why do you think you are attracting this kind of behavior in others? How does that make you feel? Why do you allow this? What did you need emotionally when you were being dominated and controlled?
- Do you recognize the difference between your boundaries and your mother's boundaries in utero? You may lack a general understanding of where your mother's issues stop and yours begin within the womb.
- Why do you always feel on guard, alert and ready to fight? Who made you feel this way? Explore further.
- Explore key emotions such as feeling attacked, invaded and angry.

Bread / wheat / gluten

Emotions

You often battle with worthiness blocks and feel a lack of emotional and physical nutrition. The love and nurturing you may have received from influential people felt offensive and hostile. You were not able to trust the intentions of others, which had a direct influence on your relationships on a day-to-day basis. It is better and safer to keep people at bay. You lack many close friendships, as you feel challenged to trust people. You hope that there will always be enough of everything in your life. Wheat was a food given to slaves (in the Biblical story of Exodus) and thus could trigger an ancestral trauma of slavery and or poverty.

Key Points

- You may feel that God, your parents and other influential people have failed you. How did that make you feel?
- Influential people were often too busy with their own problems and you feel that you are invisible. Who made you feel this way? Explore further possibilities.
- Explore implantation; was there enough nutrition for the developing embryo? Was your mother malnourished during her pregnancy? Did she eat a lot of bread during her pregnancy?
- Acknowledge any slavery trauma in your ancestral line. How did the slaves feel? Can you identify similar emotions in your own life?
- How does it keep you safe having people at arms length? What is the benefit of this? Often it is due to your poor personal boundaries.
- Explore associations you may have made with bread from a young age. Digesting your food in a hostile, offensive and emotionally cold environment could play a big role.

Dairy

Emotions

You may feel that you were not breast-fed long enough. You may also have experienced a disconnected and hostile bonding phase with your mother while she was breast-feeding. The key emotions here are feelings of rejection and resentment. This is especially true if your mother suffered from postnatal depression while she was breastfeeding. This could also occur if your mother stopped or supplemented breastfeeding with cow's milk or formula. This creates confusion and may have resulted in you rejecting the new source of nutrition. Sudden

diet changes can cause a great deal of stress to babies. As a result, you were never sure where you stood with your mother, nor if you could trust her. You may have felt abandoned and rejected whenever you were left in vulnerable or unsafe situations. You may have kept reaching out but your mother/caretaker was emotionally unavailable. Digesting milk offends the digestive system. You may have made negative associations with milk in childhood. Milk was digested while you felt offended, ashamed or made to feel guilty whenever you expressed your needs. You may have also felt overwhelmed and suffocated by a physically overprotective mother or guardian.

Key Points

- Your mother may have digested food that affected her breast milk. As a baby, you may have digested milk that has been affected by food, drink or medication. Explore further possibilities.
- Explore the egg and sperm stages in fertilization. Is there already intolerance for diary? What key emotions were present during fertilization? Did you feel physically or emotionally invaded?
- Trauma related to feeling unsafe to express themselves. Why? Who made you feel this way?
- Trauma related to feeling trapped and unable to escape.
- Trauma related to a conflict. You have a fear of confrontation. How does conflict make you feel?
- Trauma related to feeling under attack or offended (either verbally or physically). By whom? What did you need emotionally when you were attacked or felt offended? Explore further.
- How long did your mother breastfeed you? Did you bond well with her during breastfeeding stages? How did the bond between mother and child feel while your mother was breastfeeding?
- Another option, explore the time just after you were born and were breastfed for the first time. How did you feel as a newborn baby? Remember that this is where you are making the first association with love, being fed and drinking milk. The intestines are also processing milk for the first time. How did you feel at the time and just as importantly, how did your mother feel? Explore these emotions and associations.
- The more stress the fetus experienced in utero, the more likely there will be issues digesting dairy.
- Always explore your birth trauma and see the Birth section.
- Work on your relationship with your mother / caretaker. Who offends you in your life?
- Do you feel that you were breastfed long enough?
- Your emotional needs were rejected with a shame and guilt.

Nuts

Emotions

You may have felt dominated by a controlling mother / father / male figure in your life and are holding on to a lot of suppressed anger and resentment towards that figure. You may feel unwelcome in your own environment, unable to find your place of safety and peace. You often feel that others are watching and therefore don't feel safe to take action—you are full of fear and mistrust. This is sabotaging your future goals, as you are unwilling to take unnecessary risks anymore. You find safety in avoiding responsibility. You feel powerless because you are smothered, over protected and controlled by influential people.

Key Points

- Fear of change. Why? What has made you feel this way in the past?
- Who dominated you during childhood? How did that make you feel?
- Explore trauma that made you feel smothered, out of control or threatened. This may have made you feel defenseless, unheard or helpless. This could be a dominating authority figure.
- Explore feeling controlled. Explore this during the birth stages. See Birth section.
- Did your mother digest nuts that may have offended or caused irritation to you in utero?
- Did your mother feel out of control and suffocated in her life when she digested the nuts while pregnant? Explore trauma and associations.
- How did your mother feel when she digested the nuts? What was her environment like?
- What made her feel out of control and overwhelmed? Explore more possibilities and how this may have affected you in utero.
- Did you feel controlled by your mother while you were moving around in the womb? If relevant, ask yourself, "How did this make you feel?"
- Letting go of resentment, suppressed anger and allowing forgiveness towards a primary caretaker is the main key point here. See the Forgiveness section if necessary.

Penicillin**Emotions**

You often don't trust your immediate family, environment or friends. There are more acquaintances than actual friends in your life. As a result, you feel the need to protect yourself by not putting your trust in others. Influential people may have behaved in a way that made you feel unable to trust their guidance and advice. You now find it challenging to allow people into your private life.

You are overly self-conscious as to how the world perceives you. You have been deprived of attention and do not feel worthy to receive love. Love may have been shown and expressed to you in a hostile and abusive way. Love was also very conditional and was stopped or taken away abruptly as a means of punishment.

Fight or flight instincts have been activated as you are always ready for anything that might strike you dead. These fight or flight senses are quite heightened due to an unpredictable, roller coaster family life. You may feel betrayed and let down by a person who was supposed to take care of you. You have leaned how to be independent and only rely on yourself, preferring to keep your own counsel.

There is a longing for a maternal nurturing figure. The only time you were able to receive nurturing was during times of illness.

Key Points

- Explore the relationship between you and your mother. Was she emotionally available? Were there other problems in the household that occupied her time and energy?
- Did your mother receive antibiotic medicine during her later stages of pregnancy that could have affected you in utero?
- How does it benefit you to be on your own and keep your own counsel? Explore trauma related to betrayal.
- Was your mother aware of her pregnancy during the early stages? Did she use medication, alcohol and drugs or smoke when she was not aware of the pregnancy?

Pepper

Emotions

Circumstances may have been dealt with in a dramatic or chaotic manner. This stems from suppressed sexual needs, anger and resentment. You are not quite sure how to express those emotions and desires. As a result, there is an internal conflict and a build-up of unmet needs. This often includes suppressing sexuality and expressing any anger, resentment or irritation due to fear of losing something. Being held tightly under someone's thumb left you feeling restricted, suffocated and needing to break free. There was little room for mistakes to be made. You have witnessed influential people abuse their power, so you suppress your own power. In your mind, power = destruction, anxiety and selfishness. You feel that life is often unfair and you are a victim of circumstance.

Key Points

- The intensity of your trauma is the key here. Circumstances that made you feel offended.
- When did the pepper allergy start? How did you feel at the time? What pressing issue has been building up in your life? Explore further possibilities.
- Lack of self-expression. Why? What happened in the past when you expressed yourself?
- Explore why you feel so angry and resentful?
- Who is offending you in your life?
- Who invaded your space and boundaries?
- Work on unprocessed grief and the benefit of suppressing it.

Pollen

Emotions

You are avoiding any sexuality and your own sexual needs due to shame and guilt. You may have felt like you were left to fend for yourself from an early age as your parents were too caught up in dealing with other problems in their own life. You suppress your grief because showing sadness and emotion was considered a sign of weakness. There was no comfort and support available to you whenever you needed it. There is a deep need to express your explosive anger, yet your personal values and good morals require that you suppress it. The time that influential people spent with you often felt hostile, smothering and invasive (not necessarily physically, more so emotionally). You may feel that you deserve to be rejected, as you were often rejected in childhood. Reaching for goals always feels like a waste of time as it only adds more responsibilities to your life.

Key Points

- Explore conception stages. Did your mother feel invaded by her partner? Did he meet her needs in a way that made her feel safe?
- Was your mother physically or emotionally abused during her pregnancy? This type of abuse during pregnancy may have caused your mother to feel offended, invaded and physically violated. It puts the body in a fight or flight response during which all of the senses are heightened, overwhelmed and out of control.
- You have begun identifying yourself as a victim of circumstance and feel powerless to change the environment. Why? Who or what made you feel this way?
- How does it benefit you to sabotage new changes or goals in life? Often the answer is that this allows you to avoid failure and taking responsibility. You may also have a fear of being humiliated.

Shellfish (see also Hives)

Emotions

When shellfish is consumed, it can also cause a hive rash. In extreme cases it can also trigger anaphylaxis. You are soft natured and keep to yourself. You like to be out of the spotlight and prefer to move around within your comfort zone. Family members were overprotective and untrustworthy, which made you distrust people in general. You learned from an early age that you had to walk with the family or walk the high way. Any disagreements or difference in opinion was not tolerated.

Key Points

- Has either your mother or father (or anyone in the ancestral line) had an allergic reaction to shellfish or was poisoned by shellfish that had gone off? If yes, how did the ancestor or parent emotionally feel before the poisoning? Explore how certain aspects (emotions, patterns or circumstances) of the parents or ancestor may have surfaced in your own life.
- Work on feeling physically out of control, overwhelmed and helpless. Who or what made you feel this way? Explore birth trauma and see the Birth section.
- Explore your birth stages. See the Birth section and explore emotional components that are similar.
- Explore ancestry line. Did your ancestors work on ships where hygiene was poor and their diet was limited to shellfish? How did the ancestors feel when digesting their food? Explore further possibilities.

Soap

Emotions

You often feel confused as to what your physical boundaries should be. You felt physically disrespected by your family and are very aggravated and irritated by current circumstances.

Key Points

- What did your first bath after birth at home feel like? Did your mother use substances that you made a negative association with? How did you feel emotionally at the time? Explore further possibilities.
- You are storing deep-seated anger under the skin.
- The skin may feel over stimulated by fabric that has been washed in washing powder that offended your skin. This skin trauma may have been inactive through out your life until you experienced similar emotions that triggered your trauma associated with soap.
- Explore fetal stages. Did you feel over stimulated by the environment and by what your mother consumed during her pregnancy?
- What does the amniotic fluid feel like? Explore irritations and possible toxicity.

Sun

Emotions

You often feel under attack (verbally or physically) by people who were supposed to be your source of love and nurturing. Your needs were typically met with hostility and coldness. You only reveal certain aspects of yourself to others. You may have a short temper and are easily irritated. You don't allow yourself to have fun in life due to a tightly controlled and dominating childhood. You feel disempowered and do not exercise your personal boundaries.

Your skin is sensitive in the ancestral line. The skin may have been exposed to the sun very

often due to a “no play and only work” lifestyles. You tend to keep any joyous emotions tightly under wraps.

Key Points

- Explore feeling rejected by your family.
- No time for love, play and being creative outside. You often felt controlled and restricted by your family’s rigid outlook on life—life is serious. How did that make you feel?
- Having fun would be an irresponsible thing to do. What would happen if you did? How would the consequences make you feel?
- What stops you from feeling joy? Who or what made you feel this way?
- Being out of the sun for too long can dampen your therapeutic state of mind. Acknowledge how this was suppressed in the family line and the influence it has on your life now.

Yeast

Emotions

Fear of being seen for who you are. You often feel unworthy and unequal to those around you, which makes you feel undeserving of saying “no.” You feel like you have to serve and obey, especially if you are a female. You feel you were neglected by your parents. You have a fear of asking for your needs to be met, leaving you feeling resentful.

You may feel frustrated for not being able to live the life you want. Instead, you feel frozen and controlled by your childhood trauma. You are afraid of healing your trauma, as you do not want to move away from what you’ve learned and have the trauma resurface.

Key Points

- What was your relationship like with your mother and father? Who was the dominant one? How did it affect you?
- What association did your body make with yeast? Ancestral trauma: did they have to digest yeast when they worked as slaves? What associations did the body make with yeast?
- Resentment towards influential people / person. The resentment is your way of protecting yourself from influential people who do not respect your boundaries. Who made you feel this way? Explore further possibilities.
- Feeling irritated. Why? By whom? How does that make you feel?
- Feeling violated and invaded by your environment. Explore conception and fetal stages.

Alopecia

See Eczema, Fungus, Hair-Loss, Tinea Capitis

Emotions

Feeling disconnected from your feminine / masculine power is often the main issue with this condition. You might dress and groom yourself well however, you cannot connect to the image that you project to the world. Can you feel in yourself what others see, such as when you receive a compliment?

You are not allowing yourself to make your own decisions and choices in life. People often dictate to you, which make you feel resentful and unable to express clear boundaries.

You feel that you are being treated like a child or someone who is helpless, making you feel undermined, resentful and determined to prove your ability to cope and be strong.

There was a lack of emotional freedom during your childhood to freely choose for yourself

and make your own decisions. Instead, you had to adhere to the choices made by a stressed out mother, father or caretaker. You may have been emotionally manipulated or physically abused (this is often more related to grandparents and ancestry). You often find yourself in situations where you need to stand your ground, having failed to express personal boundaries. There is a fear of being successful and rising above the grip of your abuser or stressful past. You often feel that you have to fight for what you want.

You often sabotage reaching your own goals by putting the goals of others ahead of yours. When someone else needs you, you feel an obligation to serve. In some cases, you will lend a helping hand despite your own desperate needs—choosing to sink before asking for help. You may rely on others to make important decisions for you, which can lead to feelings of resentment. You attract people into your life who want to control you, which leaves you stuck in a pattern of feeling disempowered.

You often deny yourself the opportunity to make your own choices. Rather than stand your ground, your opinions and ideas are easily influenced.

You are vulnerable to religious manipulation. Your parents may have used your religion as a means to control you. Other people's truth and opinions have left you feeling suffocated and reinforces your lack of confidence in decision-making. You long for independence and freedom.

Personal power is being drawn from anger. You often overcompensate for a lack of confidence by being too dominating or too weak. There is a deep need to act and appear strong—to be the foundation of the family. Keeping everyone happy and everyone together is very important to you.

You often draw too much power from your masculine side due to trauma, feeling powerless or helpless. Being feminine makes you feel weak. You might be living in circumstances where there is a lot of tension in the environment. This includes arguments, stress or feeling out of control and it has affected you to a great extent. You may have an intense fear of being alone to the point where you'd rather put up with abusive or stressful circumstances than be independent and alone. You are known as a stress-head because you stress too much and over analyze your circumstances.

Circumstances and reality have become too intense and you may find it easier to turn a blind eye to all the chaos.

This condition is often related to trauma to the head during birth. There is often a blur between your stress and your mother's stress during birth. Great pressure is placed on the head as you moved through the birth canal. The trauma and stress is often anchored into that area. Similar traumas and emotions that you experienced during birth (especially when the head moved through the birth canal) may have been triggered in your life at the time of the hair loss. This may result in the head and scalp experiencing tension and stress that affects the growth of the hair.

Key Points

- Explore your fear of loneliness. Who abandoned you? Were your parents absent during your childhood?
- Unable to forgive others and yourself. Why?
- Feeling frustrated and angry with yourself for allowing unjust treatment toward you in the past. What would have happened if you expressed your personal boundaries?
- Regret not expressing yourself. You feel silenced. By whom? How did that make you feel?
- Acknowledge the head mind and the stress it has been under lately. What is the benefit of thinking about your emotions instead of feeling them?

- What have you had enough of? You feel like going back to a time in your childhood when you felt safe, protected, supported and had no responsibilities. You feel worn out and almost traumatized by the amount of responsibilities you have.
- Explore your feelings of loneliness. Did your mother feel lonely during her pregnancy? When did you feel lonely in your life? Explore further possibilities.
- Explore all the above emotions in the conception stages as well.
- Were your needs met in a way that made you feel safe during your childhood? Explore further possibilities.
- Feeling as though you have lost control of your life and the direction it is heading in—all you want to do is hide. Explore further possibilities.
- Trauma to the head during birth. How did the baby feel at the time? Similar traumas and emotions you experienced during birth may have been triggered in your life at the time of the hair loss. This may result in the head and scalp experiencing tension and stress that affects the growth of the hair. Explore stress that was experienced at the time of birth and see how the stress at birth relates to your present life.
- Explore your need to control everything. Where does the need to control stem from? What are you overcompensating for in your life?
- Hiding from who you are. Why? What would happen if you were yourself? What happened in the past when you were yourself?
- You often resent the origin of your family, not feeling connected to your roots and not belonging. When did you feel safe in your life? Explore infant stages.
- Trauma related to being controlled by influential people. Explore further possibilities.
- You may have a strong desire to move in a new location or territory where you can feel safe. You can't seem to find safety and establish an identity within your current circumstances. This causes you to need to break away and escape.
- You feel that you have to insulate and protect someone from danger. Explore further.
- There is often an urge to start a family however there is conflict around this topic for you. Explore further.
- Ancestral trauma related to a person who suffered from leukemia. Your body might be expressing the physical symptoms of this condition without suffering from leukemia. You have experienced similar stress and trauma as the ancestor who suffered from leukemia.

Important questions for you to ask yourself:

- Does this condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>.

Alzheimer's Disease

See Dementia, Huntington's Disease, Multiple Personality Disorder (MPD)

Emotions

You often feel challenged by your intense emotions such as resentment, anger or old grudges that are keeping out of sight. You may feel challenged when faced with a situation that would require you to let go of an old hurt. You feel “done in” by the illness and dominating people in your past. You feel that others didn’t nurture you in a way that you wanted to be nurtured and loved.

In the past, you may have felt overwhelmed by responsibilities so as a result, you may feel that you are carrying other people’s burdens and pain. You have a bad habit of taking on responsibilities and burdens of the people who are close to you such as children, a partner or parents.

You want to be on your own. Being isolated is the only way to be left in peace. This is also a result of poor boundaries. This condition may also surface when you feel you’ve worked hard enough in life and feel now it’s your turn to be taken care of.

You want to be here yet you also want to dissociate from life. There is often a strong tone of narcissism and lack of compassion in the family line, which greatly affected you. You feel as if you’ve been treated in an unfair manner and that the world owes you something. You feel challenged when taking responsibility for your life choices. There is often a need to blame others, as you cannot accept that you’ve contributed to certain mistakes. You feel a great deal of regret or guilt related to decisions made that affected a love one.

An influential person was hard on you during childhood so you in turn, are hard on yourself.

You may have moved away from a challenging living arrangement that caused a great deal of pressure, stress and fear of making a mistake. You often still re-create the same amount of pressure in your life that you experienced in childhood. This is because you are used to achieving your goals under pressure. You may be tired of fighting against circumstances and this has now taken a toll on you mentally, spiritually and emotionally. The pattern of placing yourself under pressure may have triggered this condition which was previously inactive. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. You may have been born overly sensitive to certain behaviors of others.

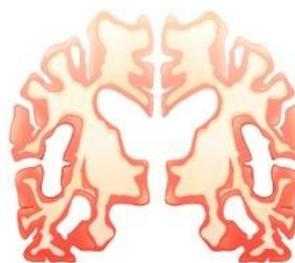
Many symptoms are caused by an inherited pattern, which is later activated. It is important to understand that this does not mean that it is anyone’s fault within the family that this condition was triggered.

There is often long-term abuse. The abuse could be subtle over a long period of time, which may have caused you to completely dissociate from life. There is a great desire to escape and move to a more peaceful environment however; you stayed (either out of fear or loyalty). You escaped inward instead of walking away. Your strong sense of loyalty may have you stay in a relationship even though you may be abused or feel unhappy.

Alzheimer's Disease



Healthy Brain



Mild Alzheimer's Disease



Severe Alzheimer's Disease

Key Points

- Always explore your birth trauma and see the Birth section. Explore this, as this is an important part of the process. Explore trauma that made you feel under pressure and out of control. Explore head trauma.
- Feel unsafe to express your deepest needs. Why? What happened when you did?
- Not feeling free and comfortable enough to confide in others. Were you rejected when you did try to confide in others? If yes, how did that make you feel?
- You feel alone and no one understands or notices how you suffer in silence. You've kept your own counsel and this made it very challenging for those around you to reach out. How did isolating yourself serve you?
- Explore old and long standing anger, resentment and injustices. How is it keeping you safe to hold on to old anger and resentment? In most cases, you feel that you need the anger in order to express boundaries and be heard by influential people. Explore further possibilities.
- You often find it challenging to forgive others and yourself. Why? What is the benefit of not forgiving? See the Forgiveness section.
- You feel frustrated with yourself for allowing unjust treatment to continue. Explore old resentment towards ____.
- You feel that the odds are against you. Explore exhaustion or trauma of having to deal with challenging times, partners or family. How did this make you feel?
- Regret not expressing yourself more in the past. Feeling disappointed in yourself.
- Acknowledge the stress that the brain has been under for example: overanalyzing its environment too much.
- What was the threat in your life that you were never able to escape from?
- What kind of relationship did you have with your partner? Often there was abuse, explore how it made you feel. Explore feelings of anger, resentment, fear of expressing yourself or possibly feeling unsafe.

Note to practitioners: It is important to work with the family as well. Work on their fears and trauma in regards to the wellbeing of the client. Explore feeling trapped and stressed by their circumstances.

- What and who have you had enough of? Who pressured you too much during your childhood? How did that make you feel?

- Explore trauma related to loneliness. Did your mother feel lonely during her pregnancy, was she supported enough?
- Explore all the above emotions in the conception stages as well.
- Were your needs met in a safe way during childhood? If no, how did this make you feel?
- Explore trauma related to control, such as needing to be in control and feeling too controlled. The need to control your environment and people around you. Who controlled you? Where does your need to control stem from?

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Amebiasis / Amoebiasis

See Digestive Problems, Parasites

Amnesia

See Accident, Concussion

Emotions

Amnesia could start as a way to escape taking responsibility. You may have already experienced an enormous sense of feeling responsible due to a parent’s / partners / coworkers’ actions or manipulations. You most likely have experienced abuse in your life. You could be on the tipping edge of becoming the abuser yourself as a result of overcompensating for being bullied or abused during childhood. You may feel lost and unworthy of fitting in within social groups. You often feel under attack (either verbally or physically) by those who should be showing you unconditional love. No one can keep a cool and hot temper under wraps forever and this is causing you to feel stuck in your environment. You are sensitive and do not deal well with emotional people. Destructive circumstances are eating away at you. You never want to relive the stress from the past again and as a result try to forget what happened. You often want to completely dissociate from the past or any past memory.

Key Points

- If the amnesia occurred due to head trauma, then explore the actual trauma. Explore the emotion that you were feeling just before the impact / trauma. It is important that both these points are acknowledged in one session and not separately.
- If the amnesia persists and there is still swelling present, then ask yourself if there is someone in your life that you feel a great deal of anger and resentment toward? Explore possibilities where you could also be experiencing control issues. Note: the anger and control blocks do not have to be recent; it could be long-term as well.

- With whom do you have a bad relationship? Was it your mother, father or siblings? Do you get along well? Do you talk regularly? Has your mother ever betrayed your feelings or made you feel rejected?
- This part is especially important because you could be feeling guilt towards either of your parents. Influential people may have made you feel guilty about something and you want to stop being reminded of it. The guilt was projected at you by means of manipulation and making you feel ashamed, unworthy and guilty.
- The benefit of having the amnesia is that you don't have to take responsibility for your actions and you get to have a break from overwhelming stress, pressure and responsibilities.
- You escape your past and how it made you feel. This is also related to poor personal boundaries, as you do not make time for yourself even though you know you should.
- Another benefit could be that you do not have to remember your bitter past. The amnesia keeps you safe from feeling old pain and trauma. If you can remember, ask yourself what caused the trauma. If you can't remember the trauma, explore what the emotions feel like.
- Focus on key emotions such as confusion, feeling foggy or vague, being disconnected, shocked or out of control. The instinct is often feeling frozen and numb.

Amyotrophic lateral sclerosis (ALS)

See Kennedy's Disease, Motor Neuron Disease

Anal Problems

See Bleeding, Colon Cancer, Digestive Problems, Hemorrhoids, Intestines, Prolapsed Bowels, Rectum

Emotions

Anal problems often stem from issues going on outside your life, in your environment or with relationships. You may be unable to let go of your anger and resentment toward the past and the circumstances that you've had to tolerate.

You feel safe holding on to your trauma and emotions because you fear if you let go of the trauma, some other trauma may take its place.

You often feel painfully insecure and overly sensitive toward others and your environment. As a result, you feel very irritated, intimidated or frustrated, as you want to take leadership but lack the confidence.

There is often a need to rid yourself of relationships or circumstances that cause you any emotional discomfort. You seem to be waiting for permission to move on from something that no longer serves you. You feel as though you need permission from influential people who tightly controlled everything in your life, before you can make any drastic changes.

You feel that you have to earn love and attention and that the natural flow of love, nurturing and attention is only available to others.

There is a deep sense of self-loathing due to a childhood where your values and importance was hardly acknowledged. You value your personal space as a result of an upbringing where your boundaries were not respected nor considered important.

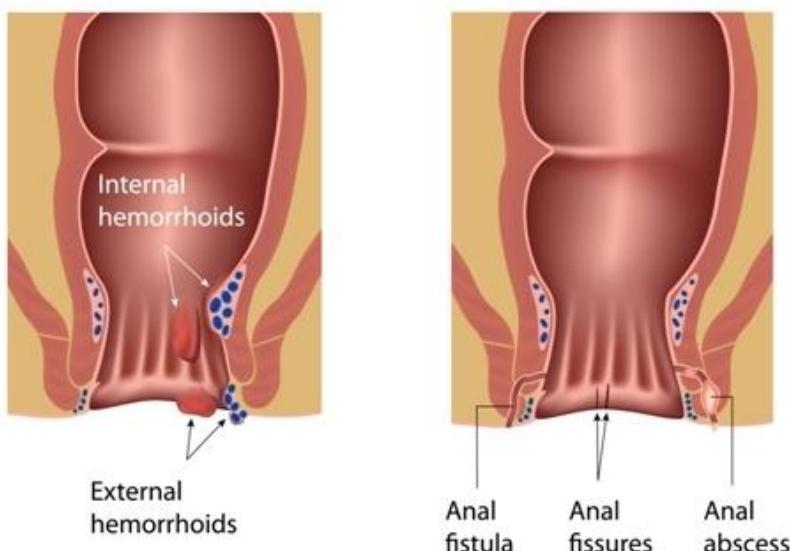
As a child, you had difficulty establishing your own identity, so you identified with your parents. As a result, you feel unable to establish your own uniqueness.

Anal Cancer

See Cancer section as well. You may have suppressed anger and resentment that has reached

a point where it is out of control and needs to be dealt with as soon as possible. You have worked yourself into a rut and lived to serve others. As a result, you feel a great deal of injustice and resentment for being treated in a way that a person should never be treated. You may feel robbed and violated of your rights. You have struggled with a life where you were often forced to move forward and accept decisions that were imposed upon you. You sabotage your relationships by pushing people away with your anger and resentment. It's making life harder than it should be. There could also be a medical trauma in that part of the body. There may be rape or molestation trauma that took place in this area and the trauma related to this incident may have physically surfaced. You may have a fear that you're not making your mark in life. You feel you're not allowed to establish yourself and settle down because you are always on the move. You may have been abused and intimidated by your father. Explore the ancestral history also for war, imprisonment, rape or prosecution trauma.

Anal Disorders



Anal Itching

See Parasites section as well. You cannot let go of past experiences that caused you a great deal of grief. You feel irritated, invaded and angry towards influential people. You may also feel responsible for many mishaps in your life. You feel stuck and powerless with people routinely overstepping your boundaries and violating your personal space. This only triggers a string of old suppressed invasion trauma from the past. Your unconscious mind is telling you to move away from these circumstances.

Anal Bleeding

See Bleeding Problems, Prolapsed Bowels. You feel challenged when faced with circumstances in which you need to forgive people that have caused you harm or taken advantage of you. You are tired of feeling suppressed by influential people. You feel

powerless to express yourself and as a result, feel a great deal of anger and resentment. You may feel under attack by loved ones and feel as if you have been wrongfully put in the firing line. You feel challenged to communicate your emotions and are frustrated that you've given so much to the world and yet received so little in return. There could be a medical trauma in that part of your body and current emotions may have triggered the dormant trauma.

Anal Abscesses

See Abscess. There is often an unwillingness to let go of anger. You are stewing in your frustration and irritation—emotions that have been building up for a long time. You have begun to identify with the anger and are powerless to let it go. You feel betrayed and defeated by your circumstances. Your anger stems from feeling powerless to move forward from the past. The emotional baggage you carry has become a stale and bitter burden. You feel angry all the time, whether at work or at home. There may be a dominant figure in your life that stops you from being able to settle in at work or at home.

Key Points

- Have you ever been raped or sexually abused in the anus, including ancestral trauma?
- If the answer is “yes” to the above point, then work on the fertilization stages. Explore trauma that occurred there. Never regress back to the time when you were raped or abused.

Note to practitioners: This can be a sensitive topic and should be treated with respect. Never ask the client this question directly. Rather treat it as an ancestral trauma.

- Explore the trauma and also see the section Rape and Sexual Abuse section.
- Communication. During the mother's ovulation the egg became separated from the other eggs during ovulation. How did that feel?
 - You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty, lack of direction, moving through the tube.
- What would happen if you had to let go of your trauma and irritations? You hold on to the trauma to use as a defense mechanism. If you hold on to it then new trauma cannot harm you or catch you off guard.
- Do you have trauma related to your sexuality? Feeling comfortable in it? Exploring it? How does this make you feel? Explore further possibilities.
- You are holding on to a great deal of tension. Why? When did the tension start in your body?
- Who or what made you feel this way? Explore further possibilities.
- You have a very controlling nature. Why? Who made you feel this way? What would happen if you didn't have the ability to control everything?
- Who or what has caused you a great deal of anger and irritation? Why did you allow this?
- Explore parasitic relationships and people in your life. Explore causes of your poor boundaries as well.
- What was your relationship like with your parents? How did it make you feel? Explore this further.
- You feel a great deal of anger toward people who wrongfully accused you in the past. How did this make you feel? Explore further possibilities.

Anaphylaxes

See Allergies, Attacked, Auto Immune, Bites

Emotions

Your family environment may have been dramatic; everything was turned into a crisis. You felt stuck in an environment where people created superficial stress, which left you anxious and tense. No one seemed to be in control of anything and you may have been overly sensitive to a dominating parent's / authority figure's moods. This left you feeling overwhelmed, with a need to escape. Your source of safety (parents, family or caretaker) may have been overprotective, making you feel smothered. You have suppressed grief as a result of feeling stuck, suffocated with a lack of emotional freedom.

Your immune system feels challenged due to stress in the environment. There is often trauma related to feeling caught up in unpredictable circumstances and people. Your experience in life thus far has left you feeling timid, vulnerable and overly sensitive. Suppressing your needs and not communicating how you feel has created a great deal of stress and fear that you will not have enough love or comfort in your life.

A previously inactive trauma has recently been triggered. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. You may have been born sensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later activated. It is important to understand that this does not mean that it is anyone's fault within the family that this condition was triggered.

Key Points

- The various points made above are just secondary issues. Meaning it is not the core problem of the condition. It is important to explore why you are reacting to your circumstances with anger, irritation or frustration. Explore earlier stages of trauma that has the same emotional tone as above.
- Always explore your birth trauma and also see the Birth section. Explore trauma of feeling trapped, out of control; suffocated, needing to be protected and feeling overwhelmed.
- Which emotions were behind the development of the anaphylaxes? How did you feel emotionally just before your very first anaphylactic shock? Explore trauma related to your circumstances and how you felt before the anaphylactic shock. What has been a pressing issue that was building before the anaphylactic shock?
- If its food, then explore association that you made with the substance the first time when you digested it or came into contact with it. For example: were you angry, violated, or suffocated, etc.? Does anyone in your family make you feel any of the above mentioned emotions? If yes, explore further.
- How does your living environment make you feel? Is there harmony, stress, tension or drama? How is this affecting you?
- Did you have an invasive or controlling mother / caretaker? If not, what was it about your relationship with your mother / primary caretaker that could upset you? Explore further possibilities.
- Did you feel under attack in any way while consuming the food, substance or insect bite that you are now allergic too? Feeling under attack could include having had an argument with someone that was abusive, or someone could have judged or criticized you, just to name a few.
- Trauma related to being verbally bullied and manipulated in a way that greatly challenged your motivation and outlook on the future. Meaning you may have been forced to change

your beliefs and values due to controlling influences of a parent. If yes, how did that make you feel?

- Trauma related to feeling out of control, having had enough and wanting to fight back.
- Feeling as though you have to give into authority in life. You seem to feel that everyone is “bigger and more powerful” than you are. Explore these key emotions in implantation stages and fetal stages. Explore more possible traumas and emotions.
- Was an ancestor also allergic to the same food, substance or insect bite? If so, explore how the ancestor felt in their life. Are their patterns / emotional stress being repeated in your life? Explore further possibilities.

Anemia

See Acute Lymphoblastic Leukemia, Crohn’s Disease, Circulation Problems, Blood, Fatigue, Lactic Acidosis, Sickle Cell

Emotions

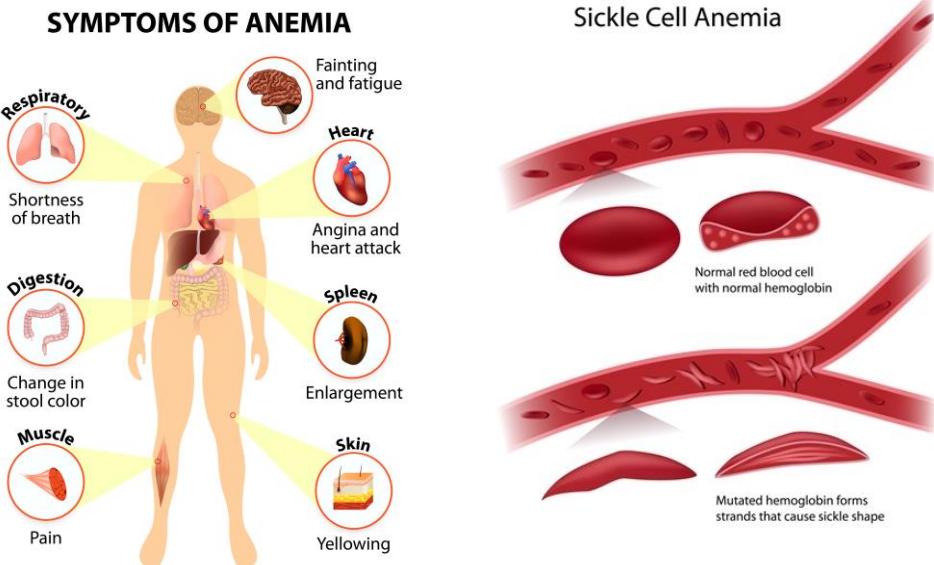
Anemia can start in many ways. One way is due to blood loss. You may feel that a parasitic person or circumstance that is beyond your control has drained your life force out of you. You have experienced circumstances that were exhausting and traumatic but feel challenged as to how to process this tension. Stress and anger as emotional outbursts are not tolerated. You often feel stuck in fight or flight mode and this is taking a toll on you; emotionally, physically and mentally.

You are allowing love to flow out of you, into your life but not back in. You are not good at receiving support and love, often fearing that it will come with conditions and burdens. You are tired of projecting a strong façade and creating the illusion that you are empowered.

You have had enough and want an exit out of these depleting circumstances and overwhelming responsibilities. You are suffocating from the demands of others and your own poor personal boundaries. You often feel that you should put other people’s needs before your own. You drain yourself giving the best of your mental, physical and emotional state.

You seem to find security and peace in your sleeping patterns. This is the only time when you can escape from the circumstances and needy people in your life. Being loyal attracted the love and acceptance you were searching for but it came at a high price. Giving my power away = love, safety, acceptance and strength.

This could also be related to ancestral trauma where authority overpowered ancestors and they didn’t have the resources to fight back or stand their ground. It’s related to circumstances where they felt they were always fighting for what they wanted.



Key Points

- When did the condition start? How did you feel at the time? Explore further.
- Feeling kicked out and isolated from the family or a group. Why? Who made you feel this way? This could also be related to ancestral trauma.
- Your anger is often explosive. You have suppressed trauma to such an extent that it feels violent within you. Who made you feel this way?
- You may feel that life is all about suffering and fighting for what you want and need. You feel that reality is brutal, reality lacks compassion and reality hurts too much. Your experience in life has shaped your perception. What or who made you feel like this? You may have been abused to a great extent during childhood. This is however, not the case for everyone. The abuse may have taken place in your ancestry line.
- Explore trauma that resulted in feeling unsafe and depleted of inner strength. Who was demanding of your time and energy? What would happen if you expressed boundaries to these people? Explore further possibilities.
- Explore which responsibilities are your and which ones aren't. What is the benefit of taking on too much of someone else's strain, problems and tasks?
- What is the benefit of being responsible for everything? You feel that you have to compensate for feeling so useless and unimportant by being of service to other people's needs. Who and what made you feel that you are nothing or worthless?
- Trauma related to feeling shameful and guilty when expressing your needs.
- You don't feel safe to receive love and nurturing from authority figures. Love was often accompanied by punishment, rejection, obligation or abuse. Abuse could mean verbal, bullying, abandonment etc. If relevant, how does this make you feel?
- What stops you from expressing and communicating your deepest needs and desires?
- What would happen if you did? You have a fear of rejection, being abused or verbally attacked, etc. How would the consequences make you feel? The outcome will only reinforce your low self-esteem, making you suppress your needs.

- Communication. During the mother's ovulation the egg became separated from the other eggs during ovulation. How did that feel?
- You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty, lack of direction, moving through the tube. How do you feel when you communicate yourself to others, especially authority figures?
- What do you feel overly responsible for and why? What is the benefit of that?
- Who always blamed you and made you wrong? How did that make you feel? Explore further possibilities.
- You are suppressing strong emotions and trauma from the past and it's taking a toll. If something traumatic happened then you do not need to talk about it, however focus more on how it made you feel.
- Who or what made you feel that you were losing the battle in life? Who or what disempowered you? What stops you from taking your power back?
- Why did you give your power away? What was the benefit of this?
- You may feel that it safer to hold on to the trauma with the intention of stopping it from happening again. If you have this fear then realize that by letting go of this trauma, it does not mean that you will be vulnerable again. If the trauma is released then the fear of it surfacing again will also dissipate. What do you need to change in your life (habits, boundaries, patterns)? What stops you from changing it? Explore the fear associated with change.
- Always explore your birth trauma and see the Birth section.

Anesthesia

See Birth, Pregnancy

Emotions

The longer it takes for the anesthesia to be released by the body, the more in need you are of a break from stress and responsibilities in your life. It begs the question, why didn't you exercise clear boundaries so that your body and mental state didn't feel so depleted?

The anesthesia often causes an after affect of emotional numbness, disconnectedness and a foggy head. It is also important to explore the medical reason why you needed the anesthesia.

Key Points

- Explore feelings such as numbness, feeling cold, feeling stupid, paralyzed or lethargic.
- Explore this further during your birth stages. An earlier experience with the anesthesia is often an epidural (or anesthetic given for Caesarean procedure).
- Explore medical reason why you needed the anesthesia in the first place.
- Explore trauma, shock or stress that you experienced before and during the operation / procedure.
- Trauma of feeling out of control, helpless or defenseless. How did these emotions make you feel?

Anorexia

See Anxiety, Depression, Digestive Problems, Malnutrition, Marasmus

Emotions

You don't believe that anyone would ever think you are beautiful. You feel there is always

something wrong with your body and you will go to extreme lengths to correct it by cutting off food intake. This could be due to a childhood where you were exposed to excessive criticism by influential people, shaping you into becoming who you are.

You often feel like a failure who is not good enough. You do not feel accepted by those closest to you, leaving you with a great deal of emptiness. In comparing yourself to others, you raise your personal standards to often unrealistic goals. When you fail to reach these lofty standards, it only reinforces your low self-esteem. The result is that you feel unworthy and do not respect your body or your needs.

You often find a positive gratification by controlling your hunger, as it's the only aspect of your life that you can control.

You may be quite stubborn when it comes time to change routines or old habits. Your destructive patterns are your way of making a statement that you want to be able to exercise your own ideals, goals and dreams. You want to be in control of your own day-to-day life.

You are uncomfortable in your own skin and choose to hide behind a stern façade. You may be full of self-loathing, so you reject your own needs. This creates a pattern whereby you attract people to your life who also reject and ignore your needs.

The way you are treated by bullies is often a reflection of the way you treat yourself.

Ancestral trauma related to famine, poverty and starvation might have been triggered. It is also important to explore womb stages, as your mother might control her own food intake to control her weight. This might be an indirect result of her need for control over her environment.

Key Points

- Feeling disconnected from your role in life. You seem to feel that you don't fit in anywhere. Explore further possibilities.
- Trauma related to feeling out of control. Who made you feel this way? How does being out of control make you feel? Explore further possibilities.
- You have made a negative association with love. Your need for love may have been met by rejection, abandonment, verbal/ physical abuse or harsh judgment. Explore how this made you feel.
- Feeling uncomfortable with your body. Why? Who made you dislike or feel uncomfortable with your body and appearance? Was it because of a comment, bullying or abuse?
- Trauma related to feeling out of control and disempowered. Explore fertilization for the mentioned key emotions.
- How do you feel when you are so skinny? What is the benefit of it? Who do you want to punish by starving yourself? What emotion or feeling does it give you that you cannot feel in your life without the anorexia? Explore further.
- Explore womb stages. Did your mother eat enough food during her pregnancy or was she keeping an eye on her weight? Explore this more in terms of how your mother felt about her body and weight and also how her emotional needs were met during the pregnancy. How did that affect you in utero?
- Trauma of not having enough self-worth due to lack of approval from the parents / caretakers.
- Did you receive enough nutrients from the placenta? Did the placenta have enough nutritional value to meet the rapid fetal development?
- Your emotional needs are not being met and you feel that you have to fend for yourself. How does that make you feel?
- Feeling unprotected. By whom? How did this lack of protection make you feel?

- Were you starved of nutrients and emotional comfort in utero? Explore further possibilities.
- Always explore your birth trauma and see the Birth section.
- There is no universal “standard” for being perfect. A person’s idea of what life is and should be is always different than someone else’s. Perfection is subjective, up to each individual’s perception. People are all perfect in their own right. Everyone has admirers and people who look up to them. Sometimes you can get so caught up in trying to fix something that you forget there are others looking up at you as a role model as well.

Ankle Problems

See Foot Problems Section

Anxiety

See Arrhythmia, Adjustment Disorder, Depression, Nervous Breakdown, Obsessive-Compulsive Disorder, Panic Attack, Post-Traumatic Stress Disorder (PTSD), Seasonal Adjustment Disorder (SAD), Separation Anxiety, Speech, Stuttering

Anxiety is an unpleasant feeling related to worry about the future. It is different than fear, which is more concrete. Anxiety is “the paranoia of something out there that seems menacing but may not be menacing, and, indeed, may not even be out there.”²

Anxiety disorder is characterized by prolonged, excessive worry about circumstances in life. It very often relates to future uncertainties based on real or imagined events.

Emotions

Anxiety is caused by unresolved trauma that has piled up. The anxiety is surfacing to push you to change certain patterns and resolve unresolved problems. Anxiety can sometimes take the form of excessive worrying, feeling a sense of urgency, panic or mild paranoia. You may find yourself restless, edgy or tense, having difficulty sleeping and your mind racing from one thought to another. You often worry about everyday things, such as work, finances and family. You don’t know when to relax and when it’s valid to worry.

People who have social anxiety are afraid of social gatherings and often feel that people are staring or sizing them up. Being the center of attention is your worst nightmare. You often have a fear of being alone as it adds to your anxiety. You may be scared to be outside the home alone, of being in a crowd or standing in a line.

You may dislike eating, drinking, or even writing in the presence of other people. Anxiety can be triggered by a fear of failure, such as anxiety around public speaking, job interviews or exams.

People experiencing anxiety often feel like failures. Your best was never good and pleasing enough. Because you don’t feel like you’re capable of helping yourself emotionally, this creates a sense of shame, helplessness and a need to hide. Your sense of peace was regularly interrupted in childhood. There is no sense of emotional structure or stability in your life and probably never has been. This may be the result of an emotionally dysfunctional and dramatic family life.

You currently feel trapped in your circumstances, lacking the freedom (or ability) to make

² Henig, Robin (9). "ANXIETY!" The New York Times Magazine. Retrieved 10 December 2012. Quoted in Wikipedia entry on Anxiety.

everyday choices. You may behave in ways that you think are pleasing to others due to a fear of judgment, abuse or punishment. Being someone other than yourself feels safer as criticism will be directed at your façade and not toward your vulnerable identity.

You often misinterpret the way others communicate to you, reading too much into what others say. You may find yourself searching for clues during conversations that might validate how unworthy / undeserving you are. This often surfaces when you are already feeling overly sensitive as a result of repeated criticism and judgment that has been projected toward you.

There is a fear of taking on responsibilities and feeling overwhelmed by it. You feel traumatized by being needed too much by others. Being needed means extra responsibility and possibly more space for errors on your end. This could result in being rejected or criticized, which is what you are trying to avoid. You feel stuck in a fight or flight instinct with many conflicting emotions in the heart mind. The body is still responding to a threat, however the threat is long gone. Children who experience anxiety are often expressing their parents' suppressed anxieties.

In other cases the parents may have been dysfunctional, irresponsible or emotionally absent from your life. This made you feel that no one would ever fend, protect or look after you or love you. This often leaves you in a place of being emotionally needy and insecure. When your needs are not being met, you unconsciously recreate the emotional strain and stress that served you and kept you safe in the past. Your emotional need for love has been met by abuse, rejection or hostility.

Key Points:

- Trauma related to experiencing danger on a regular basis resulting in the gut mind not switching off survival instincts. Lack discernment of, "What is safe and what is dangerous?" How is the anxiety serving you? You have learned to feel comfortable feeling uncomfortable. What does it keep you safe from? Explore further possibilities.
- Trauma that resulted in your inner peace being regularly disturbed. Why, whom or what? How did that make you feel?
- Making changes in your life has resulted in a negative outcome leaving you feeling, "If I change ___ in my life then ___ will happen." Often you fear the worst outcome. Why? Who else in your family behaved this way? Explore further possibilities.
- Feeling disempowered to make choices in your own life. Who controlled your life? How did being tightly controlled make you feel?
- Your needs were disregarded as nothing but a waste of time. How did that make you feel?
- Lack of safety. Why? What happened that made you feel this way? Explore fertilization stages for this key emotion.
- Trauma of feeling emotionally or physically trapped. Explore fertilization and birth trauma.
- Lack of trust in yourself. Why? Who made you doubt yourself? How does not trusting yourself benefit you?
- You feel intimidated by your intense emotions. You feel scared and challenged by not having control of your life. You have created an illusion that you do not have what it takes to make it on your own. Influential people may have disempowered you during childhood. How did this make you feel?
- Separation trauma leaving the womb and disconnection from your mother after birth. Explore further possibilities.
- Explore trauma of creating and taking on too much responsibility and then failing. Explore self-sabotage.

- Explore suppressed guilt and shame that was projected onto you. Who made you feel this way? Why? Often shame and guilt was used to manipulate and control you. What would happen if you expressed boundaries? Explore further possibilities.
- You may have been aware of your mother's anxiety during womb stages. Explore the difference between your emotions / anxiety and your mother's emotions / anxiety. What did you need emotionally in the womb when you experienced your mother's anxiety?
- Anxiety places a great amount of stress on the adrenals. It depletes the body's immune system causing you to suffer from lethargy and fatigue as well. What is causing you a great deal of stress? How does this issue make you feel? Explore survival instincts as well.
- Explore your birth stages. The umbilical cord was cut off too quickly while the baby was still benefiting from the umbilical cord. This creates feelings such as being cut off from the world, not coping well with stress, hyperventilation issues.
- Feeling constricted, stuck or out of control in the birth canal. Explore points where your mother's emotions overlapped to you.
- Amniotic fluid still stuck in baby's lungs and sinuses, feeling overwhelmed and suffocated. This could surface as feelings of grief, tension in the lungs or sinus problems.
- Is your body hydrated enough? Anxiety could also be caused by dehydration!
- Did you work or walk near areas that were treated with pesticides? Are there dangerous chemical fumes in your current environment or in the environment when the anxiety started? If yes, explore how the toxins affected the nervous system. Focus on key emotions such as irritation, feeling attacked, out of control or invaded.
- Did you make a negative association with the anxiety? Example: "If I feel ____ emotion, I feel anxious." When does the anxiety start? What were you emotionally feeling just as the anxiety started or even a few hours before the anxiety started? Back track this emotion / s along with when the anxiety started. Explore the difference between anxiety and ____ emotion.
- Was your mother told to delay giving birth until doctors arrived? If yes, explore key emotions such as panic, feeling out of control or frustrated along with the fighting instinct.
- During early infant stages, did you feel wrapped too tightly in your blanket? If yes, then how did this make you feel? Explore reactions such as, "I can't breathe, I can't take a deep breath." Suffocation, restraint or frustrated due to the lack of movement.
- The pattern of anxiety is copied from your mother during fetal stages, while the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.
- Is there alcoholism or drug abuse in your family history? If so explore damage in the nervous system of the ancestors and the possibility of it surfacing in your biology. Stimulants such as alcohol and coffee can worsen anxiety and any predisposition for it.
- Did your mother drink alcohol, use drugs or mediation during pregnancy that may have aggravated your developing nervous system? Explore further possibilities.

Important questions for you to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?

- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?

Exercise: Feel where the anxiety is. Often this will be located in the solar plexus area or in the stomach. Its location can vary from person to person. Close your eyes and visualize that there is a colored ball. The color of the ball is your choice. This colored ball represents where the anxiety in your body is. Imagine this colored ball expanding, it's slowly becoming bigger and bigger. Imagine it moving up to your head, into your arms, right into your legs until it's at your feet. Imagine that your entire body is covered in the color that you chose. By doing this, you are allowing the built-up energy in your body to expand. Allow the color to flow through your body instead of it being stagnant in one area. Allow the color to begin moving outside of your body. The more the color expands the lighter the color becomes until it completely fades into nothingness. The anxiety dissipates with the color.

Anxiety (Separation Anxiety)

See Anxiety, Depression, PTSD, Birth (Placenta), Hyperventilation, Panic Attack

Emotions

You often feel stressed when separated from a loved one, caretaker or familiar group. If the client is a child, then it's common for a child to experience this when they spend the majority of their time with one primary care taker and are then separated from this person.

Separation anxiety can start when the mother or fulltime caretaker begins a fulltime job elsewhere and needs to leave the child with someone else. It could also develop when babies are left in a room to cry themselves to sleep on a regular basis. In most cases, the anxiety is short lived. Symptoms can include continuous crying, irritability, poor appetite, sleeplessness, and moodiness or compulsive behavior.

You may have been controlled with the threat that one or all of the caregivers would go away and leave if you didn't behave. You may have been manipulated by means of rejection and abandonment. Children suffering from separation anxiety often play out their parents' hidden unconscious fears related to abandonment or some sort of loss such business, financial or divorce. This is also related to ancestral trauma that stemmed from a big loss in their life.

When a child is suffering from this condition, it is important to work with the parents as well (separately). They could also be expressing their parents' unspoken emotions. The child also feels out of control in their environment, feeling suffocated with the parents' stress. If separation anxiety started during an actual traumatic event, then explore what happened and how it made them feel.

This condition could also start if you felt abandoned at an early age. This may have caused you to feel unsafe and unsupported. Your mother or primary caretaker may have been absent during infancy stages. When your mother or caretaker was absent you may have felt out of control and fearful of experiencing loneliness, danger or being unsupported.

Key Points

- Always explore your birth trauma and see the Birth section. Explore these key points:
 - Separation anxiety at birth from mother. Separated from the placenta and umbilical cord. Egg leaving the fallopian tube and separating from the other eggs. Sperm leaving safety of testicles. Sperm penetrating the egg and being separated from the other sperm cell.

- Were you breast-fed enough? How did your mother meet your nutritional needs? Was your mother hostile or unable to connect with you?
- Explore the new born baby stages after birth. Were you taken away too early from your mother for long periods of time? If yes, then explore further. How did it make you feel?
- Was your mother separated from her partner while you were still an infant or in the womb? If so, her stress could have been picked up by you, especially if she started becoming emotionally unavailable or overly dependent on you to fulfill her feelings of loneliness.
- You may have experienced a phase in your life where all needs were met with abundance and you had everything you needed. You may have moved to a phase where you lacked everything you once had, creating scarcity, and feelings of panic or being overwhelmed. You now have a fear of losing ___ again. This causes you to overcompensate and become overly controlling. Explore further possibilities.
- Moving locations can also trigger separation anxiety. You have a fear of change. You may have struggled to adapt to a new environment and now associate the slightest change with trauma, anxiety or being cut off.
- You find comfort in those around you and fear your sense of peace will be disrupted, leaving you unable to find a grounding place again.
- The child could also be responding to the parents' deeper insecurities and fear / trauma of rejection and abandonment. Physical separation triggers these deep-seated patterns. Explore the difference between your trauma and your parents' trauma. Are you expressing your parents' trauma? Explore further possibilities.
- Explore implantation stages. Fear of losing your grip again, fear of loss, fear of not being accepted and fear of not being protected. Explore further possibilities.

Aphasia

See Lisping, Stuttering

Emotions

You are a sensitive soul that feels challenged by an ever-changing environment. You may feel uncertain about how to clearly express boundaries, which often leaves you, feeling disempowered. Boundaries are typically expressed by showing frustration, anger or ignoring someone by means of a silent fit.

You may feel that everyone has an agenda, so you find comfort in your own company and don't trust anyone else. You stick to the same old routine as that gives you comfort and provides safety. Many generations of fear is now surfacing. The journey of life has left you feeling upset and powerless. This type of trauma often takes place when you may already be feeling insecure or vulnerable along with a fight, flight or freezing instinct response toward your environment.

It may only take one threat, scream or beating for you to go into a silent fit. The important key emotions to explore are, "Why did you feel vulnerable, insecure, scared or traumatized?" What happened in your environment, family or ancestral line? The actual trauma or act that caused you to shut down was merely the final straw and not necessarily the actual cause. You may have experienced high levels of stress during fetal developmental stages.

This could be related to an ancestral trauma that was triggered. The ancestor may have had to keep a big secret and may have been punished for slipping up and letting the secret out. They may also have witnessed a tragic event and were never able to speak about it for fear of being punished.

Key Points

- When did this condition start? How did you feel? What was a pressing issue in your life that you could not resolve? Explore old built-up tension and stress. Explore further possibilities.
- Explore the ancestry line for slavery, submissive partnerships and extreme controlling environments. Explore your birth stages. See Birth section. Focus on feeling controlled and feeling unable to break away from it.
- Did your mother see something that was traumatic and try to forget what she saw while she was pregnant?
- Why do you need to hide? Hide from who or what? Explore further possibilities.
- During childhood, what was your relationship like with your mother and father? Who is the dominant parent? How did you respond to that parent?
- What scares you? Objects, people, words, phrases? If so, why? This is almost like a detective case where it's important to ask as many questions as you can to have a better understanding of what triggers you and what doesn't.
- What is your cultural history? Has there been any severe suppression in human rights? Feeling under a great deal of pressure.
- Explore your womb stages. How did your mother feel while she was pregnant? Did she experience any trauma during pregnancy? How did her anxiety and stress affect you in utero?
- People with this condition are often very selective to whom they express themselves. If this is the case then it's a control issue. The only thing you feel you can control is the ability to express yourself as well as choose who your audience will be. Explore any lack of control experienced during childhood or during fetal developmental stages. Explore the relationship with your parents. Why do you need to exercise control? What is the benefit of needing to be in control? Often it's because it keeps you safe. You are overcompensating for the lack of control you had in childhood. It also begs the question, whom and what does it keep you safe from?
- Did a physical or emotional trauma occur to your mother while you were in utero that caused you to withdraw from the environment or move into a freeze response? Explore further possibilities.

Apnea

See Anemia, Fatigue, Narcolepsy, Sleep Disorders

Emotions

You often felt suppressed in a family who demanded too much of you. Your relationship with your mother may have run hot and cold—leaving you with a cup that is always half full. Often the attention and love would leave you confused and uncertain of your self-worth.

You may keep yourself small as it provides safety and gets you out of harm's way. Emotional peace may have been hard to come by if you were raised in an environment where your emotional needs were met with hostile reactions. This resulted in feelings of guilt and shame for expressing your needs. Now you often deprive yourself of love and support by only relying on yourself.

You tend to over analyze your mistakes, which results in more pressure to be perfect. You are drowning in your own emotions because your mind has been programmed to believe that it's only safe to explore deeper emotions when you're sleeping or crying.

Denying how you truly feel has kept you safe and sane. You are often not aware of these

intense emotions. Suppressing the emotions and trauma serves you well as you are already tired and depleted. Dealing with emotions just make you feel even more exhausted and drained.

You often get so preoccupied with pleasing others and trying to fit in that you ignore and abandon your own needs and goals. You sabotage your personal growth by always focusing on others needs, putting your needs last. You fear that abandonment and rejection will follow if you speak up, so you suppress sharing opinions. Giving time and support to others is easy, but it can be hard and even challenging for you to receive support in return.

You feel a need to protect yourself at all times. You often have many friends yet still feel alone. You use your sarcastic nature as a façade to protect yourself, often using anger and resentment to keep people at bay.

Key Points

- Always explore your birth trauma and see the Birth section.
- Explore the moment when you were born. Especially during your first breath, how did it feel? How did your lungs feel? Explore any feelings of panic, sense of being overwhelmed or feeling out of control.
- How well did your mother bond with you? Did you feel blocked or resented by your mother?
- Was your mother able to express love in a way that was fulfilling? Which issues feel unresolved between you and your mother? Explore further possibilities.
- Explore trauma related to suppression, being made to feel less worthy and insignificant. Who made you feel this way? How did this make you feel?
- You don't feel important enough to be loved and had to adjust your standards and self-worth in order to be accepted and loved. How did this make you feel?
- Did you feel rejected or abandoned by your mother? Was she emotionally unavailable? How did this affect you? Explore further possibilities.
- Did you feel comforted by your mother during the night or whenever you were expressing needs? Explore how your needs were met during nighttime. Explore further possibilities.
- Explore trauma that ancestors may have experienced during the nighttime. Such as surviving a war environment. Were you abused or threatened during nighttime? What is the threat? What are you scared of?
- What was your relationship like with your mother and father? What were your mother and father's relationship like towards each other? If there was strain, how did it affect you?
- At what point did being quiet and holding your breath keep you safe or make you feel safe? What were (or still are) you hiding from?
- During fetal stages, was your blood able to flow freely around the lung and chest area during the last trimester? If it feels challenging, then explore. How did it make you feel? Where in your life can you identify with similar emotions and situations?
- Explore points where you feel hollow, as if there is a void present in the solar plexus during womb stages. If this is relevant, then explore how this void is keeping you safe. Safe from what? Safe from feeling what?
- How does it keep you safe to hold on to anxiety? Some people say it's like a friend, they find comfort in the familiar feelings even though it's causing them a lot of emotional discomfort. Have you made a familiar bond with the anxiety and trauma? Explore the familiar anxiety and trauma. Explore secondary gain / hidden benefits of it.
- There is a lot of unprocessed grief, so be encouraged to talk about it. The grief is accompanied by anger and resentment.

- Suppressed anger. Who is the anger and resentment directed at? Remind yourself that it is safe to express yourself now. What happened in the past when you grieved or cried? Explore further possibilities.
- Some Apnea sufferers have said that it feels like they have an unconscious death wish. Why? What in your life do you need to escape from? This also relates to boundary failures.
- Are you tired of your life and circumstances? Perhaps you want a way out, however you do not want to follow through with actually leaving (passing away). The apnea is a cry for help that the body is expressing to you. Where in your life do you need help? You are searching for a heart mind answer and not a head answer. Heart mind answers are one-word answers and it's an emotion, not a story.
- Explore low self-esteem. Who or what made you feel insignificant, ashamed or disgusted with yourself? Explore your ability to express personal boundaries without anger. Explore all these points in the development stages as well and differentiate between maternal and fetal stress.
- Was your mother told to try and delay giving birth until doctors arrive? If yes, explore further. Explore panic, stress or frustration.
- During early infant stages, did you feel wrapped too tightly in the blanket? If yes, then how did this make you feel? Explore reactions such as, "I can't breathe, I can't take a deep breath." Suffocation, restraint or frustrated due to the lack of movement.

Appendicitis

See Colon, Digestive Problems, Inflammation / Infections

Emotions

A burst appendix can have fatal consequences. This begs the question -why are you attacking yourself in this way? What circumstances have grown out of control? Whom and what circumstances in your life do you now hate or resent?

You often feel stuck in a family or relationship where you feel scrutinized. You have made a negative association with love as your need for love was unmet. You are often on the receiving end of verbal attacks from others. The love you received was accompanied by criticism and judgment or resentment. Because your need for love was not fulfilled, you may be cold and distant. It's almost as if you've decided, "If I'm not loved then I will not give and show love."

You may have been attacked (either verbally or physically) on a regular basis throughout life. The attack does not have to be harsh, physical or severe. It can be subtle but consistent, such as always being blamed, overly corrected or demeaned. As time progressed, this type of behavior became acceptable. It became a part of life until your body intervened, getting your attention.

There was often little room for error and as a result, you are very hard on yourself. You tend to treat yourself as you were often treated. The family patterns and self-sabotaging patterns are forever present. Unrealistic fears often get the better of you, resulting in a sabotaging of goals. You do not see any better way of dealing with life other than in a sabotaging way.

You may feel that it is impossible to digest the harshness of life anymore. Your cup is overflowing with internalized anger and resentment. Those feelings have turned into self-punishment.

If the appendix is removed, then it only solves the physical problem and not necessarily the emotional components related to the appendix. The memory of the emotional trauma will

most likely remain in the area where the appendix was. These memories may cause physical discomfort in other ways to keep reminding you to deal with the issues at hand. You also seem to feel torn between two people and feel that you are in a situation where a choice must be made between one and the other.

Key Points

- What has been a pressing issue in your life before the appendix problem started? Why has this situation grown out of control? What stopped you from changing these circumstances? Explore further possibilities.
- Inflammation often develops as a result of suppressed anger, frustration or resentment along with stubbornness of letting go of how certain situations made you feel. The resentment and anger makes you feel safe and in control. Explore further possibilities.
- Feeling trapped and controlled by abusive people. Feeling unable to change circumstances and how you are treated. Explore further possibilities.
- Who do you feel you have become? Mum, dad, grandmother or grandfather? How is this identity serving you? Explore further possibilities.
- Always explore the relationships with parents and siblings. If there was strain between parent and child then explore.
- Explore the egg and sperm development stages. Explore key emotions such as feeling attacked, defeated, living like a zombie, unattached to life, rage, hostility, venomous love, being disgusted with yourself and needing to fight against unwanted changes in your life.
- Did your mother show love toward you easily? Were your mother and father emotionally available? If not then how did that make you feel?
- Explore ancestral abuse (physical, emotional and sexual giving or receiving it) and how any of these traumas are affecting you now. Explore further possibilities. Acknowledge the difference between ancestral trauma and your trauma.
- Did you feel caught between your parents' arguments? If yes, how did it make you feel? Did you feel blamed or torn between your mother and father?
- Do you understand the difference between your own fears and what your parents' fears are? These emotions often overlap between parent and child.
- Was your mother told to try and delay giving birth until doctors arrive? If yes, then explore this further. Explore feeling under pressure and squashed.
- Feel challenged to process and digest the harshness of your reality and feeling stuck in an uncomfortable, joyless and stressful environment. Can you change the circumstances? How does this make you feel?
- Did your partner cheat on you? If not, then did either of the parents cheat on each other just before this condition started? Explore trauma related by betrayal and feeling unable to digest and process the disappointment that followed.
- Feeling unable to digest old accumulated trauma. You seem to feel that you don't have what it takes to be who you want to be. Why? Who made you feel this way in the past?

Arrhythmia

See Anxiety, Heart Problems

Emotions

You are often “holding your breath” as you think something bad is going to happen at any

minute. It is best to always be prepared for the worst. In childhood, you never knew where you stood with anyone. Behavior of loved ones was never consistent. Your guard is up and on full alert. You feel unsupported and sense that there is danger everywhere, except most people don't realize it. This leaves you in charge of looking out for everyone else. You are the one who takes care of everything, making sure all is well.

You often take shallow breaths, which is a result of unprocessed trauma (fear, physical abuse trauma) or grief. You feel that you have to work hard and give a lot of yourself in order to feel accepted. You fight or flight instinct has been activated and you are constantly stressed to an unknown, unidentifiable danger.

This could be related to ancestral trauma where they were in great danger or threatened. Often they witnessed a murder or mass destruction that they were never able to emotionally process. This is also related to a near death experience.

Key Points

- When did the arrhythmia start? How did you feel at the time?
- Lack of support and guidance. You do not feel accepted and therefore don't feel good enough to be helped in life. You feel you have to do everything on your own, as well as support others. How does this make you feel? Giving too much to others has thrown your life out of balance.
- Feeling as if you have to do it all by yourself. What is the benefit of doing it alone?
- What is the benefit of pushing people away? What does it keep you safe from? What stops you from expressing clear boundaries to these people? Explore further.
- Explore lack of attention and love you received in childhood and how it made you feel.
- There was a time when you felt traumatized and received very little to no attention or acknowledgement from your parents. How did this make you feel?
- How does it keep you safe to always be on full alert? Why do you need to be on full alert?
- What are you grieving for? Explore what happened when you cried and expressed sadness.
- What is your biggest fear in life? Explore this, if it's a valid fear then explore the original cause of this fear.
- Fear of losing control of the people that you rely on for love, attention and support. Explore this trauma during womb stages. Did your mother feel this way while she was pregnant? How did her emotional state affect you in utero? Explore further possibilities.
- Your mother may have fallen pregnant at a time that was very inconvenient for both parents. The timing is not right; the timing is off, resulting in stress and anxiety. Explore ancestral trauma related to this.

Artery Problems

See Atherosclerosis, Blood, Blood Clot, Cardio-Vascular Problems, Heart Problems, Hypertension, Vasculitis, Vein Problems, Thrombosis

Emotions

Arteries reflect how people carry themselves in public. How they communicate with others. This condition is also related to the ability to be in the flow of life and how in sync you are with your job, family and personal relationships.

You often feel challenged when trying to communicate your emotions and boundaries. You think you express yourself clearly but the reality is your listeners often don't understand what you're saying. Somehow, the message you prepare in your mind does not translate. This is often due to a childhood in which you were suppressed and not allowed to complete your

sentences and fully express any opinions.

There is no room for mistakes. Often you do not tolerate mistakes made by others. Stored resentment is the result of not being able to express any disappointment or frustration to a parent or an authority figure.

You are used to a depressing, boring life that does not offer much. You may have been raised in an environment that unconsciously limited your potential. Perhaps your talents were a possible threat to a jealous parent, sibling or authority figure.

You have kept yourself small to avoid being attacked (either verbally or physically), rejected or abandoned by an insecure parent, sibling or authority figure.

You feel unsure of how to create the happiness that you are searching for. You've associated joy with trauma, so you may feel that joyful moments attract negative experiences. You often feel the good comes with the bad. You may be very set in your ways and can become quite hostile if others do not respect your routine and rules. This is your way of controlling the environment around you. Your childhood may have been filled with drama, leaving you with little control.

You may feel that life is all about suffering and hard work. You seem to feel stuck in a cycle that is causing a great deal of emotional turmoil. These emotions turn into bitterness and a venomous suppressed anger.

You may feel pushed too hard in a direction that gives you no joy and you feel that you cannot break away from it without losing important support. You feel like a victim of circumstance.

You may have given your power away to manipulative and influential people who used guilt to control you. You often failed to establish clear boundaries with these people. You feel a great deal of pressure to communicate in a way that is respected by others.

Key Points

- Take note of the type of problem you are having with your arteries. Is there an infection? Infection would indicate resentment and anger, often something that occurred recently in your life. See Inflammation section.
- Swelling of the arteries -wanting to block life, people and support from others. You stubbornly refuse to communicate how you feel. Instead, you suppress these emotions because you feel that no one will listen. You want to isolate yourself and feel overwhelmed with a certain situation or person in your life.
- You might also be leaving a home / environment that made you feel safe. When you leave this safe haven, you feel unprotected and vulnerable, as no one understands how you communicate and feel outside of your family.
- Explore the fetal stages during the last trimester. What did the fetal arteries feel like? Was the blood pumping with a healthy rhythm? Was there enough space for the arteries to expand? What was your mother feeling at the time? Her emotions could have a lot to do with the state of arteries during fetal stages. Are you feeling the same emotion(s) that she felt during the last trimester right now? Work on that trauma and focus on how it made you feel to have your mother feeling ___ emotion.
- Explore the following points during fetal stages: Self-punishment, deprived of joy and happiness, feeling stuck, toxicity, suppression or congestion.
- Explore the egg and sperm cells. How does it feel? Is it strong? Is it healthy? Are the cells forming, are the egg and sperm creating a strong boundary and barrier to protect it? Is there any stress or strain present in the cells? If yes, then explore further. See the Birth section.

- Communication. The egg became separated from the other eggs during ovulation. How did the egg feel? You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty, lack of direction, moving through the tube.
- Explore the amniotic sac and water. How does it feel? Can any toxicity be sensed in it? If yes, how did this make you feel? You may respond feeling stuck, unable to escape, disempowered, attacked, angry or irritated. Did it irritate a specific part of the body?
- Was your mother told to try and delay giving birth until doctors arrive? If yes, then explore further.
- You may have a negative association when giving love or showing love and affection toward others. Your good intentions may have been taken advantage of or rejected.

Arthritis

See Bursitis, Carpal Tunnel Syndrome, Inflammation, Joint Problems, Nerve Problems, Pelvic Problems, Reactive Arthritis, Rheumatoid Arthritis, Sickle Cell, Tendon Problems

Emotions

This condition is brought on by inflammation in the joints. You may be very rigid in your life or relationships, tightly controlling your emotions. You draw your power and strength from being stubborn. Stubbornness served you very well during childhood.

You are often reluctant to ask for support. Your pride keeps you from leaning on others, which you think of as a weakness. You have been fending for yourself for a long time.

You can be self-critical and self-destructive. You feel restricted in your circumstances and don't seem to feel that you can speak your mind. This leaves you feeling bitter toward the people you feel controlled and silenced by. You rely on your venomous tongue to be heard, otherwise you feel that people don't listen or respect your boundaries.

You may feel that you are missing out on your goals and dreams as you were molded into becoming a servant and responsibility carrier for others. As a result, you blame your failures on others and regret not reaching your highest potential in life.

You find it challenging to watch people walk all over you yet you often fail to take responsibility for poor personal boundaries. There is a part of you that needs to believe it is someone else's fault you suffered and struggled so much (this is also often related to a maternal grandmother). You should take your power back without needing to use anger and resentment to establish independence and worthiness.

You feel robbed of opportunities to speak up and be listened to. You have done enough for others and now it is time for your goals. You cared for others out of obligation, making you feel taken advantage of and rigid. Your body is now telling you to stop this one-way cycle and start looking after your own needs.

What are you still searching for? Why are you not getting it? The answers to these questions need to be addressed and dealt with. You cannot change the past; you can only change how you feel about it, thereby changing the outcome of the future.

Often when you look back on life, you see a loveless life—one filled with loss, missed opportunities, being pushed around or depression.

You didn't feel accepted during childhood. Your mistakes were not tolerated so now the tables have turned and you do not tolerate other people's mistakes and weaknesses. Your anger has been suppressed for such a long time that it has become explosive and draining.

An important key point to explore is womb stages. You may not have had enough space to move around in the womb area. This may be due to lack of space or just not moving enough. You may have stayed still for long periods of time in one position. This could have caused

different parts of your body to feel stuck, stagnant or in a painful and uncomfortable position. This could result in physical and soft tissue tension and stress in the body. If you didn't have enough space to move around in the womb then ask, "How did that make me feel?" The answer you find here would often be similar to the issues that surface when you are experiencing arthritic symptoms (or when it started the first time). It is important to find the association with the pain. Pain is often suppressed anger, feeling out of control, or resentful. The answer that you are searching for should not be a superficial answer. Explore further.

Also just to share with you from my personal opinion after having worked with many people worldwide I realized that this condition often surfaces to show and help a person to learn and recognize where their boundaries and limits are (also a different way of perhaps describing this is, where their emotional threshold is), that they are also not responsible for being the buffer between two or more people who are in conflict. They tend to be the peacekeepers, but believe me, there is so much more to a person's life than being a gate keeper and peacekeeper because this pattern will backfire, that peacekeeping tactic will transform into anger as human beings we all have our thresholds in life. This condition is showing a person to live their life according to their own rules, wishes and agenda and to not be dictated and manipulated by someone else's mood swings, agenda and expectations of them. You are here to live your life and not to fulfill someone else's failed dreams. This person has become to rigid in their life which has unconsciously started to serve them as a boundary between them and other people. And if this is you, then I invite you to start to learn how to establish and exercise healthy boundaries. I will be launching a boundaries online course healing training module that will greatly help you in this area on my website. There is often also resistance to letting go of old anger as this has also become a barrier and way of setting boundaries in your life. You know how easy it is to say no when you are really angry whereas its more challenging when you are in a good state of mind? Anger often starts to serve a person as a protection barrier, however anger also feeds weak areas in the body, which results in tension and ultimately pain.

Common types of Arthritis



Key Points

- Lack of self-worth and not valuing yourself. Why? How does it keep you safe to pull the short end of the rope?
- Explore how stubbornness is serving you. How would you feel if someone took your stubbornness and rigidity away? Would you feel safe without it? Explore secondary gain of stubbornness.

- Lack of compassion for yourself. Who expressed a lack of compassion toward you during your life? Explore further possibilities.
- What happens when you feel positive about life? Explore sabotage patterns. What is the benefit of sabotaging the good things in life?
- You feel resistant to let go of anger. You feel a sense of satisfaction by holding on to old anger and resentment as it means that people who have done you wrong will not get away with it. Anger is also your source of power. You only feel worthy and confident to express yourself through anger.
- You don't feel good enough. You also feel that you have not achieved enough in life. Why? How does this make you feel?
- Always explore the birth trauma and see the Birth section. What emotions did you feel there?
- How did your mother feel? Can you identify any or even all of those emotions in your life now?
- Chronic dehydration is always present in someone that suffers from arthritis. Especially if they are alcoholics.
- Explore the last trimester of fetal development stages. How did your joints feel? Did you have enough space? What associations did the fetus make with your mother's own trauma and emotions during that time?
- Did your mother have an acidic diet? Was it healthy? Explore associations that the fetus made with acidic food and negative emotions from your mother.
- Explore developmental stages for points. Explore trauma related to feeling stuck, attacked, rage or unimportant.
- When you feel angry and resentful you may be copying a parent's behavior that was observed during childhood. Which parent's behavior did you copy? Does it feel like the mother, father, grandfather and grandmother's anger? Where from within the family does it stem from?
- Was your mother told to try and delay giving birth until doctors arrive? If yes, then explore further. Explore anger, helplessness, scared, disempowered, out of control and giving up.
- Trauma related to unmet emotional needs. What unmet needs do you have? How did this make you feel? What stops you now from putting your needs first?
- Note that the acidity of the vagina may cause an association with the sperm trying to get to the egg. Sperm penetrates egg with association of acidity and competition along with the trauma and inherited patterns of sperm and egg.
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.

Asbestos

See Asbestos, Cancer

Emotions

You do not attend to your own needs. You may have surrounded yourself with unhealthy relationships that restrict you from being yourself. Your body is telling you to find a better environment or living arrangements. As well as to let go of your, "I am fine" façade and be who you truly want to be. This stems from not feeling accepted by family or peers. It is time for you to step up and step out of your comfort zone, time to come out from the low profile you've been keeping. You may feel a fair amount of resentment toward your mother. It could be the father as well but in this case, it's often the mother. Asbestos poisoning is often related

to causes of cancer. Explore which relationships in your life made you feel invaded, out of control or resentful. It could be an invasion of privacy, personal space or boundaries.

Key Points

- The more intense the sadness, grief and anger you're suppressing, the more complications and pain this condition causes. Explore this further. What are you grieving for and what do you feel angry about?
- Did someone invade your boundaries either physically or emotionally? If yes, how did the invasions make you feel? Explore further and focus on invasion trauma.
- Are you holding on to any grief? Sometimes it could be because someone close to you passed away and you are scared that if you had to let go of the sadness the bond will be broken. You feel you are keeping a deceased person's memories alive by holding on to grief and sadness.
- What was your experience during and after birth? See the Birth section and also focus on the losing the placenta and umbilical cord. What type of comfort did the placenta offer? Do you find that same comfort in your life now? If not then process this stage.
- Explore the developmental stages for points where you felt smothered, suffocated, grief, stricken or threatened by an unknown danger or fear.
- Explore self-punishment patterns. Were you punished as a child that left you feeling offended? If so, you may now be punishing yourself instead of being on the receiving end of it. Why do you feel the need to punish yourself? By pushing people out of your life, you also punish and deprive yourself of love. How does that make you feel? Explore this more in the development stages.

Asphyxiating Thoracic Dystrophy (ATD)

See Congenital Disorders

Asthma

See Fibromyalgia, Lungs, Toxins

Emotions

Adult sufferers take on too much stress and responsibility. It is now important to take control of your life. You may have trouble coping with stressful circumstances and can easily get overwhelmed. You were often made to feel incompetent when trying to do things on your own.

You feel too attached to someone (often a parent) and may be feeling this person's grief, stress, annoyance or strain. It is an overwhelming experience for you, as you may not recognize you're expressing someone else's stress and fears. Do you feel your lungs tightening when a parent is angry or upset?

Your mother might have suffered anxiety while pregnant. If the type of trauma that happened to her also happens to you later in life, it can trigger the same anxiety she had.

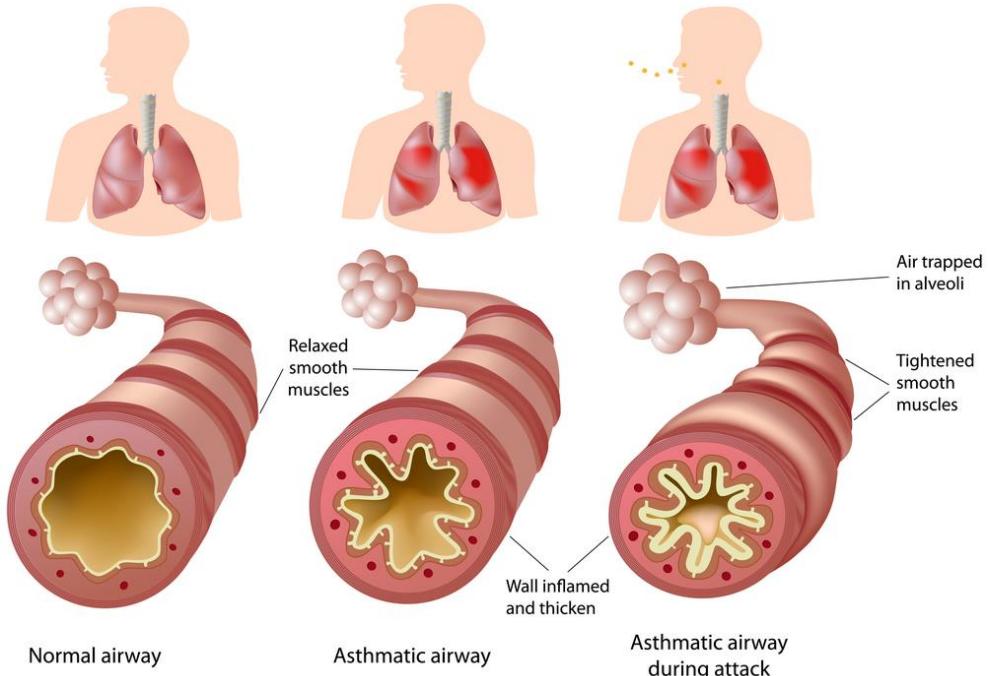
You may have felt overprotected or smothered by a controlling or threatening type of love from a parent or caretaker. Your mother may have been overprotective, just as your father may have been unnecessarily hard on you. Your caretaker may have felt stressed by your cries during infancy. You may have made an association that crying upsets people. You have learned crying often provokes anger and punishment from a parent with a short temper.

Sometimes there is a hidden benefit to asthma. It may allow you to escape confrontations,

challenging problems and arguments with others when you don't feel confident enough to speak up. The asthma attack may get you out of certain unpleasant circumstances. There could also be parasites involved and this should not be ruled out without proper medical tests.

There is a possibility that an ancestor may have suffered from Emphysema. The symptoms of the Emphysema may have been triggered in you. You may have experienced the same emotional stress as the ancestor, however as a result of different environment factors, the condition developed into Asthma.

Pathology of Asthma



Key Points

Note to practitioners: If it's a child, look closely at how they respond to their mother / father. Sometimes the child is very connected to one parent. They feel and sense what the parent is feeling. If the parent is feeling strong emotions of sadness, irritation and anger then it could be repeated in the child's life at the very same time. Children are much more sensitive to their environment than adults are.

- If you're an adult who suffers from asthma, when did it start? Who and what were upsetting you at the time? There is always the possibility that you made such a strong connection with someone else's stress and tension. You can feel the other person's stress and emotions such as sadness, irritation or anger.
- You feel someone else's emotions, it can be overwhelming, as it may not be something you identify with in your life. This creates conflict. You feel overwhelmed. Explore boundary failures and what the benefit is of feeling other people's emotions.
- What is causing you to feel overwhelmed in life? What have you had enough of?

- What has been a pressing need in life? Do you feel able to control or change it? Explore further possibilities.
- You feel that you have to do it all. If yes, then why? Who made you feel this way?
- Reluctance to allow others to support you. If so, why? Often the answer could be that you would feel bound to the person(s) that provided support. Support and love is conditional.
- You often seek approval and acceptance from others. Where is this stemming from? How does it make you feel when you are not approved of or accepted? Explore further.
- People that are important to you are overlooking your accomplishments. Feeling invisible. Explore implantations stages and also just after birth.
- You feel consumed by responsibility, as if you are responsible for everyone. This is due to bad boundaries and a need to be accepted. Explore boundary point during the development stages.
- Positive affirmation: “I give myself permission to let go of old hurts and disappointments now, I have permission to be and feel free. I am making a conscious choice right now.”
- Trauma related to old sorrow, grief and old ancestral hurt / loss. Start at fertilization.
- Trauma related to feeling exhausted. Explore development stages such as sperm arriving at egg, implantation and after birth. Explore issues during fetal stages related to insufficient nutrition.
- Always explore birth trauma and see the Birth section.
- Always good to do a complete detox. Accumulated toxins in the lungs along with intense emotions could also cause asthma and trauma such as anger, feeling suffocated, lack of boundaries, feeling threatened by a family member, often by a dominant parent.
- You feel held back and overprotected. How does this make you feel? Often you feel disempowered, not strong enough to deal with normal everyday problems. Feeling overprotected or completely abandoned has suppressed your ability to feel safe. You feel that there is a constant threat and don't want to be caught off guard.
- One client developed asthma when her grandmother passed away. When I worked on her grief of losing her grandmother, the asthma was still there. When I worked on her letting go of her grandmother's grief and stress that she took on from her grandmother, the asthma stopped.
- You might have a fetal memory of your mother's anxiety. What made her anxious, stressed out or overwhelmed? Do you have the same stress trigger?
- Explore similarities between your emotions, habits, and your mother's. These patterns copied from the mother set in during fetal stages while the stomach, nervous system and heart develops.
- The fetus receives their programming from the mother's heart mind just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced. Did your mother have self-sabotaging patterns that affected her quality of life?
- If yes, how did her emotional state affect you? Did your mother emotionally or even physically feel under attack by people in her life?
- What was your relationship like with your mother? How did the relationship make you feel?
- What was your relationship with your father? How did the relationship make you feel?
- Was your mother told to try and delay giving birth until doctors arrive? If yes, then explore further. Focus on the baby feeling stuck, pushed against the pelvic bone and explore for more emotions arising from this.

- During early infant stages, did you feel wrapped too tightly in a blanket? If yes, then how did this make you feel? Explore reactions such as, “I can’t breathe, I can’t take a deep breath.” Suffocation, restraint or frustrated due to the lack of movement.
- Are you hydrated enough? Have you done any medical testing to find out whether you have parasites in your lungs?
- There is a great need to get out of your circumstances. Why? Who made you feel this way?
- Explore after birth trauma. Was there too much amniotic fluid in the lungs? Was the first breath painful, heavy and wheezing?

Atherosclerosis

See Arteries, Blood, Cholesterol, Weight Problems

Emotions

You often felt attacked (either verbally or physically) and criticized when you communicated any needs or expressed yourself. As a result, you feel deeply fearful of speaking up. You may feel a great need to buffer yourself against the harsh communication of others. You have turned inward trying to find comfort within. This hiding instinct has been activated by your circumstances.

You often cut yourself off from the joy life has to offer. You do this by sabotaging the present by holding on to the negative aspects of your past. You don’t trust your environment or people that are part of it. You do not trust guidance from influential people in part because during childhood, you observed people in authority abusing your trust.

You may project a hostile façade in order to emotionally protect yourself from bullies and abusers. Isolation has served you well as a means of avoiding any possible conflict in your life.

You often feel challenged showing compassion and love toward yourself. Opening up emotionally to a partner is often even more challenging. Your experience with personal relationships has been disappointing and stressful. You seem to recreate patterns you had with your parents as well as marital issues that your parents had with one another during your childhood.

You often don’t feel accepted by people. You may have created the illusion that others do not accept you as you are. You feel that no one can see the good in you so you’re not going to take the time and effort to see the good in others.

You may feel that love is for weak people who are asking to be rejected and abandoned. You often seem as if you know a lot about life and how to survive—these are hard earned tools you learned due to trauma and stressful circumstances.

You may feel stagnant and stuck in life. Even though you are aware of your self-sabotage, you are too fearful to change the patterns. You have no intention of giving up your hard earned skills and trauma. Anger has kept you safe and letting go of the trauma will result in the anger dissipating, leaving you feeling vulnerable to attack.

It is now important for you to learn to express boundaries and be confident and powerful without needing anger as the source of power.

You may interpret people’s opinions as a personal attack, which activates your survival instinct to fight or flight. Your suppressed rage and anger is now becoming explosive.

Key Points

- Explore your relationship with your mother and father. Was it positive or negative? If negative, explore why? How did this relationship make you feel?
- What was your parents' relationship like toward each other? How did it affect you?
- Explore trauma in the womb. Did your mother try to isolate or block herself off from the world during her pregnancy? Did you feel unprotected or exposed?
- Is there a pattern in the ancestry line such as, "I have to suffer to grow in life?"
- There is a need to insulate yourself from others and their harsh words. How did your parents communicate with you? How did that make you feel? Explore associations you make when people communicate with you.
- Explore the following key emotions during developmental stages: feeling stuck, cut off from communication / community, anger, suppressed rage, hatred, rejection, lack of trust, feeling forced, communication is poisonous, being attacked, needing protection.
- You were suppressed by someone or by an incident the moment you felt confident to shine and to step into your power. Who and what got in your way? How did that make you feel?
- By whom did you feel attacked? How did that make you feel? What did you need emotionally from this person?
- Explore how you communicate to others. Are there more than the usual misunderstandings?
- How do you perceive feedback from others? How do you communicate your needs? How do you communicate with yourself?

Athetosis / Athetoid

See Abasia, Chorea, Muscle Problems, Tic, Tremor

Emotions

You may feel powerless to create a life you want. You often relied on the feedback of others for guidance, however there was not enough positive encouragement in your life. You may feel worthless and deeply undeserving of love and acceptance, traumatized by life. This may stem from severe abuse in your ancestral line. How is the ancestral pattern related to abuse, rigidity and fear of moving forward surfacing in your life?

Emotional key points should be explored such as: did you suffer from emotions such as feeling out of control? Did you experience a physical impact to the head when you felt out of control? This condition can also surface due to emotional trauma and not necessarily physical trauma.

Key Points

- Important to explore the birth process. Explore possible trauma to the brain / head area and explore emotions such as feeling trapped, out of control, frozen or fighting instinct.
- During early infant stages, did you feel wrapped too tightly in a blanket? If yes, then how did this make you feel? Explore reactions such as, "I can't breathe, I can't take a deep breath." Suffocation, restraint, trapped, stuck, lack of control, frustrated due to the lack of movement.
- Physical trauma to the head. Sometimes this condition could have started as a result of a physical trauma.
- Then later in life it fully developed due to an emotional trauma that left you feeling rigid, out of control and needing to rebel.
- Main key emotions to explore are rigidity and control. Being in control or out of control. Feeling rigid in a controlling situation due to poor personal boundaries.

- Feel challenged when you need to express a need for safety. Your need for safety has been met with negative reactions in the past. Explore how this made you feel?
- How do you feel about yourself? First focus on how you felt before the condition started.
- If you were born with the condition, then ask your mother or father how they feel about themselves. The key points are disgust, self-loathing, out of control, overly controlling, self-hatred and low self-esteem. Explore further aspects of your parents' issues and trauma that are possibly repeating in your life.
- Explore points where you experienced loss of freedom. How did that make you feel? Explore anger, resentment, hostility, rage, disempowered, controlled.
- What is / was your relationship with your mother? How did it make you feel?
- What is / was your relationship with your father? How did it make you feel?
- If you are unable to express yourself then use your intuition to get an idea of what your relationships would be like if you didn't have a trusted source that could provide that type of information.
- From which controlling person or situation do you need to break away from? If you are still stuck in the mentioned situation, then ask yourself why? Explore boundary failures as well.
- Your ability to communicate what you want to do has been suppressed. How did that make you feel?
- The ability to control your own life and situations has been suppressed. How does this you feel?
- Explore development stages and key emotions such as control (in of/out of), disempowered along with giving up, rage and trapped, very deep sense of worthless accompanied by guilt, feeling of slavery.

Athletes Foot

See Fungus, Rashes, Parasites, Skin Problems

Emotions

You are walking through life feeling resentful, disempowered and irritated by influential people and circumstances. You often use resentment to express boundaries. You are unhappy with the direction your life is heading and the criticism you are receiving. You are irritated by influential people who have not respected your boundaries or given you the emotional space you need in order to grow. You feel under a great deal of pressure to follow an influential person's agenda for your life. You find that being resistant to their demands is your best defense. All you want is to be free to make your own choices and not be told what to do anymore.

Key Points

- Your future and goals have been controlled, dominated or invaded by influential people. How does this make you feel? Explore further possibilities.
- By whom do you feel controlled, intimidated or bullied about your gifts or abilities? Explore further possibilities.
- You seem to feel tired of fighting and overexerting yourself for the affection and acknowledgement of influential people. How did this make you feel? What do you need emotionally from these influential people? Explore associations you made with receiving love.
- Needing more freedom. What or who do you need more freedom from? What stops you from taking action to attract this freedom?

- Threatened and helpless. In which area of your life do you feel this way? How does that make you feel? Can you change the situation? If yes, then what stops you from doing so? What or who do you fear? Explore further possibilities.

Atlas Problems

See Back Pain, Headache, Migraine, Shoulder Pain, Spinal Cord Problems

Emotions

You feel that life is hard and that is how it should be. Your rigidity is sabotaging new opportunities and phases that are revealing itself in your life. New phases will be challenging, as a result it's easier to avoid personal progress. There is a desire to move forward, yet your negative association with change is often holding you back. It begs the question, "What happened in your life during times of change when you started something new (a goal or project)?"

The atlas is also related to the problems you have with a parent or a personal relationship, such as a partnership or marriage. Relationships and goals require commitment and you may often sabotage anything related to commitment. Why?

If you are a female, explore suffering from feminine suppression. You may not have been allowed to be more powerful than men or an authority figure in your life. You fear that your power will cause conflict and result in being attacked by influential people.

If you are a male, explore fear of being more successful than your father. This is often true if your father was very controlling and dominant. There is a fear of being successful. Successful people are vulnerable when others notice them. The more successful people are, the more they will be suppressed, punished or attacked (either verbally or physically). You felt pushed too hard by your father to be successful. Often you want to move in a different direction than what the father supports.

A controlling parenting style may have left you feeling that there is no joy or freedom left in life. You had too many responsibilities, leaving you burned out and overwhelmed. You made an association that as you grow and change in life you get more responsibilities and have even less fun.

Key Points

- Fear of being bigger and better than influential people in your life. Why? What would happen?
- What in your life is out of balance? Why? How does that make you feel?
- Who made you feel that you are responsible for everyone else's problems? How does that make you feel? Explore further possibilities.
- Fear of moving forward. Why? What happened in the past when you made changes to your life? How did that make you feel?
- You feel that you do not have enough of what you want and need in life. Why? How does that make you feel? Who made you feel this way in during the childhood?

Attacked

See Abortion, Auto Immune System, Bites, Gulf War Syndrome, Radiation, Rape, Sexual Abuse

Emotions

You may have felt emotionally, spiritually or physically under attack (either verbally or physically) from an early stage in life. The trauma related to feeling attacked can start as early as conception stages and can go as far back as the ancestral line. It is important to resolve the trauma that took place in your life that made you feel under attack, however there are earlier points that should also be explored.

A person does not necessarily have a memory of feeling attacked during their early developmental stages. You do however, have a consciousness that can feel and experience the stress and tension when attacked in the womb. For example: there is footage recorded where a fetus tries to move away from an object that was about to abort it. The fetus didn't necessarily feel under attack in the same manner an adult would. The fetus did recognize that there was an invasion or threat to its environment. The fetus responded to a foreign object, as it knew the object was not supposed to be there. Trauma, stress and tension that took place in the womb can have an impact on the fetus' consciousness as they mature.

Continuous and strenuous stress from the mother could influence the fetus immune system. This could result in the fetus being easily overwhelmed by stress and viruses / bacteria as their immune system will also be compromised. They often develop different illnesses or conditions that cause their body and immune system to feel under attack. This can surface in relationships and in a person's personal life. It can take the form of abusive people that emotionally, verbally or physically attack them, resulting in the person feeling unsafe and under attack.

When a person experiences a trauma during fertilization or in the womb, it can result in the cell or fetus feeling under attack and stressed. When a person suppresses this trauma, it can surface again in their life and relationships.

You often find yourself in situations that make you feel helpless, like a victim, stressed, disempowered and under attack (often verbally but could include physical abuse). These types of traumas can surface in a physical form or in emotional situations such as illnesses or abuse.

When exploring issues related to feeling attacked, it is important to explore the first point of attack that feels most relevant to you. Resolving one of the earlier trauma points relating to attack trauma often resolves attack trauma in your life.

Key Points

- Was your mother's immune system weak during her pregnancy? Continuous and strenuous stress from the mother could influence the fetus immune system. It could also place stress on the hormones.
- This creates a pattern where the fetus develops different illnesses that attack an already weakened or stressed immune system.
- Explore earlier traumas when you felt under attack. Explore fertilization stages and focus on the egg transformation stages.
- Did your mother attempt an abortion that made the fetus feel threatened, stressed or attacked? If yes, explore trauma points and also work on the association that you made with nurturing, love and needing security. For example: When I need to be nurtured my environment feels under attack, need to be nurtured = being attacked. Love = being unsafe, feeling threatened and attacked. Needing security = being attacked by those that love me.
- Explore the implantations stages. Did your mother reject the zygote during the first implantation attempt? How did this make you feel?

- Did your mother's body try to attack the zygote during implantation stages? If yes, how did it make you feel?
- Did you ever feel attacked or threatened by either parent during childhood? If yes, how did that make you feel?
- It is common for first time parents to become frustrated with a newborn that does not stop crying. They may physically abuse the new born out of exhaustion and frustration. Note: just because I said it's common for this to happen does not mean that it's OK or acceptable in any way. Explore possibility.
- Explore your childhood and upbringing. Was there any type of abuse present such as physical, emotional, neglect or sexual abuse present? If yes, then heal these points using the fertilization points.
- Explore your birth. See Birth section. Did you feel under attack or pulled after emerging from the birth canal? Were you operated on after birth, making you feel out of control and under attack? Note: there was a time in the past where medical staff believed that a newborn baby couldn't remember or experience any pain. Therefore, they would operate on newborn children without any local anesthetic. If this is your case then heal the deep seated and suppressed trauma.
- Newborn children that were too big to move through the birth canal will have their shoulders broken so that they can be pulled through the birth canal. If this is your case then explore this trauma as well. Focus especially on the part of the body where the shoulder bone was broken. This is not common; however there are doctors that practice this and it seems to be legal.
- If you were born via caesarean then explore whether you felt under attack when you were pulled out of the womb by the doctor and handled by nursing staff.
- Explore the womb stages. Did your mother use any substances, alcohol, medication or smoke that could have irritated the fetus and made it feel under attack and unable to escape the toxic environment? This may have made you feel like a victim, helpless and powerless.
- Did you have ancestors that survived slavery, war, conflict between cultures etc.? If yes, explore the ancestral trauma and how it's affecting you.
- Keep exploring possibilities as the above mentioned is just a few examples and should get you started.
- Explore the amniotic sac and water. How does it feel? Can any toxicity be sensed in it? If yes, how did this make you feel?
- Explore ancestral trauma. Did they feel under attack by authority figures? Explore war trauma and abuse trauma. Explore further possibilities.

Attention Deficit Hyperactivity Disorder ADHD

See Anxiety, Depression, Post-Traumatic Stress Disorder (PTSD)

Emotions

People with ADHD have a poor attention span and get easily distracted and can become hyperactive and impulsive quite quickly. ADHD can lead to poor school / work performance, poor social relationships and a low self-esteem. There is a pressing question whether this is a real condition in children due to certain imbalances or lack of certain nutrients.

Your body may have experienced a great deal of trauma during birth. In utero you may have felt affected by your mother's hormones and anxiety.

You often don't want to be too attached to people around you and choose to hide your vulnerabilities and sensitivity with a big, outgoing personality.

You may have a fear of being ashamed and blamed, regardless of whether you did something wrong or not. You feel that you were blamed for many mistakes that weren't your fault. No matter how much you protested your innocence, you were not believed.

Your family life has been stressful and you're not always sure where you stand with your parents, often feeling like an odd one out.

As a child, you are very sensitive, not just to the physical environment but also towards your parents' moods. If a parent is upset or stressed then the child may become more hyperactive. You often run or walk on your toes. It is almost as if you are trying to fly away from the high stress levels you are experiencing in your environment. Adults with this condition most likely still recreate stressful circumstances. It is the only way of life that you feel familiar with. The stress and anxiety keeps you alive and alert.

This condition is often the end result of your parent's unresolved issues with their own parents.

ADHD could also be related to ancestral trauma. A child was conceived with a secret lover. The ancestor may have felt a great deal of guilt and fear of being caught, bringing shame to her family. A mother may have been physically abused while she was pregnant with the client's mother or father; this could also be the client in the womb. Alcohol or stimulants may also have been abused during a pregnancy.

ADHD is often also related to being born premature and those who spent time in an incubator. Your life has been stressful right from the beginning and being stuck in an environment where you didn't want to be and felt unable to relate to. Symptoms of this condition often increase when you are in an environment that can't relate to or comfortable in. Symptoms also seem to increase when you are doing activities that you dislike. It

Key Points

- There is great amount of fetal stress present that has not been resolved. Explore the second and third trimester of the pregnancy. How did your mother feel? How did it make you feel in utero?
- Did your mother suffer from anxiety? Was / is she an anxious person? What was stressing her out? How did your mother's stress and feelings of panic affect the fetus developmental stages and the blood pressure and nervous system?
- Is there war trauma in your ancestral line or similar incidents? Explore how ancestral trauma may have affected you.
- Trauma related to sexual abuse in your history or ancestral line.
- You made an association that emotional chaos equals safety. You may have felt this way in your home environment.
- Explore feeling important when you create havoc in your life. This is when you feel noticed, supported and taken care of.
- Trauma related to trusting your sixth sense. Your sixth sense is quite sensitive and you don't know when to relax and how to feel safe with this heightened sense.
- Explore when you wanted / needed something and it was denied with a cold, hostile or rejecting boundary. How did that make you feel?
- Was your mother given anesthesia or epidural during birth? If yes, then explore this and how it affected you.
- Not knowing what is going on is dangerous. This is often related to birth trauma.
- You feel like someone is out to get you. Explore the birth process when the doctor or midwife pulled you from the birth canal or womb.

- You made an association that movement creates happiness. When you are still the stress of your environment really sinks in and you respond physically by running around to rid yourself of the stress and to complete unresolved traumas.
- Explore the conception stages. Did the sperm feel safe to be still? Explore further possibilities.

Autism

See Attack, Toxins

Emotions

There are many theories about the causes of autism. I believe that there is a certain predisposition, which relates to an ancestor experience of toxicity in the body. Trauma or toxicity might trigger the ancestral trauma. The key here is that it's not the toxicity itself causing autism (which is why chemicals such as thimerosal have not been proven to cause autism and why removing thimerosal has not reduced the rise in autism). Rather, it's the invasion or toxicity itself, which might, in the small portion of the population who are pre-disposed, create the physical reaction, which we call autism.

Other contributing factors may include an unhealthy diet of the mother or medication that she might have used.

Damage and toxicity of alcohol abuse could also affect the fetus and its immune system. While your mother may not necessarily have abused alcohol, though there may have been alcohol abuse in the family line.

The ancestral toxicity could be lead or any type of heavy metal poisoning. Severe alcohol / drug abuse, environmental poisoning and war environments could also be contributors. Chronic infection is also a possibility. Chronic infection in the client's mother while she was pregnant may have challenged the fetal immune system. The immune system of the fetus may have been challenged to such an extent that environmental factors or even a simple vaccination or toxic poisoning may trigger autistic characteristics. These are merely possibilities and ideas.

You may have experienced a great deal of fear (being out of control) and anxiety to such an extent that you completely disconnected yourself from everything around you.

You feel under attack by the environment surrounding you such as people, toxins or circumstances that are unhealthy. You feel out of control and frustrated, as you cannot completely control your body. You feel ashamed of your condition—you are aware of the hurtful words and reactions of people around you. You often feel like a puppet that is being controlled by an invisible hand, which results in a feeling of powerlessness. Overwhelming emotions make you feel challenged and out of your depth

The environment merely triggered this condition that seemed to have been inactive. A previously inactive trauma has recently been triggered. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. You may have been born overly sensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later activated. It is important to understand that this does not mean that it is anyone's fault within the family that this condition was triggered.

I have noticed that there is often intense anger and rage in an autistic's family line. This is the result of feeling powerless and out of control. It is important to explore these emotions during the key development stages as well along the ancestral line. There may also have been a big disruption in the way the mother and father communicated with one another. There may have been many angry words exchanged, with the intention to hurt or disempower another.

What was the mother and father's relationship like just before they conceived the child?

I would like to shed more light on this situation from a different angle. Let's pretend that we can look at autism from an autistic person's perspective. This might not be completely accurate but it's enough to create more awareness of it.

Imagine you are the autistic child. Imagine that your behavior is visibly traumatizing those that you love. Yet, there is nothing that you can mentally or physically do about it. You seem to be aware on some level that what your body is doing is causing tremendous pain and stress for others, yet you are mentally and physically unable to stop any type of erratic behavior. You feel challenged by your parent's expectations but you cannot bring yourself to please them or make happy. Your body is not cooperating. You have to see the despair and disappointment on people's faces when you fail to complete a simple task. Others pull faces at you when you are seen in public. They have no sense of compassion or understanding for your situation. You can sense that your presence is stressful and at times embarrassing for your family and yet you cannot stop it. You continuously cry for forgiveness from your parents and the people that you care about, for doing things that you cannot control. You are the bad one and everyone is taking his or her frustration out on you. They think that somewhere deep inside of you is a switch that can be activated if they push and punish you hard enough. You desperately want to receive the love and affection from your parents. Instead, you hit them or scream at them because you cannot control that abrupt movement or reaction.

You unintentionally end-up hurting those you love and you cannot control it. Instead of wanting to be loved, you end-up being hated or resented by those who cannot cope with your condition. You can sense that your parents are on the brink of giving up on you. This only result in you feeling, "what exactly is there then to care about in life, everything is a mess?" It causes a great sense of ongoing hopelessness.

I hope that this sheds a different light on this subject. In the autistic child's body is a soul that is not challenged by any hardships. If your vehicle in life (your body) is your worst enemy then it challenges you not just physically, but mentally, emotionally and spiritually. Just because they cannot express themselves in the same way that you do, does not mean that they don't feel and experience life the same way as you. It's like having a car that has a mind of its own. Just pretend for a few minutes that you are driving that car and you have no control over it.

You can see how you are scaring people and causing people to run away from you because they are scared of your car harming them. People are pointing or laughing at you and you cannot control it. The horn goes off when it wants to and lights are flashing. How would that make you feel?

Key Points for the autistic client

- If the client is not able to communicate then it's helpful that both parents are present during the session. The fact that the parents have an autistic child means that it's a journey that they are both in together and teamwork is very important.
- Explore the ancestral line for any possible toxic poisoning. As well as the emotional and environmental states of ancestors along with possible associations that was made with the toxins. Explore how similar conditions may have been repeated during your fetal development.
- Explore poison trauma. Did you accidentally digest toxins, heavy metals and pesticides? Explore trauma related to toxic poisoning.

- Explore birth trauma. Did your mother receive anesthetic during the birth? Was she given any drugs while giving birth?
- Did your mother use any drugs (medication even) that could have been harmful to or challenge the baby's immune system and general well being while pregnant? Explore further possibilities.
- Explore trauma related to feeling unprotected and unsafe.
- Trauma that your mother and father experienced throughout their lives. Were they exposed to radiation? Did they work in the military or mining sites where they may have been exposed to foreign chemicals?
- Explore your mother's environment while she was pregnant. Explore pollution, medication, alcohol abuse, smoking, poisoned food and unhealthy diets, etc. Explore traumatic loss, grief and severe alcoholism in the family line.
- Extreme anger and rage that has not been dealt with or processed by both parents. Explore patterns of anger and rage in ancestry line and during fertilization.
- Explore trauma of not being heard and misunderstood.
- Communication. The egg became separated from the other eggs during ovulation. How did that feel?
- You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty and lack of direction while moving through the tube.
- Explore the amniotic sac and water. How does it feel? Can any toxicity be sensed in it? If yes, how did this make you feel?
- Ancestral trauma related to lack of communication and support in families. Everyone is fending for himself or herself. Fear of being left behind.

Key Points for a parent with an autistic child

- It is also important for the parents to see to their own emotional needs. Parents become so caught up in finding solutions and ways to heal their child that they overlook and stop attending to their own needs. It is important for a parent to work on their stress, trauma and feeling out of control as a result of raising an autistic child.
- If you have a partner then you should give each other regular breaks from looking after the child. If you are a single parent then work out a reasonably fair exchange with a friend or someone trusted to help out with baby-sitting.
- Acknowledge that in no way have they ever failed their child. Society has become a toxic place for the human race. Explore how toxicity may have affected the mother during her pregnancy or even while she was in the womb.
- There should always be communication between partners so that both partners know where they stand with each other. You should also be aware of how the other one is feeling instead of expressing oneself through frustration, yelling or anger. Do not suppress negative emotions; they will come up in the near future by means of an emotional outburst which would just create more stress if it's not dealt with in a timely manner.
- Exercise regularly to help release tension and stress.
- Resenting your life only adds fuel to the fire. A person should always find time for themselves and do things they love. Explore ways to resolve resentment, anger and feeling helpless.
- You are not a slave to your child. Choosing to support, love and facilitate a child's life is more empowering than feeling that they have no choice. It's a state of mind that they can create for themselves.

- Explore times when you felt you had to do things without having a choice. How did that make you feel? Explore this further, especially on feminine ancestry line.
- Process suppressed grief and anger. Explore fertilization key points and fetal stages (the parent should explore their own fertilization and fetal stages, not their child's).
- Trauma related to feeling hopeless and eternally punished.
- Trauma related to feeling out of control. Explore fertilization, cell division, implantation and birth.
- Trauma related to feeling like there is no way out. Explore birth, just before fertilization, sperm penetrated egg and soul exercise.
- Explore feelings of shame, guilt and “This is my fault.”

Auto Immune Disease

See Addison's, Arthritis, Attacked, Diabetes, Hypoglycemia, Immune System, Lupus, Multiple Sclerosis, Thyroid, Virus

Emotions

There are times when you feel challenged to judge for yourself, “Who is my friend and who is my enemy?” You don’t trust your own judgment or those around you whom you rely on.

You may be stuck in an unconscious state of flight or fight. You seem to feel under attack (either verbally or physically) by others. You don’t feel comfortable or welcome in the family.

You often confuse positive criticism with a personal attack—always looking for signs in communication that an attack is imminent. You expect the worst-case scenario and are prepared for it.

You were often under a great deal of scrutiny. You could never do anything right and felt punished and attacked by people who should have guided and supported you. Your perception and understanding of what safety feels like has been affected by emotional abuse. The abuse may have been projected at you or was witnessed when your parents abused each other.

You may often feel attacked and are always in defense mode (fight or flight). This results in the body always fighting or resisting anything and anyone that might seem suspicious. Your immune system suffers due to emotional exhaustion. The body starts to fight and defend left, right and center, eventually attacking itself. There is also an emotional component of losing control (emotionally).

You often have a fear of confrontation because it may provoke judgment, criticism or abusive responses. This stems from feeling vulnerable and powerless due to a controlling or verbally abusive family.

There was little room for mistakes. You often feel overwhelmed by criticism and judgment, leaving you with a great deal of anger. As voicing your concerns or needs often led to abuse or punishment, you may suppress your explosive emotions.

You have begun to internalize this anger and project it at yourself. Your poor personal boundaries and need for love and acceptance have resulted in you allowing people to walk all over you. During your childhood, you may have seen that it was acceptable for one spouse to walk over the other.

Your existence didn’t feel important enough because you were suppressed and silenced. You were programmed that kind and giving people should never create conflict.

Often you do not want to let go of the past trauma. This is because the trauma has become a part of your identity and you fear that a part of you will disappear if you resolve it. Deep grievances and sadness have taken a toll all these years—they have become a way of life.

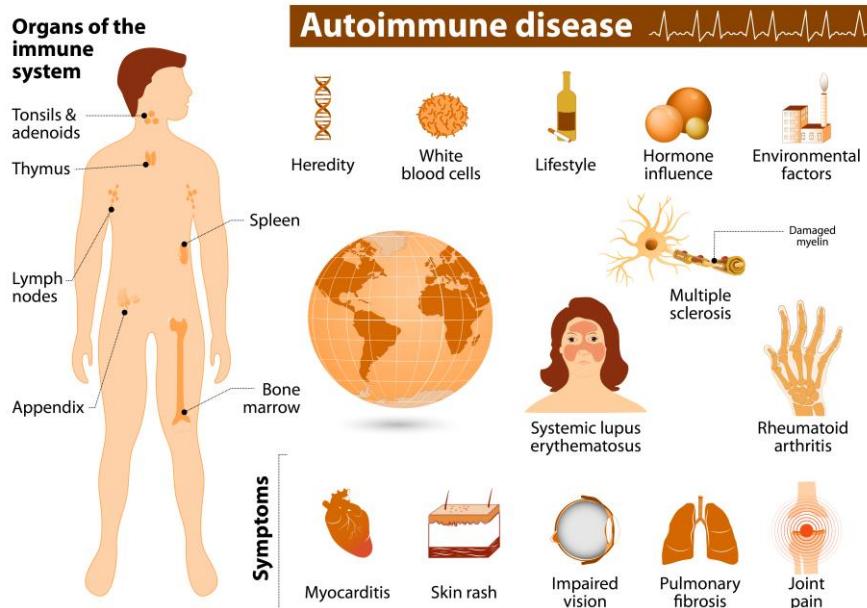
You feel out to control both emotionally and mentally. You are constantly battling against

negative thoughts (about yourself and others) but feel helpless to change this negative outlook on life. It is as if the negativity has taken on a life of its own, dominating your heart mind and leaving you carrying the weight of the world on your shoulders.

You have suppressed your sadness because you feel that showing your emotions is a sign of weakness. You feel overlooked by influential people, as if you are an outcast. You have begun to purposely exclude yourself from any social groups.

You often fail to distinguish between what is your responsibility and what is not. There is a deep need to help others. You are always helping and rescuing others, as you yourself need to be rescued. The time, energy and support you so freely give others, is exactly what you are searching for in your own life. As a result of poor boundaries, you unconsciously vent and express your own stress and unmet needs by helping others with similar problems than you. The benefit of always saying, “yes” to people is that you feel validated, valued, accepted and loved. You have made a negative association with boundaries. Expressing boundaries = abandonment and rejection.

You need to listen to your body’s messages. It is time to make a drastic change in life and set new emotional boundaries.



Key Points:

Note to practitioners: If the client is a child then explore the above-mentioned information and look at the client’s fetal stages. Did the mother feel any of the above mentioned?

- You feel challenged to express your truth. Often you were verbally attacked or silenced. How did this make you feel?
- Communicating often unintentionally provokes confrontation. When in your life did this happen? How did it make you feel? Trauma related to expressing yourself and then being ‘attacked’ for doing so.
- Not understanding what trust is, how to and when to trust. Why? What happened that made you feel this way?

- Always explore birth trauma and see the Birth section. Explore points of attack, anger and rage.
- You are sabotaging your life and personal progress. Why? What would happen if you achieved great success? What would you have to change in life that you won't want to change?
- You need something that you can work toward and look forward to. You have suppressed your creativity. What used to inspire you? What stopped you from connecting to that? What stops you now from recreating your passion? Explore self-sabotage.
- Low self-esteem. Who made you feel unimportant? Why do you feel separate from others? Explore any earlier separation trauma.
- What are you grieving for in life? Explore this more and process until complete.
- You often don't know how to receive nurturing and healthy attention from others in a way that is healthy for you. If this is the case then what happened to make you feel this way? If you do not want to talk about it then how does it make you feel, without needing to repeat the story of the trauma?
- Fear of success or fear of failure. You feel that every time something good happens to you then inevitably, something bad will happen. The good is always accompanied by the bad. Why? Explore patterns.
- Explore feelings of guilt. Who made you feel guilty? Is it a rational guilt? Explore this further.
- Feel like giving up. Why? How did this make you feel? Explore this also during birth.
- Do you feel attacked by someone close to you? If yes, then explore this further. When you expressed a need for love or support how was your need met and responded to by the above-mentioned person?
- Go through the development stages. Being attacked, feeling overwhelmed, having too much responsibility. Feelings of blame, guilt, helplessness and being unable to make choices or be happy.
- Explore similarities between your emotions, habits, and your mother's. Patterns copied from the mother, often set in during fetal stages, while the stomach, nervous system and heart develops. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced. Did your mother have self-sabotaging patterns that affected her quality of life? If yes, how did her emotional state affect you in utero? Did your mother emotionally or even physically feel under attack by people in her life? How did this affect you?
- Always explore birth trauma and see the Birth section.

Back Problems

See Atlas Problems, Bone Cancer, Cumulative Trauma Disorder, Lower Back Pain, Middle Back, Multiple Scoliosis, Muscle Problems, Myofascial Pain Syndrome (MPS), Osteoporosis, Paget's Disease, Pain, Shoulder Problems, Slipped Disc, Spinal Cord Problems, Spinal Stenosis, Upper Back, Scoliosis, Skeletal System

Emotions

You feel that you have to guard everything that is important to you in life. You may also feel that the tension in your body keeps you safe and protects you from experiencing further trauma. The tension and rigidity is almost a boundary. When you feel rigid and tensed, it is easier to resist and push unpleasant circumstances and people away. The tension acts as a

buffer between you and others. The tension is also often a freeze instinct that was activated during a very stressful time in your life.

You may feel a great deal of shame in public due to a lack of confidence and fear of being humiliated. You often lack support in life, as the support others give is not necessarily the kind of support you need.

You feel that you have to fight for control and freedom in life, which may stem from a lack of freedom or feeling controlled during childhood. Unconsciously, you create situations in which you battle for control and freedom. You resist compromise because in your experience, compromise means losing control. This cycle keeps repeating itself, which results in a great deal of physical pain and tension in the back. The more pain there is, the more anger and frustration (related to circumstances you cannot control) is being suppressed.

Influential people may have taken out their frustrations on you making you feel responsible for others moods and angry outbursts. You may have felt burdened by the responsibility to keep the peace in the house during childhood.

You tend to idolize people you admire. This can have the effect of setting yourself up for unrealistic expectations. Comparing your abilities with another ultimately undermines your own unique gifts and talents.

You may feel that the bigger the success, the more accepted you would be. You push too hard for acceptance by working hard and putting pressure on yourself to succeed. This is a result of feeling held back by your weaknesses and lack of confidence. You seem to feel as if you have to accomplish everything by yourself, as support is never available.

You find it challenging to loosen the grip on your need to be in control. The more you can control circumstances or projects the more powerful and valued you feel—you draw power from the ability to be in control.

You do not feel equal in your relationships and friendships so there are always power struggles.

For someone who struggles with support issues and authority issues: possible secondary gain of back pain is that the pain frees you from burdens. When you are in pain, you have an excuse to politely express a boundary. In the past, you may have been criticized and punished for expressing a boundary without a valid reason. When you are in pain, people back off and leave you in peace. You are removed from the daily drama and can make time for yourself without feeling guilty.

It is important to understand that a person always has the freedom of choice. A person can choose to see someone else as an authority figure. A person gives others the respect that they choose and feel is appropriate. You often forget that you are entitled to make choices in life. You become stuck in the idea that you are a victim of circumstance due to your childhood experiences. You may have been forced to do things that you didn't want to do as you gave your power away to influential people. Influential people can project as much dominance, control and abuse, as they want toward another. It is ultimately up to the recipient of the manipulation and abuse to choose how they are going to deal with it and respond to it. When you make a choice, you have to be prepared to own the outcome of that choice and take responsibility for your level of involvement and for giving people more power than they deserve.

The more people validate or play into another's power struggle, the more involved they become in the power struggle itself. Ultimately if you do not stand strong in your values and beliefs then you allow yourself to be disempowered by bullies.

Back – Calcification of Muscles

You are doing something in your life that doesn't resonate with you, carrying a great deal of responsibility or seeing a project through to the end. You feel obligated to help and serve others, which may be a pattern you copied from a parent. You may have discovered that you are rewarded with love and attention whenever you support others. You feel stuck in this role and lack the motivation, as your passion has now become a chore. You are a people pleaser and have been tasked with solving problems in the family.

Key Points

- Fear and resistance toward authority. Fear of being controlled. How does this make you feel? Explore further possibilities.
- See the Birth section (Forceps, Pro-longed Birth) section. Explore trauma related to pressure added by being pulled from the birth canal by forceps. This could influence the spine. Being stuck in the canal due to prolonged birth process could have an impact on the spine.
- You feel guilty when you enjoy the pleasures of life. In the past you had to focus on given tasks, serving others and responsibilities. This often stems from a childhood where you were punished or made to feel guilty when you did have fun while your parents were overwhelmed by stress and difficult circumstances.
- Trauma related to feeling rejected and abandoned. Explore further possibilities.
- Trauma related to not being heard, acknowledged or suffering in silence. Lack of support and being listen too. How did this make you feel?
- Explore the new born baby's stages after birth. Were you taken away too early from your mother for long periods of time? If yes, then explore further. How did it make you feel?
- Was your mother told to delay giving birth until the doctors arrived? If yes, then explore this further. How did it make the structure of the baby's back feel? Was there pain or damage in the spine or neck?
- Back is associated with support, lack of support or support that is shown in a way that disempowered you. Bending over backwards for others. Or carrying too many burdens and responsibilities. Why? What is benefit of doing this?
- What would happen if your ability to control everything were taken away? How would that make you feel? Explore this.
- Possible secondary gain. The stress and tension in the back gives you permission and an excuse to rest. You also receive more attention from others when you are in pain. Why do you need to use the pain as an excuse to make time for yourself? Explore further possibilities.
- You may also have been aware of your mother's anxiety. She may have pushed down on her womb hoping it would settle down your movement. This may have caused you to feel uncomfortable moving around freely due to hostile environment and presence in the womb. This may have created tension or pressure on the spine, as you didn't move around enough.
- You might not have had enough space to move around in the womb area due to lack of space or just not moving enough. You may have stayed for long periods of time in one position causing different parts of your body to be stuck in a painful and uncomfortable position. This could result in physical and soft tissue stress in adult life and even childhood. If you didn't have enough space to move around in the womb how did that made you feel? It's important to find the association that you made and how you felt. The answer that you

are searching for here should not be a superficial answer—you are searching for much deeper answers.

- Note that sometimes a person thinks they are supporting others, however their actions can be more controlling rather than supportive. Instead of trying to regularly support others, become a facilitator; it will empower the other person.
- Explore when the sperm damaged its tail while on its way to the egg after ejaculation. If yes, then explore this further. The sperms tail represents the spine.
- Explore similarities between your emotions, habits, and your mother's. Patterns copied from the mother often set in during fetal stages while the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, overwhelm, self-esteem and personal strength is reinforced. Did your mother feel supported at the time? If no, how did her emotional state affect you in utero?
- See the Birth section. Key points could be feeling physically controlled, squeezed and helpless.
- Ancestral trauma related to carrying heavy loads on their head, shoulders or carrying a child on their back while working long hours.

Important questions for you to ask yourself:

- Does this condition make it easier for to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Back (Upper Back)

See Accidents, Back Pain

Emotions

You have heard enough of others opinions and want to follow your own path and stick to your own opinion. If only you could figure out what that is! People have projected their own personal agenda onto you in the past. This may have resulted in only hearing what you want to hear, which is known as selective hearing.

You feel suppressed and humiliated by bullies or influential people. This stems from an unsupportive, dominant and manipulative childhood where only the breadwinner was respected and allowed to get away with abusive behavior.

Bending over backwards to please others and feel responsible for everyone has given you acceptance, love and safety. Because you have given into other's agendas so often, you lack direction and guidance.

The demeaning words of others greatly affected your identity and personal power. You feel like giving up after having worked so hard to please people who cannot be pleased.

You may have been humiliated and embarrassed whenever you expressed your needs. Love

comes with responsibilities so you prefer to give instead of receive. You often found that accepting love creates a sense of obligation. You may have been taught that you are not allowed to accept or receive anything that would require anyone else's time or energy.

There could be secondary gain related to the back pain. You are free from burdens and don't have to feel guilty asking for help or support, because people help out. You can make time for yourself without feeling guilty.

Ancestral trauma related to carrying heavy loads over a long distance. They may have felt disempowered, unsupported and abandoned by authority figures. This may also be related to slavery and abuse. Trauma of being abused was locked in the spine and muscles when ancestors shielded themselves from physical attacks. This trauma may have been triggered in the client's life in different ways and by different circumstances. Explore further possibilities.

Key Points

- Uncertain about the future and what you want in life. This is often due to a lack of guidance in direction during childhood. You have many options and at times had to go in the direction that was by parents / caretakers.
- Trauma related to communication. Why? What happened when you expressed yourself?
- Feeling humiliated and shamed. Who made you feel this way? How did that make you feel?
- Trauma related to feeling stuck and not able to escape abusive situations. Trauma related to lack of support and guidance. How did that make you feel? Explore further possibilities.
- Feeling disempowered by controlling and dominating people. How does it keep you safe to be small?
- What is the benefit of being responsible for things when they go wrong? This is often because you were used as the scapegoat during childhood.

Shoulder-blades

See Pain

Emotions

You are pushing against expectations that have been projected onto you. You feel a lack of freedom in your life. You feel you have to pretend to be strong and you are burdened by this façade. You often feel obligated to do things you don't enjoy, turning every task into a burden. You feel you lack of personal power and are stuck between other's conflicts, always trying to restore the peace.

Key Points

- What are you trying to push against and away from? What stops you from expressing firm boundaries within these circumstances?
- Why do you feel a lack of freedom in your life? What made you feel this way? How does this make you feel?
- What is the benefit of projecting a strong facade? Explore further possibilities.
- What is the benefit of accepting and holding onto burdens that do not belong to you?
- Why do you feel obligated to do something that you don't enjoy? How does that make you feel?
- Explore birth trauma where a great deal of pressure may have been placed on the shoulder blade area. Explore difference between feeling burdened and pressured and your mother feeling burdened and pressure.

- What stops you from having healthy boundaries, in particular with your time and energy?

Back (Middle Back)

See Accidents, Back Pain

Emotions

You feel unable to escape feelings related to sadness and depression. Bad times now overshadow the good times. Others needs are more important than your own. You are losing sight of your personal progress and feel like you have no role in life, just missed opportunities. You may have had a childhood filled with a lot of responsibility—you may have been made to feel responsible for the well being of your parents, in charge of keeping the peace.

You feel as if you are stuck at the bottom of the family ladder. There may also be a great deal of tension in intimate relationships. Influential people have pointed out your weaknesses, which cause you to obsess over and compensate for perceived failure.

There is often a big fear of change, such as moving away from unhealthy relationships, work related matters and residence. You have learned how to cope in negative and challenging circumstances—you have learned how to feel comfortable with being uncomfortable.

You have found your comfort zone within chaos because changing patterns is seen as a threat to your emotional survival. You do not like changes for which you don't know the outcome.

Possible secondary gain of back pain could be that you don't have to feel guilty asking for support. People often help out and those who control or abuse you often back off temporarily. Within the context of pain, you feel like you can make time for yourself without feeling guilty.

You may also feel burdened by the consequences of mistakes and bad decisions that you've made. You create pressure to correct the "wrongs."

Key Points

- Discern what is your responsibility and what is not. You are too emotionally involved with a situation that is getting the better of you. You take on extra burdens that are not yours to carry. It's better to be a facilitator than a carrier.
- Why are people's needs more important than yours? How does that make you feel? Who or what is preventing you from putting your needs first? Explore also personal boundaries.
- Explore trauma related to conflict in your relationships. Explore further possibilities.
- Why do you stare yourself blind in your weaknesses? Did someone belittle and abuse you? How did this make you feel? What stopped you from standing up for yourself?
- How does it keep you safe to suppress your anger toward those who abused you? There is an unconscious underlying issue where you may feel you deserved to be abused. When a pattern is repeated enough that a person cannot change then they will start to find a way to accommodate the circumstances.
- What is the benefit of comparing yourself to others? How does it make you feel?
- Do you have a fear of change? If yes, why? What always happens to you when you make a change in your life?
- Trauma related to feeling unsupported by a parent and partner. How did this make you feel?

Back (Lower Back)

See Accidents, Back Pain

Emotions

Lower back problems are often an indication of financial problems and feeling financially responsible for others. Pain here is triggered when there is no clear structure in your financial affairs. You may feel confused as to what your responsibilities are and what they should be.

You often feel burdened by keeping the peace and balance in the household. You may lack discernment as to when you should act as a provider, when to emotionally support and when to just be a facilitator and supporter.

You feel rushed with very little time to do everything that needs to be done. You often feel, "This project or person's need is urgent, it has to be dealt with now because I am relied on. If I fail, everyone will think that I am a failure." You may feel that a big part of your role in life is not good enough and you are not worthy of what others are worthy of. You have to work harder than others in order to be accepted.

Someone made you feel guilty in regards to financial responsibilities. You often lack the self-worth to say "no" and to express boundaries with loved ones, making it easy for dominant people to manipulate you. You learned in childhood that your place in life is not among people in authority. If you do not have an important role such as being a provider then you feel devalued.

You only feel motivated when you feel accepted. No acceptance means a lack of motivation and then feeling like a failure sets in. You often lack discernment as to when you are responsible for someone and when you are not. This is a result of needing to be needed. You feel loved and important when loved ones need you.

You have a fear of not having enough of everything in life; in extreme cases, you may even be a hoarder. You suppress your anger and resentment toward others in fear that if you express how you really feel, you might lose everyone. You fight feelings of loneliness and emptiness by filling your life with acquaintances; relationships and objects that make you feel complete.

You may have lost a job or lost a position / role that made you feel important. How do you feel without this position?

Possible secondary gain of back pain could be that because of the pain you are free from your burdens. You don't have to feel guilty asking for help or support, because people help out. Those who abuse or control you often back off temporarily. You are free from the pain of daily drama and can make time for yourself without feeling guilty.

Fused lower spine

For women: trauma related to not being able to conceive a child. Feeling responsible; like a failure in the eyes of your partner, mother or father. You feel that you have to compensate for these failures in other ways (doing things/activities) that do not resonate with you or bring you joy. Members of your family are often financially successful and you try to be an equal to their status. This creates more stress in your life. You have a fighting spirit and as a result, you often push yourself too hard. You feel responsible for many things that have gone wrong. Who blamed you during your childhood for mistakes and other's hardships? When did you make a mistake that resulted in a lot of emotional turmoil for you? You may have guilt related to not being good enough.

For men: you are the breadwinner, however you feel unable to give your family what they need and deserve. You often feel that you have more problems than you can deal with along with balancing the responsibilities of father, husband or leader. You might feel responsible for some sort of financial loss. This could also be related to ancestral trauma where they lost

money and status. You often feel you have to support others regardless what you are going through yourself. You may have been taught that other's welfare is always more important than yours.

Key Points

- When did the lower back pain start? What was happening in your life at that time?
- You feel sexually intimidated by your partner. Do not feel confident with your sexuality. Why? Who made you feel this way? Did your mother or father feel this way as well?
- Trauma related to feeling you have to work for love, affection and acceptance. How did this make you feel?
- Explore the relationship with your mother / father? How did it make you feel?
- In many cases, you empathize too much with other people's hardships and end-up taking on too many burdens that are not yours to keep. What is the benefit of carrying all these extra problems by yourself? Often the answer would be to be loved, feel important and be accepted. Explore this further.
- You feel overly responsible for your role in the family. You are trying hard to avoid making similar mistakes that your parents made. If this is the case, how did your parents' mistakes make them feel? What is the benefit of avoiding making these mistakes?
- You are not finding the right balance between your feminine and masculine energy and the roles that it needs to play out. Which side is more dominant? What is the benefit of it?
- A person's back is their basis of physical support in their body. This often reflects outward in their emotional and personal life. Is or was there enough support in your life? Especially during your childhood when you needed the support?
- You are always searching for more love and affection. Your mother and father are physically there but may have been emotionally absent. This pattern often repeats itself in your personal relationships.
- You seem to attract partners that are emotionally absent and unavailable. Explore further possibilities.
- You have a fear of not having enough of everything in life. Where did you lack things in your life emotionally and physically? Explore this and work on it.
- Trauma related to lack of support from a mother figure during childhood. Could also be related to your mother's relationship with her mother.
- Shame and guilt related to your sexuality and activities. Who made you feel ashamed about your sexuality and sexual needs? How did that make you feel?
- Always explore the birth trauma. See the Birth section and explore possible injuries to the lower back and hip area.
- Ancestral trauma related to carrying heavy loads on their back over a long distance on a regular basis.

Coccyx Problems

See Accidents, Pain, Spinal Cord Problems

Emotions

You have been made to feel responsible for problems that are now in the past but you are still holding on to guilt. You may give and never receive—your self worth is tied into how much you can do for others. You don't feel deserving of the same love and attention you give to others. You are subject to someone else's controlling nature, keeping you from settling into your environment or moving on to the next phase of your life.

Key Points

- Who made you feel responsible for things that went wrong in the household? Explore how this made you feel.
- Sexual guilt and shame. Explore trauma associated with your sexuality. How were you exposed to the sex topic? Explore further possibilities.
- Why do you feel the need to always help others? Do you allow yourself to receive? Explore blocks related to this.
- Did your father betray (unfaithful or abandon) your mother while she was pregnant? Did your mother feel that her home or financial security was threatened?

Bacteria

See Chlamydia, E.Coli, Inflammation, Parasites, Septicemia

Emotions

When you explore a situation that involves bacteria then are you often searching for issues related to guilt, regret, self-punishment, conflict within the environment or taking on too much responsibility. You often feel overwhelmed with responsibilities that may be causing a great deal of conflict within you or with people in your life. This could be either work related or feeling responsible for those that are part of your personal life. You may feel that it's your responsibility to save and support others. You were made to feel guilty for expressing needs, resulting in self-punishing patterns. You may not have been directly involved in conflicting situations, but it has had an indirect impact on you. You find yourself on guard constantly, just in case the conflict is projected towards you.

Key Points

- Discuss new ways that you can fulfill your need to support others in way that is not draining, stressful or depleting. Explore the need to help others with the intention of being accepted, validated and loved.
- Explore trauma related to guilt issues. Who or what made you feel guilty? What did you need emotionally when you were made to feel guilty? Explore further possibilities.
- What do you regret in your life? If this is on behalf of a child, explore any regrets the parent may have. Why are they punishing themselves?
- Why and by whom do you feel rejected? Often this stems from a childhood where you felt rejected whenever you expressed any emotional needs. When you needed love, you may have been rejected instead.
- This could have resulted in an association that love = rejection. This takes place in self-punishing cycles.
- You don't believe in your own truth and what you stand for. Who made you doubt your beliefs and values? How did that make you feel?
- Explore sabotaging patterns. How are your unhealthy patterns serving you? Does it prevent you from making changes – fear of moving forward and fear of failure?
- In which area of your life do you feel restricted or limited? Explore relationships, family, coworkers. Who made you feel this way? How did this make you feel?
- There is a possibility that bacteria could be transferred from the mother to the fetus. Your mother's emotions (anger, resentment, having to work hard, self-punishment, self-loathing etc.) could be a part of this bacteria's consciousness. There might be a possibility that you could have experienced a trauma or situation that activated or triggered the dormant

emotions or trauma of your mother that is carried by the bacteria. Your mother's patterns and emotions could surface in your life, resulting in the same debilitating cycles and even possibly trigger certain illnesses.

- What is the conflict in your life or environment? How does it make you feel?

Bell's Palsy

See Nerve Problems, Paralysis

Emotions

You may have experienced a very stressful childhood that made you feel out of control, disrespected and walked over. Your low self-esteem allows others to walk all over you. You have mastered the ability to rigidly control your emotions such as anger, resentment or lack of trust. This also includes feelings of revenge. As a result of this pattern, you find it challenging to judge how stressful, abusive, invasive and traumatic your circumstances were and perhaps still are. Your threshold for enduring abusive circumstances becomes higher and higher overtime.

There is tension and conflict between what you see and feel. Your need to express this conflict has become so great that it is numbing and paralyzing. You have withstood a fair amount of judgment, insults or criticism from others, especially influential people. As a result, you are very judgmental of yourself. There seems to be a part of you that unconsciously feels you have to stick with the stressful and disempowering circumstances. You feel there is no way out as any type of change just might break the thin twig that is holding your life together.

Right side paralyses – you may feel challenged by your relationship with a female / mother figure. You feel confused as to how best to communicate your feelings and needs to male figures such as parents, co-workers, friends or your father. There is also a great deal of stress in your personal life. You may feel like a failure and failure in your childhood was not tolerated. This created more tension, guilt and shame in regards to needing to succeed. You are trying to overcompensate for your weaknesses in life by being too hard on yourself. You desperately want to hide your fears and weaknesses from people whom you admire or want to please.

Left side paralyses – there is a great deal of strain, tension or anger related to your personal relationships with males. You have a natural feminine nature that is interpreted by others as a weakness. Your sensitive side is often attacked or judged. You feel stressed, exhausted or strained as a result of feeling uncertain in your personal relationships. This could be work related and it often starts during childhood. You may be carrying too many burdens because you often feel that more responsibilities = acceptance. You will avoid being verbally abused or attacked at all cost.

Key Points General

- What was happening in your life when the Bell's Palsy started? Are you still in that same situation? If yes, is the stress of the situation really worth staying in? Explore this further, what stops you from putting a stop to it?
- Trauma related to feeling humiliated close to the time when the condition started. Why? Who made you feel this way?
- Trauma related to communicating. Explore further possibilities.
- Who suppressed your ability to feel empowered? Who made you feel unworthy of speaking up? What was so stressful that made you feel you couldn't stand up for yourself? Who or

what situation took your power away? Why did you allow your power to be taken away?
How did that make you feel?

- Always explore the birth trauma and see the Birth section. Were you born with the assistance of forceps? Were you stuck in the birth canal?
- Trauma related to feeling invaded, controlled or threatened by someone. If relevant then by whom? How did this make you feel? Do you have general problems with this gender in other areas of your life? Explore patterns.
- How does it keep you safe to keep your emotions to yourself? Why are you suppressing it? What would happen if you did speak up?
- Place your hand on the area where it's paralyzed and give that nerve and muscle a voice. If it could speak, what would it say? Explore this further.
- Explore your relationships. Parents, friends, partners and where is the pattern of strain and tension?
- Explore Pelvic Problems as misalignment of this area may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.

Bi-Polar (Manic Depression)

See Anxiety, Depression, Schizophrenia

Emotions

You may have experienced long-term abuse and have reached the end of your rope. This abuse can include emotional, mental or physical abuse. You feel a great deal of resentment as people walk over you due to poor personal boundaries. This has left you feeling extremely angry and enraged. Your anger is your way of overcompensating for the lack of control you've had throughout life. You defend yourself by means of expressing anger and rage whenever you feel threatened. You often launch verbal attacks with the intention to ward off people. You tend to express boundaries the same way a parent did, which may be by means of violence or verbal abuse. You are using the same tools that were used on you during childhood. You revert back to what is familiar even though it might be unhealthy for you and stressful to others.

Suppressing your emotions throughout childhood has left you little ability to communicate as an adult. Your emotions can be potent, even toxic, as they have been brewing for years. You are often at a loss when faced with a situation where you need to share your desires and needs. You lack the right words and patience to be able to express complex or explosive emotions. Love was shown to you in an unstable, erratic or inconsistent manner.

Deep intense fear has left you feeling scattered—you don't have the slightest idea what you want in life. Severe emotional, physical or sexual abuse was often part of childhood. This may have left you feeling confused about how to behave appropriately and express your trauma.

Lack of guidance and gentleness in childhood has left you with very few coping “tools” in life.

Your foundation was built with negativity and frequently intense high and low moments. In general, you were surrounded by instability, lack of support or inconsistent values. You seem to feel disoriented—almost as if you have been blind folded and turned around five times! You feel consumed by abuse residues, trauma, emotional pain or disappointment. The pattern of being walked over, used and abused has left you in fight mode. It is important that you understand that you can choose to be safe now and that it is possible to change how you feel. It is also possible to change your circumstances with the support of others.

Key Points

- Explore the ancestry line. Explore extreme, severe abusive circumstances such as wars, slavery, deprivation, famine and general abuse. Explore how certain patterns may have repeated themselves in your life.
- Trauma related to betrayal and lack of trust is an important aspect to work on. It's worth repeating a few times if necessary.
- Explore worthiness issues. What do you feel unworthy of? Who made you feel this way? Explore resentment toward this person. Explore the benefit of holding on to anger or resentment towards this person or circumstances.
- Explore what your passion is in life. You feel angry and bitter; are often full of vengeance and resentful as to how you ended up with the life you have. You often feel that it's everyone else's fault. The best way to be empowered is to take responsibility for your future, which starts today. The past is the past and it cannot control you anymore. Your future can still be changed and turned into a great success!
- Taking responsibility also means that you are going to choose how you want to live from now on, without being dictated to or controlled. This is a decision that you have to make for yourself.
- Explore trauma related to feeling out of control mentally and physically.
- Explore trauma that made you feel responsible for the abuse you experienced. Explore the guilt and shame related to this.
- Explore any physical trauma that was deliberately inflicted. If this is relevant, how did the physical trauma make you feel? Explore the associations that you made with the gender that caused the physical trauma.
- Explore trauma related to suppressed hatred, anger or resentment. You feel that your only defense in life is anger and resentment. You might feel disempowered without the anger. Explore the hidden benefits of the anger. This is only a defense mechanism that kept you safe whenever you felt in danger or out of control. It does not have to be a part of your personality or who they are. You can still feel safe and express boundaries without needing the anger. You no longer need to overcorrect overstepped boundaries.
- Explore trauma related to feeling stuck and trapped, with no escape. Explore the womb stages and how your mother felt during her pregnancy. Explore your birth.
- Explore trauma related to being forced to do things against your will along with trauma of being punished.
- Trauma related to feeling pressured by influential people. Explore further possibilities.
- Do you have too much copper in your system? Have you done proper tests to prove that?
- Always explore the birth trauma and see the Birth section.
- Explore stages after fertilization when the cell division starts, this can sometimes be experienced as another big change or as a death. Explore the sperm death once it has entered the egg and its head splits open.
- Explore stages after fertilization when the cell division starts, this can sometimes be experienced as another big change or as a death.
- Explore separation and loss of placenta. Explore stages where you felt out of control, disempowered, torn apart or attacked and unsafe.
- Explore the new born baby stages after birth. Were you taken away too early from your mother for long periods of time? If yes, then explore this further. How did it make you feel?

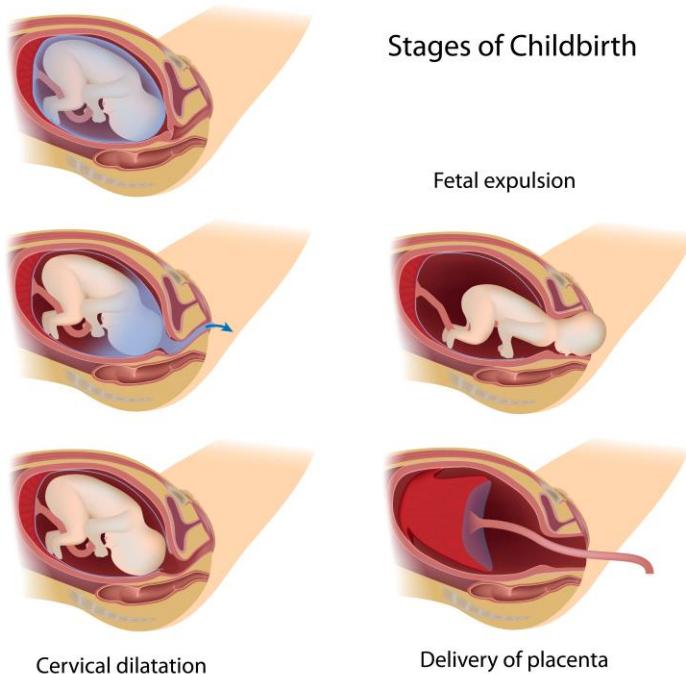
- Explore ancestral trauma. Explosive anger as a result of feeling taken advantage of could be related to sexual abuse and rape. Trauma that resulted in the ancestors feeling out of control and using their anger to regain control in their life. Explore further possibilities.

Important questions to ask yourself:

- Does this condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Birth

See Abortion, Estrogen Problems, Fallopian Tube Problems, Hysterectomy, Labor Pain, Ovary Problems, Pregnancy, Uterus Problems



Anesthesia during birth

Emotions

You may feel incompetent, inadequate or numb toward others and life. You find it challenging to receive love and nurturing. The anesthesia may have created a great deal of confusion towards your mother during birth. You were unable to feel and find comfort or security from your mother during the birth. You feel challenged by procrastination blocks and often have a hard time seeing projects through to the end. You may feel disconnected from your feelings, environment or relationships. You lack confidence in your ability to cope with the high expectations of others. You often dissociate when you feel pressured and out of control. This is as a result of feeling numb and disorientated while you were under physical and emotional pressure in the birth canal, along with the side effects of the anesthesia. As an adult, you often feel that you have to do things on your own without support. You feel numb and disconnected when you lose control of a situation. You are then desperate to regain control. How did your mother experience the birth? Often a child will express similar emotions as their mother.

Key Points

- Baby feeling disconnected from mother, sense of support, becoming confused, numb or disorientated. This results in the baby feeling out of control.
- The mother feels more relaxed during the process, yet there is still an aspect of her that feels out of control. She feels relaxed yet she feels that she is supposed to feel out of control. Her head mind is communicating to her that she is not safe, yet her gut mind does not respond. This results in the mother feeling stressed and experiencing a different kind of trauma with the anesthesia. Association for the baby could be relaxing and numbness = feeling out of control and overwhelmed, confusion and disconnected.
- Anesthesia such as epidurals often affects the head and heart mind. It causes dissociations. Baby finds it challenging to relate to others and their emotions as they mature.
- The baby feels challenged as they do not feel strong and focused enough to complete their own birth process. How does that make you feel? How did the interference of the anesthesia and epidurals make you feel? How did you feel toward your mother?
- Work on the baby feeling frustrated and confused. As adults, you often dissociate in situations that are becoming too overwhelming or emotional for you by dissociating with a sense of confusion or foggy head.
- There is an interference with the bonding process between mother and child when the mother holds the child for the first time. Do you sense this? If yes, explore further.
- The child could feel as if though the mother has given up on them, as there is interference in their connection due to the anesthesia. If this trauma arises then explore it further.
- Anesthesia interferes with the baby's natural instincts (gut mind). There is a delayed response due to feelings of numbness. Explore this more and how it affected you.
- Suppression and numbing of emotions often set in during birth process. It's not the origin of the suppression; the birth process only reinforces it. Explore ancestral trauma related to suppression and numbness. Then explore numbness and suppression during birth.
- You are easily distracted. Why? What is the benefit of this? What are you trying to avoid?

Birth Pain

Emotions

There is often a collective consciousness that implies that childbirth will be very painful. Many mothers have reported that they gave their power away due to horror stories about

childbirth. This created more fear and tension in the body. They were convinced that they would have an awful and painful birth. In most cases, that is exactly what happened. This can also be an unconscious belief and fear. Giving birth is painful; I have had mother's report that their second birth was easier and less painful as they knew what to expect. They didn't give their power away to horror stories. The more guilt, fear of losing control and shame the mother is feeling in regards to her sexuality and role as a mother (or being first time mother) the more tension will be stored in the body (this includes ancestral guilt, shame, rigidity or needing to be in control). Remember that guilt and shame is stored as tension in the muscles. Mothers have reported that the more they try to control the birth process the more pain they experience during the process.

Key Points

- Has anyone told you that the birth will be painful or tried to project horror stories on you? If yes, how did this make you feel? Explore the fear.
- What is or were you scared of? Is it a superficial fear? If yes, explore why the fear is there, what the underlying trauma is, related to the superficial fear. Explore further possibilities.
- Explore all the worst-case scenarios that could happen. Rate them all out of / 10 and then work with the issue that had the highest score. Explore ancestral trauma related to giving birth.
- Explore birth pain at fertilization (sperm penetrating the egg).
- Explore when your mother gave birth to you. How did your mother feel and how did her emotions and pain affect you during the birth? This experience was unique to you and your mother and it does not have to repeat itself again in the same way.
- Explore suppressed anger you are holding onto. Why? What is the benefit of holding onto this anger? Explore further possibilities.

Breech Birth

Emotions

You are here to assist people in their relationships with others and themselves. You may test people's boundaries and make them think twice about certain aspects in their lives. You may be very spiritual. You help people look at themselves in completely different ways—you are a soul-searching kick-starter! You can be very impulsive when making decisions. You often feel challenged by underlying feelings such as a fear of being attacked or wrongfully blamed. A sensitive person, you often suffered at the hands of abusers or bullies. You are quite trusting and naïve and do not express your boundaries clearly. This results in people taking advantage of you. Your emotions can quickly overwhelm you, causing many different short-tempered reactions. These types of reactions can create stress for your loved ones so you often feel challenged trying to manage the level and intensity of your emotions. In search of your highest potential, you often ignore those things that are your passion in life.

Complete breech



Frank breech



Incomplete breech



Key Points

- Explore stage when the egg was pushed or moved out of the fallopian tube, this type of trauma, process and being squeezed can be similar to that of a natural birth in many ways.
- Explore guilt that your mother may have felt toward you. Explore intense emotions that she experienced while she was giving birth to you. Examples could be a fear of failing you, failing in giving you a safe delivery, feeling as if something is wrong with her, feeling judged or out of control.
- Do you have learning disabilities? If yes, explore how this makes you feel and resolve any trauma related to feeling not good enough. Feeling bullied during childhood and feeling stupid.
- Explore personal boundaries. Explore fertilization stages and conception related to boundaries key points. How were you physically treated once you were born?
- If you suffer from epilepsy then explore birth trauma. Explore points where your mother felt out of control as well the baby. Especially focus on her fear when she felt out of control and unable to give a normal birth and how that affected you. Explore moments when there was a great deal of pressure on your head (stuck in the birth canal) along with feeling out of control or overwhelmed.
- Explore trauma where you felt a part of something (during womb stages) and then losing that familiar connection. What was the connection replaced with after birth? Explore this further.
- Suppression of emotions often sets in during this stage. The outside world is harsh and the feeling of contentment has vanished. Feeling as if you are on your own throughout the journey.
- Lack of trust in your mother; you need comfort and an anxious and stressed mother may have met your needs.

Caesarean

Emotions

Children born via caesarean often find it challenging to connect and fully experience their emotions. This is often as a result of drugs that were used during the caesarean process. The mother's emotions also have an impact on the child. How did the mother feel when the

procedure was taking place? How did her emotions affect you when she felt pain from the procedure?

You have a stubborn need to do things on your own and show independence and strong character. You may feel robbed of the opportunity to come into this world by yourself without outside influences. There is often a need for you to prove to everyone that you can do it on your own, even if no one is questioning your efforts or talents. You rarely ask for support because that would make you feel inadequate to accomplish goals on your own. You often find it challenging to understand other's personal boundaries.

Being squeezed helps you to determine a certain level of personal and physical boundaries. The anesthesia used also affects your ability to feel and be sensitive to the emotions and boundaries of others.

You don't always succeed in completing tasks or projects that you started. There is often an interference that sabotages your progress. This is connected to the birth process that was interfered with. You feel helpless and unable to do things by yourself. You know that when circumstances become too challenging there will always be someone to support you and intervene at the last minute. This can sometimes lead to an irresponsible streak. You may fail to take responsibility for your mistakes and often blame others.

You are searching for guidance and often rely on others for emotional support. You may find you often need a push in order to get things done.

There is also a possibility that you could have made an association with numbness and being dissociated from your own feelings when the anesthesia was used during birth. Due to the association with numbness, you may become an alcoholic. You may also abuse drugs, become what I would call a coach potato, or comfort eater with the intention to re-create feelings of numbness and dissociating.

On the other hand, you could also overcorrect the birth trauma by becoming increasingly stubborn to do things by yourself—to do it your way. You reject support and want to do things by yourself with the intention of reclaiming personal power lost during the birth procedure.

Key Points

- You may suffer from separation anxiety as you were suddenly taken out of the womb and your comfort zone. One minute you are safe and then the next you are exposed and vulnerable. How did this make you feel?
- Abandonment trauma due to the quick separation from the placenta.
- You often don't feel safe making your own decisions. Explore this further.
- You feel stupid, confused and dissociated. Work on how the anesthesia affected you.
- The union or bond between mother and child was influenced due to the anesthesia.
- You feel helpless and not able to determine your goals. Explore self-sabotaging patterns of your success.
- You are often aware of your mother's fear, stress or horror especially if it was an emergency caesarean. Your connection with your mother was interrupted by emotional trauma and anesthesia. Explore further possibilities.
- The baby feels under attack, numbed and confused by the anesthesia. What did the baby emotionally need at that time? Explore further possibilities.
- The baby's airway being cleared by the maternity team. How did that make the baby feel?
- The first bond is often made with the obstetrician and not the mother. Explore any confusion during bonding process. Baby was aware of how the mother felt. Then they became aware of the obstetrician. How did that make the baby feel?

- You lack personal and physical boundaries and also don't always understand or recognize other's boundaries. This is often because your boundaries felt invaded while in utero. Explore further possibilities.
- Explore when you felt a part of something (during womb stages) and then losing the familiar connection. What was the connection replaced with after birth? Explore this further.
- The pattern of suppressing your emotions often sets in during this stage. The outside world is harsh and the feeling of contentment has vanished. Feeling as if you are on your own in this situation.
- Trauma of the contact they had with the sharp lights, medical equipment, being touched by strangers, loud noises and cold environment. Explore further possibilities.
- You feel as if your power has been taken away, feeling imposed on.
- See Anesthesia during Birth.
- Feel like failure, as you couldn't come into the world as planned.
- You don't have confidence in what you do, as there was interference during the birth process; you tried to accomplish the challenge on your own.
- Trauma related to a child dying during birth (ancestral trauma).

Delayed Labor (deliberate)

Emotions

You often battle with emotions such as feeling controlled, feeling held back or out of control. These emotions are a result of your unresolved birth trauma. This may also be an overlap of your mother's stress and your stress during the birth process.

You may have felt frustrated and anxious, as you felt blocked from moving through the birth canal. The pressure in the baby's head builds up and more pressure is placed on the neck, shoulders, chest and upper back area. This creates a great deal of discomfort for the baby.

You often feel that you have to push against rules and authority. It is almost as if you are overcompensating for the lack of control you had during your own birth. You also often overcompensate by being very stubborn and rigid.

Key Points

- How does it keep you safe to stay still in one place?
- How does being held back or trapped make you feel?
- Trauma related to feeling trapped. Explore fertilization stages.
- Trauma related to feeling controlled and out of control. Explore conception and fertilization stages. What negative emotions did your mother and father feel towards each other when you were conceived?
- How did you feel toward your mother when she delayed the birth? Do you recognize these emotions in your personal or intimate relationships?
- Improve your personal boundaries so that it is safe to move forward in life and say "no." Explore further possibilities.
- Explore trauma when you felt part of something (during womb stages) and then lost the familiar connection. What was the connection replaced with after birth? Explore this further.
- Pattern related to suppressing your emotions often sets in during the birth stage. The outside world is harsh and the feeling of contentment has vanished. Feeling as if you are on your own in this situation and that no one is going to help you free yourself.

- Lack of trust in the mother. When the baby needs comfort, these needs are met by a stressed and anxious mother. This results in you not trusting the source that meet these needs, as you do not feel comforted by your mother. You often feel, "My source of support and love does not make me feel safe." Explore further possibilities.
- Trauma due to the contact that you had with the sharp lights, medical equipment, being touched by strangers, loud noises and cold environment.
- See Prolonged / Delayed Labor.

Forceps / Vacuum Birth

Emotions

A person who was born with the assistance of forceps often feels overwhelmed very quickly in their day to day to life. It may feel that you are being pulled in all directions at once. You often find it challenging to complete tasks and projects. You sabotage your progress as your birth process (also seen as a project) was interrupted and sabotaged. There was an interference with the baby's ability to complete their birth. This may result in you feeling that you do not have freedom of choice as someone might always interfere with your affairs. You often feel that influential people control your desires and goals. As a result, you've allowed others to dictate to you. As a teenager or adult, you often rebelled against the people who dictated to you with the intention of regaining control of your life.

You may feel physically violated / attacked and pulled out of your comfort zone. The first point of contact with the outside world was force and invasion. You may feel challenged when people are in your personal space and become defensive. You often unconsciously create situations where you feel that the need for regular support and assistance.

Key Points

- Explore egg being pushed out of the fallopian tube. Trauma related to being squeezed, pressure or feeling pushed.
- Trauma related to feeling helpless and disempowered. How did this make you feel?
- Feeling bruised and shocked in the head area. Explore trauma to the head mind.
- The baby might feel frustration toward the mother as she is exhausted and she feels helpless. The baby is stressed as his source of support is responding in a disempowered way. There can be a sense of failure on the mother's part and the child feeling unsupported and failed by their mother. Explore how the baby felt.
- Feeling a great deal of emotional and physical pressure. Explore further possibilities.
- Does the baby feel loved by the mother or was she distracted, exhausted and angry after the birth? How did that make you feel?
- Make sure that you understand and recognize the difference between your mother's pain, stress, trauma and feelings such as, "I can't do this, this is a mistake, I am not strong enough, I don't want this new phase and transition in my life" and your own stress and trauma.
- Forceps trauma could surface in the baby's adult life as a foggy head, feeling disconnected, dissociating or suffering from headaches. Explore further possibilities.
- Was the baby's neck twisted the wrong way when being pulled out or being turned in a different direction to make the exiting stage easier? How did this make the baby feel?
- Explore trauma where you felt a part of something (during womb stages) and then lost the familiar connection. What was the connection replaced with after birth? Explore this further.

- The pattern of suppressing your emotions often sets in during this stage. The outside world is harsh and the feeling of contentment has vanished. Feeling as if you are on your own in this situation.
- Lack of trust in the mother. When the baby needed comfort, your mother met your needs by being stressed and anxious. Lack of trust in your mother that she might fail you during big changes, transitions or challenges. This results in not trusting the source that meets your needs, as you do not feel comforted by the main caretaker. You often feel, “My source of support and love does not make me feel safe.”
- Trauma related to first contact with the sharp lights, medical equipment, being touched by strangers, loud noises and cold environment.
- Always need support from the outside.
- See Prolonged Labor.

Incubator Babies

Emotions

You feel isolated and abandoned—often disconnected from your source of nurturing and safety. This causes anxiety and abandonment trauma. You may feel that you can never have enough of what you need as you were disconnected from your mother and source of food (breast milk) after birth.

You had no reassurance from your mother that you are safe and protected due to the lack of physical touch, attention or comfort. You were only given attention when medically needed. Your mother may have only been allowed to attend to your needs when the maternity staff approved, not necessarily when you needed comfort. This could result in your demands for attention later in life and fearing that you might not get enough love, attention or acknowledgement. There is a possibility that you can become over-achievers as you are always searching for love and acknowledgement. You feel dependent on others and relationships in order to feel safe, loved and secure.

You may be shy and your confidence could be driven by an underlying fear of rejection or abandonment. You often feel cut off and isolated from the environment. The incubator may have created boundary confusion, possibly resulting in poor personal boundaries. You feel that people on whom you rely will abandon you and it's only a matter of time before you are left alone, to fend for yourself.

You were not able to cry as a result of feeling too weak. As an adult, you often feel great sadness and a need to cry. This may be related to your own parents meeting your need for love with sadness, as they were worried and saddened by your health. Also, see Colic and Crying section. ADHD is often related to spending time in an incubator.

Key Points

- You feel cut off from the mother (source of nurturing and safety) shortly after being born. Explore further possibilities.
- Explore isolation and abandonment trauma.
- Fear of abandonment in future relationships.
- You often have poor personal boundaries. Earlier points to explore would be fertilization and fetal stages. Explore further possibilities.

- Explore feeling insecure and lacking confidence to cope with life and its challenges. What do you feel uncertain about? This is often a general feeling about life and not necessarily about a specific topic or situation.
- Explore trauma related to feeling cut off from your mother after birth. Explore further possibilities.
- If you are in the incubator due to an illness then explore the cause of the illness first.
- Explore trauma related to feeling lonely. This can be found in the womb. Explore your mother's emotions while she was pregnant. How did her emotions affect you in utero? Explore the moment when the egg left the other group of eggs during ovulation – this can be combined with excitement and loneliness / lack of communication at the same time.
- Explore trauma where you felt safe in the womb and were then moved to an incubator. Explore the transition trauma.
- Pattern relating to suppressing your emotions often sets in during this stage. The outside world is harsh and the feeling of contentment has vanished. Feeling as if you are on your own in this situation.
- Lack of trust in the mother. A stressed and anxious mother meets the baby's need for comfort. This results in you not trusting the source that meets your needs, as you do not feel comforted by your main caretaker. You often feel, "My source of support and love does not make me feel safe."
- Eye problems – can't see movement or the mother through the incubator's barrier.

Induced Labor for the Mother

Emotions

You are experiencing a mixture of emotions. You are so exhausted and stressed that you may have stopped caring about why you wanted the child in the first place. You may be unconsciously second guessing your intentions and ability to be a good mother. Did you conceive to please a partner? Did you conceive to save a marriage or relationship? Did you conceive to give your life more meaning? Is the timing right to have a child in these current circumstances / lifestyle? You might have a fear that you won't be able to provide for the child, as your ideal family life seems to be a very distant thought at present. You were most likely welcomed with a mixture of emotions by your own mother at birth. You feel out of control, numb or frozen.

Key Points

- Did you want to be induced? In most cases the answer here is "no." Mothers have reported feeling extremely unhappy, disappointed, scared and out of control when induced against their will. You may have felt that your body was injected with poison. You experienced the substances used during the procedure as being toxic.
- You feel conflicted—ready and not prepared at the same time. Explore conflict further.
- Trauma related to dissociating with the baby.
- Feeling out of control of your body. Feeling unable to protect and help the baby.
- Substances used to induce the labor felt invasive to you. It caused a disruption in the baby's connection with you.
- Trauma related to feeling unable to control the birthing procedure. You don't feel ready and able to control what is happening to your body.
- You feel unsupported and unprotected. Who made you feel this way?

- Explore trauma related to the time when you felt part of the baby (during womb stages) and then lost the familiar connection the baby. What was the connection replaced with after birth? Explore this further.
- The pattern of suppressing your emotions often sets in during this stage. The outside world is harsh and the feeling of contentment has vanished. Feeling as if you are on your own in this situation.

Induced Labor for the Baby

Emotions

You often feel pushed far beyond your boundaries and limits. The baby is very aware of the mother's emotions. There seems to be a blurred line between the baby's stress and the mother's stress. You may be associating life, changes and feeling under pressure with your mother's emotions. Stressful circumstances may trigger the stress that you experienced during birth; along with triggering your mother's emotions, which you may have copied during birth.

You often battle with emotions such as feeling out of control, fear of losing control, numbness or helplessness. You may get into relationships in order to distract yourself from how you feel. These emotions are often related to your mother's emotional state, which you may have copied during the time of birth.

Your life may be ruled and driven by fear and fear based actions. You often need approval and validation from others to make sure you're heading in the right direction. You often live your life by other people's standards because you're afraid if you follow your own values, you may be rejected.

You find security within yourself. You do not allow yourself to rely on others for support, even though you need the approval and guidance of others.

You often find it challenging to emotionally connect and relate to others. This often relates to your association with bonding—it was interrupted when your mother's labor was induced.

You often have poor personal boundaries. The substances used to induce the process may have crossed your personal boundaries, causing you to feel violated or invaded.

You may feel like you have a foggy head and lack of clarity in your thoughts at times. You may have felt invaded, out of control or stressed when you were prompted to emerge from the womb. As a result, you don't deal very well with invasive situations, often overacting due to traumatic birth memories.

You often find it challenging to initiate projects and don't always see things through to the end. You prefer to be a follower instead of a leader and very often need to be provoked in order to make changes and move forward. You lack enthusiasm for life and don't like to be told what to do.

Key Points

- Explore the invasion trauma (substances used to induce the labor).
- Explore trauma related to your personal boundaries.
- Explore trauma that your mother felt during pregnancy. As well as how her trauma affected the baby. Does the baby feel resistant to being born due to experiences with the mother's emotions? Explore further possibilities.
- What did you experience when you made contact with the outside world?
- Explore the stage when the egg was pushed or moved out of the fallopian tube. This type of trauma can be similar to that of a natural or induced birth.

- Substances used to induce the labor felt invasive and disruptive to the baby. It may have influenced your connection / bond with the mother. Resulting in the bonding difficulty and relating to
 - others.
- The baby can feel under attack, pushed and rushed to move through the birth canal. This may result in a sense of intense panic, urgency or feeling out of control.
- You feel as if you are not allowed to make your own decisions in life. Others disrespect your boundaries and decisions. How does that make you feel?
- You feel controlled, angry or frustrated because your destiny and outcome was decided for you. Explore further possibilities.
- Trauma of feeling numb and frozen. Explore further possibilities.
- You feel rejected, disrespected or ignored by your mother, as you were not given a chance to signal to the mother when you were ready to emerge.
- Feel unsupported and unprotected. Explore the implantations stages.
- Explore trauma where you felt a part of something (during womb stages) and then lost the familiar connection. What was the connection replaced with after birth? Explore this further.
- The pattern of suppressing your emotions often sets in during this stage. The outside world is harsh and the feeling of contentment has vanished. Feeling as if you are on your own in this situation.

Missing Twin

Emotions

The missing twin has often been traced back to being the umbilical cord that was cut off. The baby was disconnected from the placenta which was perceived as another living being / organ in the womb.

Disconnection from the placenta results in the baby feeling that they have lost a part of themselves and that there was a twin with them in the womb. They feel that the other twin didn't make it. This may result in grieving for someone that was supposed to be in his or her life. This grief often stays with a person for the rest of their life, if not correctly processed and healed. It also results in feeling, "People will leave me behind; people will never stick around in my life."

You may feel alone and often have a fear of being in relationships. Bonding with others doesn't come easily as your fear of abandonment interferes with your ability to be vulnerable and open. You felt protected by the placenta, and then all of a sudden, you have lost the protection. This is often the biggest loss you can experience during early infancy stages.

You may feel a great deal of guilt that you survived and the placenta or missing twin didn't.

If there were actual twins in the womb and one didn't make it, then the surviving twin may feel a great deal of guilt and unworthiness because they are alive. This trauma may have triggered deep ancestral trauma where an ancestor may have survived a tragic accident while others didn't.

If twins are being born, then the twin that was born last often feels abandoned, left behind or panicked as their connection with the other twin was interrupted. The second twin didn't feel ready to be born when the first twin came out. Especially if they were not identical twins as the first twin releases a hormone indicating to the mother that they are ready to be born. The second twin might not be ready at that very second.

Key Points

- Focus on letting go and acknowledging the umbilical cord and placenta for all the love, nurturing, nutrition, protection and presence that it provided. Losing the placenta is a natural process; it is an unavoidable natural process that is meant to take place.
- Explore abandonment trauma.
- Explore trauma related to guilt. Feeling guilty because you survived and the placenta / missing twin didn't. How did that make you feel?

Note to practitioners: Do not regress the client to this key developmental point.

- Work on the associations you've made with safety, your identity and the umbilical cord and placenta. This is a natural process and should not be traumatic.
- Feeling cut off from nutrition, nurturing, comfort and a part of yourself.
- Frustration and disempowerment of feeling controlled by others.
- Trauma related to feeling suffocated, not able to breathe after the umbilical cord was cut.
- Guilt of abandoning the umbilical cord and placenta.
- Explore trauma where you felt a part of something (during womb stages) and then lost the familiar connection. What was the connection replaced with after birth? Explore this further.
- See Placenta and Umbilical Cord section.

Natural Vaginal Birth

Emotions

Natural birth with no complications would always be the ideal birth. This allows the baby to define their physical boundaries. You were able to experience a natural process of being squeezed stimulating all necessary areas on your body and organs. It is still important though to explore how your mother felt during birth especially if it was her first birth and how her trauma and stress affected you.

Key Points

- Explore the stage when the egg was pushed or moved out of the fallopian tube, this type of trauma can be similar to that of a natural birth.
- Explore possibility of the following points of trauma:
 - Could you move through the canal with reasonable comfort?
 - Was there a lot of pressure on the shoulders, head and neck?
 - Did the doctor twist your head in the wrong direction when exiting the birth canal?
 - Did the doctor turn your head too hard in one direction causing pain or discomfort?
 - Was your mother given anesthesia? If yes, explore how it affected you, especially if the head was stuck at the end of the birth canal.
- Explore the birth trauma (exiting the birth canal) together with the ovulation trauma.

Oxygen Deprivation

Emotions

You may feel attacked and unwelcomed by life. You often feel that you have intruded on other people's lives. You didn't feel ready to face your life contract and the people in it, knowing that you were not meant to come so early.

Your arrival disrupted routines and lifestyles that were not very accommodating for a child.

This trauma may have triggered ancestral trauma related to suffocation and strangulation.

Key Points

- Living is dangerous and unsafe.
- Trauma of feeling rejected, treated as an intruder, feeling disliked by those that should love you.
- You were aware of and affected by your mother's stress, resistance or possible resentment to becoming a mother. Was the pregnancy an accident? She didn't feel ready for this experience and felt forced into becoming a mother.
- Did your mother feel ready to have you? If no, explore further.

Placenta

Emotions

Separation from the placenta could result in a child needing a security blanket or toy to replace the connection and attachment they had to the placenta. You found comfort in the placenta during the womb stages. Once you were separated, the separation anxiety may have kicked in and you needed a substitute for the missing placenta. People have described that the placenta felt like a twin to them while they were in the womb. You may feel unprotected without the placenta. The placenta was the only boundary that the baby has known and it was taken away. This may result in leaving you feeling disconnected, with a lack of protection and lack of personal and physical boundaries. Always remember that this is a natural process that needs to take place.

Key Points

- Key point for this section resonates with the Missing Twin section.
- Feeling abandonment unprotected and rejected by this resource that met all your dietary, shelter and emotional needs.
- Explore grief and shock related to losing the placenta. This is a natural process and the placenta is meant to die.
- Explore the association that you made with your identity and the umbilical cord and placenta.
- Being cut off from nutrition, nurturing and comfort. How did that make you feel? How did transitioning from the placenta to a blanket make you feel?
- Frustration, feeling disempowered and being controlled by others. Not being able to control what comes through the placenta during fetal stages. You often feel, "I have to take and accept what I can get."
- Feeling incomplete and not perfect on my own without the placenta. Explore feeling broken, hollow, incomplete and lost.
- Guilt related to abandoning the placenta. Explore feeling responsible.
- Your source of oxygen and food was stopped and replaced by breathing with your lungs and being fed by breast milk. Explore the time lapse and crossover from being fed by the umbilical cord to breast milk and breathing on your own.
- Trauma related to feeling deprived in life, not feeling as if you have enough of everything.
- If you did not receive enough nutrition and protection from the placenta and umbilical cord due it being too thin and weak. It is important to explore how your mother felt during conception and during the fetus womb stages. Did she want a child? Was she ready for a child? Was there hostility and resentment from your mother towards you? Was the mother

present with the fetus? How did her mother respond when she was pregnant with your mother?

- Fetus can still experience abuse even while the fetus is in the womb. Your mother may have projected negative and hostile emotions toward you in utero. She may have not eaten enough food, drunk too much alcohol, used toxic substances, smoked, used drugs, digested substances knowing that it is unhealthy; all in the hope of aborting you. Mothers can sometimes punch their womb or deliberately cause physical harm to it. This has been known to create a sense of fear in the fetus and feeling unsafe, attacked in an environment where they should have felt safe.
- Explore trauma related to the time when you felt connected to the womb and then there was a disconnection. What was the connection replaced with after birth? Who did you reach out to? Explore this further.
- See Missing Twin under Birth and Separation Anxiety

Premature Birth

Emotions

You have had enough of your womb environment and want to get out. There may have been toxicity or a threat, such as illness of your mother, from which you needed to escape.

Your mother's emotional state may also have had a big impact on you. It is important to remember that negative and powerful emotions might feel normal to an adult. They may have built-up a high threshold for intense emotions. For a developing fetus, it can feel extremely intense to experience tension from the mother as a result of her negative emotions. Long-term stress or unhealthy conditions of the mother and her environment may result in the fetus wanting to escape their environment.

Clients who were born premature often have a mother that was either smoking or abusing all sorts of substances or drinking alcohol and eating the wrong food types. This may have caused them a great deal of stress in the womb. Just the fact that the mother was smoking was enough for them to complete their womb phase sooner than they should have. Her diet may also have been unhealthy or infected with bacteria that interfered with the fetus development.

Smoking seems to result in the fetus feeling inflammation around their temple area in the womb. It irritates their nerve receptors as well as affects their blood pressure. When I explored the fetal stages clients described their nerve receptors feeling attacked in the womb.

You may be a sensitive and timid soul who is easily hurt by others. You tend to wear your heart on your sleeve and find it hard to be alone. You often have an unconscious fear that you will be attacked if left alone. You feel unprotected and vulnerable, almost as if the foundation of your confidence has been challenged and shaken. You feel as if you have to struggle to stay alive. Life is a struggle and always has been.

Because everyone was worried about you after your birth, you often feel unwelcomed by the world. Instead of being loved with calmness, you were loved by stressed parents who fretted incessantly about you. Your need for love and security was met by stress, worry or anxiety by your parents. You could become dependent on others for survival and need a lot of love and support. Your neediness can sometimes be driven by the empty void you felt from birth after being separated from the placenta and subsequently moved to an incubator with limited human contact.

ADHD can also be related to premature birth.

Key Points

- Working with the mother that gave birth to a premature baby.
- Smoking, consuming drugs or alcohol, anxiety, excessive stress and tension can bring on premature birth. If this was the case, what caused her to abuse the substances?
- If you had an illness (could be viral or bacterial) that threatened the fetus. Work on your stress and how the situation made you feel. Explore points such as guilt, failure of responsibility; feeling punished by the circumstances, feeling out of control, feeling powerless, anxious, angry and resentful that this had to happen. Fear of your baby's safety, trauma of not knowing what the outcome will be etc.
- Explore the conception, fertilization and implantation stages.

Working with the client that was born premature

Premature birth can be brought on by smoking, anxiety, excessive stress, tension and also poor nutrition. If this was the case for you, then work on the trauma and stress that your mother's behavior and environment caused during womb stages. Your personal development in life feels challenging as you often expect the worst.

Key Points

- Guide yourself through this exercise when you were an infant. How do you feel? Imagine yourself walking or even running away from the invisible threat. This exercise will help you to restore your sense of confidence and not feel disempowered by your circumstances. This will allow you to feel more confident in taking a break when needed, because the urge to escape has been completed.
- Trauma related to abandonment and lack of physical contact. Baby was left on their own, away from the mother while monitored by hospital staff. Feeling abandoned results in you feeling vulnerable and open to being attacked (either verbally or physically). You feel unsafe and not protected by your mother.
- Explore trauma related to the time when you felt connected (during womb stages) versus losing the familiar connection. What was the connection replaced with after birth? Explore this further.
- Life is a struggle. "I have to struggle to keep alive. I have to struggle to be happy and to be loved." How does this make you feel? Explore this further.
- The pattern of suppressing your emotions often sets in during this stage. The outside world is harsh and the feelings of contentment have vanished. Feeling as if you are on your own in this situation.
- Lack of trust in your mother. A stressed and anxious mother meets your need for comfort. Lack of trust in your mother as she might fail during big changes, transitions and challenges, so you might need to be rescued.

Prolonged / Delayed Labor

Emotions

Your mother may have been told by her female family members that they all had a very long and painful labor. This inevitably became stuck in the back of her mind leading to a sense that she was doomed for a similar labor experience.

You feel stuck in life and often find yourself in unhappy circumstances. You often unconsciously create circumstances in which you feel stuck and trapped with no way out. You may feel that you cannot find solutions to your problems—even if an opportunity is handed to you on a silver platter, you will be unsure of which decision to make or direction

to go in. You feel conflicted between what you want versus what you need. You struggle with self-sabotaging patterns, often depriving yourself of circumstances that could bring you great joy and success. You feel these things should be earned and often overload yourself with responsibilities.

You often feel pushed around by people and circumstances in your environment. You may feel that everything is working against you, almost like a curse. This feeling does not necessarily apply only to personal relationships -it affects professional relationships, too. You often struggle to get projects off the ground, almost as if an invisible force holds you back. You have a feeling that you might miss out on something important in life.

- Key Points

- Trauma related to feeling that you will never reach your full potential or be given the opportunity to reach that potential. Feel deprived, controlled or trapped.
- Feeling held back by your mother. Explore further possibilities. This may result in a tendency to overcompensate as an adult by being overly controlling.
- Feeling hopeless, there is no solution, feeling stuck. Explore these points.
- Feeling angry, needing to be in control and frustrated with your mother. Feeling unsupported and stuck.
- Client will often suffer from insomnia.

Rumination Syndrome / Merycism

See Nausea, Rumination Syndrome

Umbilical Cord (Strangled)

Emotions

You often feel that you have to fight against people and your circumstances. Nurturing and love felt toxic (especially if your mother had a bad diet or abused substances).

You are often dramatic and see things in black or white -there is no in between. You feel attacked (either verbally or physically) and suffocated in confrontational situations. You often feel challenged when you need to express emotions. As a result, you tend to cut yourself off from others and emotionally dissociate from relationships. You may find yourself stuck in abusive relationships due to your lack of expressing emotions or boundaries clearly. If you express them too much, you may end up abusing others out of frustration.

When you feel held back and trapped by circumstance, you may not speak up. This causes you to feel helpless and unable to take appropriate action. On the other hand, you may become enraged when you feel helpless. The rage is the last resort to try and gain control of the situation. You may have a challenging or awkward relationship with your mother.

Key Points

- How does it keep you safe to suppress your truth?
- Do you feel under attack in your life? If yes, then explore further.
- Explore trauma related to feeling trapped and held back by the umbilical cord?

Note to practitioners: This could trigger deep and negative emotions. Do not use regression methods to address this issue if you are not an experienced practitioner!

- Explore fear that your mother felt when she learned the baby's cord was around your neck. Did you feel her stress and tension? Explore further possibilities.
- Explore physical shock, terror and trauma that you experienced as a baby. Along with the associations that you made by coming into the world with the cord around your neck. Explore points such as, "Life is unsafe, I am attacked by life, my mother attacks me, part of me is attacking myself."
- The umbilical cord is often cut too early. This is a big trauma and shock to lose the umbilical so quickly while you were still in the birth canal.
- You do not trust your mother. A stressed and anxious mother attended to your emotional and physical need for comfort. There is a lack of trust in her, a feeling that she might fail to support you during big changes, transitions and challenges. You might need rescuing. This results in your not trusting the source that meets your needs, as you do not feel comforted by your main caretaker. You often feel, "My source of support and love does not make me feel safe."
- Strangulation may have been experienced as an attack. You may have felt under attack by your mother.
- Explore trauma when you felt dizzy, confused, numb, frozen, out of control or oxygen starved due to the strangulation.
- Strangulation trauma in the ancestry line.
- See Umbilical Hernia under Hernia.

Unwanted Birth (baby conceived by accident)

Emotions

Unwanted births can be traumatic for both mother and child. Your mother may have decided to keep you due to fear of rejection, being judged, ridiculed or abandoned by her family. She may also have kept you because of religious reasons. She often projects hostility and rejection toward you. This is accompanied by a great deal of guilt, humiliation and feeling like a failure. Your mother may resent the fact that she will have to give up and change a part of her life due to a mistake. You may feel like a mistake and not good enough in your mother's presence.

You may be exposed to rejection, feeling unwanted or not good enough to be attended to by your mother or even her family. You may feel that you are in the way and are a nuisance to others.

You find it challenging to cooperate with society as you've felt rejected by your family and done in by circumstances. You prefer your own company and do not trust the intentions of others. When confronted with situations that impact your already low self-esteem, you isolate yourself, hiding away. You often become quickly overwhelmed, reacting violently (emotionally or physically) due to a desperate need to protect yourself. You are often stuck in fight mode; frustrated with the way the world treats you.

You feel as if people are insincere when dealing with you, so you choose to isolate yourself. This often leads to depression.

Key Points

- How does isolating yourself keep you safe? What does it keep you safe from? What are the benefits?
- Explore trauma related to feeling unwanted, feeling unsafe, uncertain of the future, a lack of support, feeling resented or feeling like the black sheep in the family. Explore these traumas in the womb and especially during implantation.

- Explore trauma related to self-loathing. This is a result of feeling unworthy, not wanted and feeling like a burden to others.
- You often have a short temper and anger issues. The anger keeps you safe; protected from people who could potentially attack or hurt you.
- You do not trust people, as your source (mother) of nurturing and love rejected your existence. This is often a big trauma to deal with. How does this make you feel?
- Often the child is given up for adoption. How did this make you feel? See the Adoption section.

Womb

Emotions

The fetus can experience discomfort, tension and even stress when the mother is in pain or in circumstances that cause her great stress. The fetus does not experience trauma the same way as the mother. What is important here is to explore how the trauma that affected your mother influenced you in utero. When your mother experiences physical or emotional stress, you become aware of the sudden change in the environment. It often causes you to unconsciously reach out to your mother for reassurance and safety. What did you need at the time when your mother experienced a trauma (such as bumping her toe, falling etc.)? What did your mother feel at the time of trauma? Your mother's emotions at the time of the trauma will meet your need for comfort. You associate your need for safety with what she was feeling at the time of trauma. Many associations can be formed this way. As a result, you, as a mature adult may often attract people and circumstances that will meet your needs with the same emotions or trauma as in the womb.

Key Points

- Explore negative patterns that you have and then explore the womb stages. Acknowledge the difference between your identity and your mother's emotions and patterns.
- Explore possible points where your mother may have injured herself and how it affected you. How did she feel at the time of injury?
- What was your mother's diet like? How did it affect you? How did it make you feel? Explore further possibilities.
- Did your mother have bad and unhealthy habits such as drinking alcohol and abusing substances? If yes, explore how it affected you and how it made you feel emotionally.

Bites

See Anaphylaxes, Attack

Emotions

You may have felt under attack (either verbally or physically) by circumstances or by someone in your surroundings. Your personal space has often been disrespected and invaded by a dominant figure in your life. You have a fear of challenging those people who have a powerful influence in your life. As a result, you often stand aside like an observer instead of expressing yourself during difficult or confrontational situations. You may feel that you have to fight for boundaries and values to be respected. You were often made to feel guilty or ashamed for taking time away from others in order to have your needs met, so you now feel undeserving of respect. Your negative association with expressing your needs is tied to being attacked or punished whenever you spoke up.

Key Points

- Explore trauma related to feeling invaded. By whom? How does feeling invaded make you feel?
- Explore trauma related to feeling attacked. Who made you feel attacked recently? Explore the past for patterns of feeling attacked.
- Explore feeling controlled by circumstances that are out of your control. How does being controlled make you feel?
- Feeling irritated. What is or was irritating you before the bite?
- The more anger you hold on to, the longer it's going to take the bite wound to heal. Explore possibilities of feeling angry at present.
- Who and what is causing tension in your life? How does that make you feel? Is this a boundary failure? Explore further.

Bladder Problems

See Bladder Cancer, Candida, Inflammation, Interstitial Cystitis, Urethritis, Urinary Incontinence

Emotions

People store a great deal of their daily emotional irritations in their bladder and in the urinary tract. When a person is overwhelmed with a lot of stress, irritation or feeling pissed off, it can physically surface in these areas. Bladder problems often start when a person is trying really hard to resist being controlled by an authority figure. This could be a boss, mother, father or sibling. You feel a great deal of anger toward someone that is challenging you. Because you feel unsafe expressing yourself towards this person, you often revert to aggression in order to emotionally protect yourself. Your fear of being ridiculed, punished or attacked makes you project aggression. The aggression forms a buffer between you and an abuser or influential person that is challenging your self-worth or territory.

You may have had a conflicting relationship with an authority figure (often a father figure if you are female). An influential figure in your life may never have given you a chance to fully express yourself, leaving you feeling powerless. You feel extremely irritated by someone who invalidated your opinions. This is often a childhood pattern that is now repeating itself in your adult life. You often find it challenging to control your own personal desires.

Your motivation and talents may have been attacked by an influential person, which has challenged your ability to succeed.

Sometimes people don't completely empty their bladders when visiting the restroom. This means that they are not completely letting go of their resentment and anger toward someone. You often feel angry, as you don't feel you can get away from the person who is pissing you off. You are not resolving the issue(s) that are angering you.

When someone suffers from a bladder infection, it is also related to a recent quarrel that stirred and triggered strong resentment. You feel disgust toward someone and the circumstances you are in. This is also accompanied with feelings of sexual disgust.

You seem to feel disgust, shame or guilt when you have sexual needs. You may also feel disrespected by your intimate partner.

You feel a great deal of unresolved fear and anger towards an authority figure. You may have been raised with certain values that hampered your ability to stand up for yourself. You feel you have to be obedient, which leaves you feeling invalidated and resentful. You may

also feel that it is impossible to meet the standards and expectations of others. You're often stuck in a vicious cycle: attracting people into your life who trigger your low self-esteem, causing you to feel challenged and resentful.

If it is a child that has bladder problems, then explore the child's mother's relationship with her partner. Are they having problems? Is the mother being submissive toward the husband? Is the mother resenting his controlling or dominant role in the family? Explore the child's relationship with their father. Often the father will be quite dominant, harsh and controlling. This is affecting the child's relationship with their father. This may result in creating a fear of men or authority figures in the child's life. They learn that people in authority cannot be challenged; they have to give their power away.

Key Points:

- What is the benefit of holding on to resentment, irritation, frustration or anger? Note that there can be more emotions other than these. Does it help you express boundaries? Is it easier for you to say "no" when you are angry? Do these emotions keep you safe from being hurt again?
- Who intimidates you? How does it make you feel to be intimidated by this person? What would happen if you did express your truth? Explore further possibilities.
- Did your mother or father have similar boundary issues? Did your parents also feel challenged
- to express themselves or move away from abuse or negative situations? If yes, work on the associations made during childhood by observing and copying your mother and father's behavior towards each other.
- How does it keep you safe to be disempowered by others? What is the benefit? Is it to avoid confrontation? Alternatively, to be accepted by others?
- It feels safer to suppress your ability to control the environment as the dominant figure in the household made it clear there is only room for one dictator. How did this make you feel?
- Strong feelings of anger and resentment toward someone or circumstances. Who or what made you feel this way? How does this make you feel? What is the benefit of holding on to the anger and resentment?
- Who suppressed your ability to freely express yourself? Explore further and observe if these emotions that arise from this question are also present at the fertilization stages. If yes, then work on it.
- The key here is to find out whom and what makes you angry, irritated or pissed off. Explore your boundaries and feeling unable to control your environment and how people treat you.
- Explore feeling out of control and angry during fertilizations, ovulation, ejaculation of the sperm and your birth.
- Explore stages after fertilization when the cell division started. This can sometimes be experienced as another big change or as a cell death and feeling out of control.
- Your lower spinal cord might also be out of alignment and it's creating a great deal of pressure on the bladder. If this is the case then you are feeling angry, pissed off or resentful towards someone or a situation. You may also feel overwhelmed by responsibilities. What did you feel responsible for during childhood? Heal the traumas and stress along with the above.

Bladder Cancer

See Bladder, Cystitis

Emotions

You often feel stuck and fed-up with someone in your life or a recent past trauma that has resurfaced. This condition can appear when you are holding onto a great deal of resentment toward your family. The resentment is very strong; seemingly impossible to let go of. The resentment is serving you as a personal boundary in order to keep you safe from abusive or manipulative people. These emotions make you feel bitter and angry.

It often seems like you didn't learn all necessary coping "tools" to help you deal with dominant figures, especially male figures. You have become a victim of your own anger, unable to resolve your own stagnant issues. It feels as if you have no choice but to endure the stress, rejection or strain of these circumstances. Your sense of loyalty prevents you from moving away from destructive patterns and relationships.

You feel you have no other choice but to live a life filled with stress, abuse or being suppressed. Old patterns have become a way of life.

You have controlled your emotions and self-expression to such an extent that you are now suffering the physical consequences. You may feel obligated or harbor an undesired loyalty towards someone whom you deeply resent.

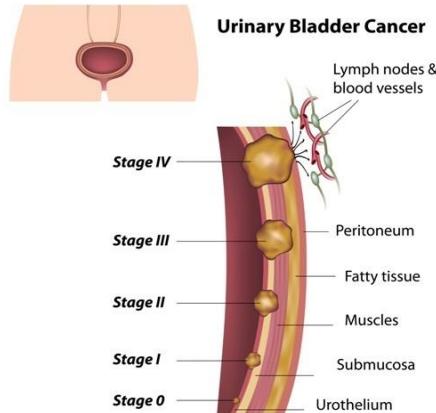
You may only communicate the symptoms of your emotional trauma (such as anger and resentment) but not the origin of it. Even this communication can be unclear in expressing how you really feel.

Authority figures may have squashed your willingness to learn and grow. You have lost touch with your spontaneity and passions.

Loyalty to the family takes priority above everyone and everything in your life. You resent feeling tied to this loyalty, especially if you were not valued in return. Your identity may feel tied in with your family and you fear your disloyalty will cause you to lose value within the family—almost as if you would cease to exist. This pattern causes you to feel tremendous anger, which feeds the liver and indirectly affects the bladder. You desperately want to reclaim your personal power, but feel unable to do so.

Loyalty to the family and its history overrides the natural instinct that would prompt you to attend to your own needs (both physical and emotional) first. Being loyal ensures safety and survival in the family. It is not safe to be a separate individual.

Important key emotions to explore are feeling invaded, controlled or resentful towards someone. Trauma related to losing a child (including miscarriage) and losing a partner.



Key Points

- Have you ever been raped or sexually abused? If yes, then heal the traumas and see section Rape and Sexual Abuse. I also recommend my first book “Finding Your Own Voice.” If the answer is “yes” to the above point, then explore the fertilization stages and explore the traumas that occurred there. Never regress to the actual incident.
 - If you did not experience rape or sexual abuse then explore the sexual relations between your parents. Did their intimacy feel like an invasion and obligation? If yes, then explore this further.
 - Explore possibilities of sexual abuse in the ancestral line and explore the symptoms of rape or sexual abuse in the family line. Explore any traumas that surfaces from this exercise.
- Desire to be loyal and feel safe within the family is stronger than the need to be an individual. Why? What would happen if you claimed your personal power within the family? Explore further.
- Always explore your birth trauma and see the Birth section. See if you can find emotions at the birth that you are perhaps experiencing right now. If you do, heal those trauma points.
- What is the benefit of controlling and suppressing your emotions in the presence of influential people? How does it keep you safe? The answer could be, “I won’t get into trouble and I won’t be attacked or abandoned.” Keep asking the question until you get to the bottom of it.
- Do you notice similar patterns as mentioned above in your parent’s relationship? If so explore the difference between your identity and your mother and father’s patterns.
- What are the hidden benefits of being rigid? How does rigidity keep you safe? Explore the trauma that caused you to become rigid. Rigidity also serves as a boundary; it provides safety from being hurt by others.
- Explore list of emotions that you are feeling at present. Can you identify similar emotions during your birth stages? If yes, then explore these emotions and trauma.
- Explore times when you felt invaded and out of control. Such as personal boundaries, physically, verbally or emotionally. Explore the fertilization stages.
- Explore trauma related to anger and resentment. Explore trauma first that resulted in you feeling angry and resentful. Then explore what the benefit is of holding on to the anger and resentment. Often the anger and resentment provides safety. It is easier to express boundaries when angry. Explore the need to draw your power from anger and resentment.
- Trauma related to loss of territory. Conflict with a father figure / male figure with whom your identity is tied in with. When there is conflict with this figure, it results in you feeling

unable to establish and mark the territory. As a result, you feel unable to reclaim your personal power. How does it make you feel when a dominant figure challenges you? Explore further.

- Ancestral trauma related to power games within family. Certain men and women were never allowed to be in control or have a say within their family or community. As a result, they were unable to establish their identity, freedom or importance. They didn't have a place or spot that they could mark as their own. How did this make them feel?
- Fear of standing up to or speaking up to dominant figures. If they do, they fear they will be banished and isolated from their family or community, which will challenge their ability to survive without the support of their family. Being weak and powerless is safe as it ensures survival.
- Being submissive kept them safe. This also resulted in a great deal of anger and resentment.
- They were never allowed to fully step into their power and explore their strengths. They were never supported as the focus was always directed at the needs of the dominant figure / leader of the community or family.
- You feel outnumbered by family in your home (or safe haven) and no one is there to support or defend your truth and integrity. How did that make you feel? Explore further.
- Ancestral trauma related to feeling unable to fight and surrendered instead.
- Trauma related to a miscarriage or loss of a child. Explore further.
- You need to feel safe and powerful. You want to find your own identity as you relate too much with your family and past. Independence is the key word.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- You have had enough of responsibilities and the burden that the cancer has caused. You were overwhelmed and burned out in the past and do not want to go back to old patterns.
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Bleeding

See Anal Problems, Endometriosis, Hemorrhaging, Ovary

Emotions

You may feel like giving up in many areas of your life—you feel like all hope is lost. Your values in life are not acknowledged, respected or validated. You are dwelling on your unresolved past and it is eating away at you. Stubborn people, who are unwilling to cooperate and compromise with you, meet your need for support with opposition and jealousy. You feel that you are playing a one-man band with no audience. You felt suppressed by people's anger or hostility. This caused you to feel like a triangle in a square shaped family. If you fully expressed yourself, then it could lead to a reaction similar to a dam wall breaking, which would lead to losing total control. Losing control = being abandoned and feeling isolated.

Key Points

- Explore emotions of anger and resentment related to communicating.
- Who and what made you feel so angry? How did this anger make you feel?
- Trauma related to feeling suppressed, leaving you feeling helpless. This feeling of helplessness has changed into intense anger and negativity. Holding on to the anger is a way of gaining control in life again. You often believe that nice people finish last—or rather, nice people get ignored while abusive bullies get the best.
- You benefit from not expressing emotions. The pattern of suppression adds to your already mile high pile of anger and deep-seated resentment. This anger and resentment keeps others at bay. It's your way of setting boundaries with others.
- Trauma related to feeling wrongfully blamed and attacked (either verbally or physically). How did this make you feel?
- How does it keep you safe to suppress emotions? Who or what does it keep you safe from?
- Who and what made you feel angry? Explore the relations with parents, siblings, friends and colleagues and explore long-standing relations that could have contributed to built-up anger.
- Lack of acknowledgement and respect. How did this make you feel?
- Explore possibilities of emotional or physical abuse and hostile relations with parents, caretakers or authority figures and partners. How did this make you feel?

Blindness

See Cataracts, Diabetes, Eye Problems, Paget's Disease

Emotions

Life has become too dramatic and stressful. You don't want to see what is going on around you anymore. It may be that if you can't see it, it won't upset you.

You carry a great deal of resentment about not being able to see. Mentally you feel exhausted and do not want to participate in stressful circumstances. You are in need of a new, stress free experience.

If you were born blind then you have a very unique and special journey in life. You are here to help others by experiencing life in a different way. The people that come into your life learn and share life lessons with you. Your journey helps those around you to live life in a more present and fulfilling way. You teach people to have more patience, understanding, compassion and tolerance.

This condition could be related to ancestral trauma that was triggered during conception stages, womb or birth. Ancestors may have injured their eyes, which caused permanent blindness. Ancestors may have been placed in incubators that had oxygen, which damaged their eyesight; this trauma may have surfaced in your life if you were born blind.

Key Points

- What and who in your life have been causing stress? How does this make you feel?
- Who or what have you had enough of in life?
- Explore the birth trauma. Explore possibility of head and eye trauma. See the Birth section.
- If you were born blind and have had difficulties accepting the journey then explore that further. How does it make you feel? Explore any resentment, anger, grief, hopelessness, humiliation or feeling undeserving.
- Explore toxins you may have encountered at an early age or even during womb stages.
- Did your mother suffer from an illness while she pregnant with you that may have affected your eyesight? If so, explore what the issue was, was it bacterial (guilt, regret, self-

punishment) or viral (worthiness) related? What in your mother's life did she not want to see? Who or what was she actively avoiding? Explore feeling suppressed, pressured, prosecution trauma, feeling great anger as a result of what you see and also head trauma.

- Explore fertilization. Is there anything that your mother or father didn't want to see or become aware of in their life? Explore further if possible.
- Is the blindness the origin of the issue or part of a symptom of another medical condition? If it is the symptom of another issue then explore that issue first.

Important questions to ask yourself:

- Does this condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Always explore your birth trauma and see the Birth section.
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Blisters

See Canker Sores, Cold Sores, Coxsackie Virus, Rashes, Rosacea

Emotions

You often make things hard for yourself, struggling with a great deal of self-created stress, boundary failures or too many responsibilities. There is an underlying pattern of self-punishment. Suppressed anger is currently being triggered by another person or by circumstances. There is a constant problem that is irritating you and draining your energy; it must be dealt with.

You have had a pattern of suppressing frustration and anger toward someone or a situation. It is time to clear the air by expressing any grievances, disappointments or frustrations. Recurring issues need to be resolved. On which body part did the blisters surface? Refer to the Quick Reference Guide.

Key Points

- What stops you from expressing irritation or anger? What would happen? How would that outcome make you feel?
- Why do you allow others to irritate you so much? Why has the irritating circumstance been dragged out for so long? Explore further possibilities.
- Explore boundaries. Do you know how and when to say “no”? If not, then who suppressed or challenged your boundaries as a child? How did that make you feel?
- When did the anger or irritation (towards a person or circumstance) start? What action or behavior triggered the anger or irritation? Explore further possibilities.
- Explore current anger issues. Who are you angry with? This is often related to circumstances you feel unable to control.
- Always explore birth trauma and see the Birth section.

Bloated

See Anxiety, Colitis, Colon Problems Intestines, Digestive Problems

Emotions

Along with food, you have been digesting strong emotions such as fear or anger about your current circumstances. You may be stressed out about a situation that feels unsolvable, out of your control. You often underestimate your ability to cope with the many tasks and demands from others.

It is difficult for you to express your boundaries. Because you don't always know what you want, you often follow other's dreams and goals rather than your own. Your childhood may have been stressful, filled with anxiety that has been hard to cope with. As a result, whenever a current event triggers a past trauma, you find it challenging to deal with. Being still and quiet has always kept you out of harm's way.

You often fail to recognize when to support and when to take a step back from circumstances and responsibilities. This confusion often attracts insults and arguments. Having anger directed at you or feeling manipulated causes you to isolate yourself, to hide (activated hiding instinct).

You often accept blame and responsibility for things in an effort to keep the peace. You may have been made to feel ashamed and guilty by influential people for causing problems. Even if you weren't at fault, they needed a scapegoat and you were often helpless to do anything to defend yourself. You are resigned to being attacked, ready to go into defense mode by numbing yourself and dissociating. You hold on to your past as a way of protecting yourself from more bad things happening. Ancestral abuse is being triggered that is related to feeling suppressed, not having a voice, feeling helpless or overpowered.

As a result of poor boundaries, you often feel invaded by people. You do not know how to create a barrier or buffer between you and the world.

Key Points

- What is your biggest stress in life? How does it make you feel?
- You often confuse the trauma with your identity. "I don't know who I am without this stress, guilt, blame and shame."
- Trauma related to being the scapegoat. How did that make you feel?
- Made to feel responsible for others and circumstances that were not your responsibility. How did that make you feel? Explore what is your responsibility and what is not. What is the benefit of feeling responsible for others?
- Fear of letting go of the past and how it made you feel. What would happen if you let go of your past? You have a fear that if you let it go then more bad things will happen. The more you let go, the more space there is for bad things to come in.
- Trauma related to feeling under attack. How did that make you feel?
- Fear of causing drama if you were to walk away from all the stress and unhealthy relations. What would happen if you did put a stop to all the unhealthy relations in your life? How would that make you feel?
- Suppressed grief and anger related to feeling suppressed and abused by authority figures. Explore further possibilities. Grieving for what? Often the grief is about "what could have

been” during childhood. With whom do you feel angry? Who and what circumstances suppressed you the most in your childhood?

- Trauma related to feeling rejected if you didn’t obey those around you. Explore this further.
- Explore ancestral abuse and patterns of suppressing intense emotions. They draw their power from their anger and resentment. They will feel weak without their resentment, anger and abuse trauma. Explore further possibilities.

Blood

See Anemia, Agranulocytosis, Blood Clot, Bruises High Blood Pressure, HIV / AIDS, Hypertension, Leukemia, Low Blood Pressure, Melanoma, Sepsis, Sickle Cell, Thrombosis

Emotions

You often have a negative outlook on life and it is getting the best of you. You perceive the world as a place that is bad, unsafe or loveless and you have no desire to be part of such hostility. You want to withdraw from your circumstances, cutting yourself off from the flow of life. You should respect your own needs more and accept who you are. A person’s ability to communicate themselves greatly influences their quality of life. The less a person is able to communicate the more they are going to suppress their emotions, resulting in anger, frustration or resentment. When you suppress your negative feelings, it blocks the ability to love; to give and receive support. As a peacemaker, your needs are often ignored, leaving you feeling devalued.

Key Points

- Lack of trust. Who or what challenged your ability to trust?
- You are blocking yourself from giving and receiving love. Explore why?
- You feel obligated to fulfill and attend to the needs of others. How does this make you feel? Often you feel blocked off from expressing and feeling the emotions causing dissociation.
- Deep seated anger. Toward who and what? The anger is related to your ability to communicate clearly. Explore further possibilities.
- You get too caught up in other people’s problems and responsibilities. What is the benefit of taking on other’s responsibilities?
- Feeling last in the queue as you have been too busy with outside influences in your life. You feel very resentful and want to give up. Starting new projects feels like starting over again. You associate change with pressure, stress, struggle or challenges. You become stubborn and rigid toward changing circumstances as a way of expressing your boundaries. This is a boundary failure. What stops you from just saying “no”?
- Do you have heart problems? If yes, also see the Heart Problems section.
- Trauma related to judgment and abandonment if you didn’t comply with orders or demands. What is the emotional reward of this pattern? Explore further possibilities.
- Feeling stuck and stagnant in life. Other people have always been your focus causing you to often abandon your goals and passion. How did this make you feel?
- You feel devalued and disconnected from your identity if you are not supporting others. Explore further possibilities.
- Explore the newborn baby stages after birth. Were you taken away too early from your mother for long periods of time? If yes, then explore further. How did it make you feel?
- Always explore the birth trauma and see the Birth section.

Blood Clot / Coagulation

See Arteries, Blood, Veins

Emotions

You are at wits end and feel that there is no love left in your life. A challenging relationship has run its course and you feel exhausted and drained by life, work or family responsibilities. You often feel weighed down by responsibilities.

You are often seen as the person who has to keep it all together on behalf of everyone else. Your body is not willing to be pushed so hard anymore and is in need of a break. You seem to feel you have to accept things as they are but by not communicating your boundaries, you are feeling suffocated by your circumstances.

You may feel that you do not have the power, strength or respect from others to effectively change the circumstances. You find yourself tired of fighting for respect, understanding or cooperation and are done with compromising.

You routinely take on more than you can handle. The more pressure you put on yourself, the more praise and love you receive. You have made a positive association with a behavior that is not healthy. Being overly supportive and an over achiever rewards you with validation and acceptance in a very hostile and rejecting family. You always give too much to your family, willing to sacrifice your last bit of energy just to be loved, acknowledged and supported by others.

You overwork and overcommit yourself with the intention of escaping suppressed emotions. Hard work eases your mind from grief, depression or anxiety. It feels safer to suppress than to process your trauma. You often become stuck in relations or patterns that result in feeling a lack of love. When you expressed a need for love during childhood it was seen as a weakness and would even result in becoming a target for family bullies.

Because you were often bullied and abused, you feel overly vulnerable and sensitive toward people's behavior. You may find yourself getting involved with someone else's drama and allowing it to become part of your responsibilities. Drama and emotional chaos feel familiar to you; it has become a way of life.

You make decisions based on other people's needs. You are very set in your ways and values. Once you put your mind to something, you stick to it. You draw endurance and strength from your rigidity and stubbornness.

You have had enough of experiencing the harshness of people's attitudes. Life has become hard and strenuous and therefore it should now be avoided and blocked.

Key Points

- Trauma related to feeling emotionally and physically exhausted due to emotional abuse. Explore why you didn't express boundaries when you should have.
- What is the benefit of being the one that everyone can rely on? What is the emotional reward? Explore how you can receive these rewards without needing to earn it.
- Trauma related to feeling overwhelmed and burned out by too many responsibilities. What stops you from asking for support? Explore further possibilities.
- Only hard work is rewarded. Which parent did you have this type of relationship with? How did it make you feel?
- What are you trying to avoid and suppress in life by taking on so many responsibilities?
- Your stress in life has caused you to become stagnant. Do you have a fear of change? If yes, why? How does it make you feel?

- How did your childhood make you feel? List at least three significant incidents related to communication trauma. Can you see a pattern in the manifestation of the traumas? Explore further possibilities.
- Trauma related to feeling abandoned by life and a parent(s).
- Trauma related to feeling cut off and blocked from finding joy, love, protection and the flow of life. Why? What happened when you did?
- Drama, conflict, abuse and criticism feel normal and familiar. It is a way of life. Explore the womb stages. Did your mother experience a lot of conflict, chaos and drama in her life while she was pregnant with you? How did her environment and emotional state affect the developing fetus? What would happen if all the drama in your life were taken away? Do you feel panic and out of control? Explore self-sabotage.
- Explore negative associations in terms of communicating yourself. Were you suppressed, attacked or abused?
- You have a deep need to be seen and acknowledged. In the past your need for this love and acknowledgement has been met with conflict, drama and supporting others instead. Explore further possibilities.
- Do you limit your talents and qualities? You seem to avoid advancing yourself emotionally and mentally. You are set in your ways and feel safe with what you already know. How does staying in the past keep you safe? What is the benefit of it? What would happen if you changed that?
- The low self-esteem is blocking you from allowing joy to come into your life. Who made you feel that you are not allowed to have fun?
- Explore patterns of abuse related to communication (feeling controlled, blocked or pressured) in the family line and in your life? Explore further possibilities.

Blood Poisoning

See Blood, Poisoning, Toxins

Emotions

You feel poisoned by the false intentions of others. You may have made an association that it is not safe to ask for love and attention. You feel disappointed having learned the full extent of what is really going on in your environment—the curtain has pulled back to reveal all of your vulnerabilities. You don't trust others, believing that everyone has a hidden agenda. As a result, you tend to avoid personal relations and interactions with people. You do not feel cared for and looked after by others. The time has come for you to redefine your values and expectations of others as well as yourself. What is acceptable to you and what is not? You should learn how to express your needs and feel worthy of putting those needs first.

Key Points

- How do you feel about yourself? If it's a negative answer then ask why? Who made you feel inadequate?
- What stops you from prioritizing your needs first? What happened in the past when you did?
- Your mental and emotional state of mind feels polluted by negative experiences in childhood. Why are you still holding on to the past?
- You felt unsupported when you've needed support and acknowledgement. How did this make you feel?

- Explore what your passions and goals are in life. You seem to need some encouragement and a plan of action (more structure) to work toward.
- Explore womb stages. Did your mother ever digest anything that could have made the fetus immune system feel under attack or disgusted by digested food or drink? Did something similar in your life now trigger this old trauma resulting in the body responding this way?
- How did your mother feel while she pregnant? How did she treat her body and how well did she look after her health? Do you feel the same about yourself? Explore further possibilities.
- Explore times when the ancestors also experienced blood poisoning. Explore ancestral trauma related to poisoning along with how they felt. Did you have similar experiences that may have resulted in these current traumas to be triggered?

Blood Pressure High

See Blood, Pineal Gland Problems, Pituitary Gland Problems

Emotions

You feel powerless in your circumstances and use suppressed rage, aggression or anger to express boundaries. You fear being out of control and as a result, end-up feeling overly controlling of others and situations.

You may still be grieving due to a lack of love from your parents, always on the search for more love. There seems to have been a great deal of stress in childhood that has not been resolved. This may have caused you to feel defensive as an adult, with the intention of keeping yourself safe. You like to be in control, which is your way of overcompensating for a lack of control in childhood.

Your parents may always have been occupied with problems, demands from others, responsibilities or marital problems.

You may feel confused as to how to go about finding happiness. You often turn to alcohol to take the edge off when life becomes too overwhelming. The stress in your family life has left you feeling unsafe and unsure of when to relax and when to be on guard.

You resent being controlled by chaotic circumstances. Your anger serves as a fighting force. You like to keep your own counsel, choosing to cut yourself off from any possible support. You do not like to feel obligated to others and value your independence and freedom.

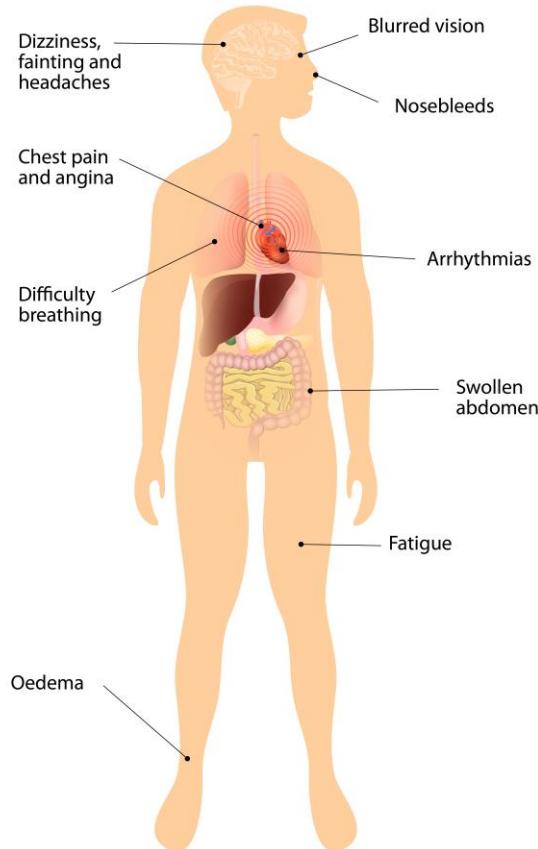
Betrayal trauma took place early in your life. Now similar issues are repeating in your personal relationships. You work harder to keep more control and bad people at bay.

You have made a negative association with love. You often sabotage the love that you have in life; feeling conflicted by a desire for love and feeling challenged by it at the same time.

You are stewing on negative emotions and thoughts. You cannot let go of past injustices. You may be suppressing emotions to a point where it may be explosive. You often leave urgent matters to be decided at the last minute, knowing that it is difficult to resolve issues in the heat of the moment.

More patience and a willingness to work things through are needed in many areas of your life. You unconsciously create drama that resembles similar stressful unresolved situations from childhood.

High blood pressure symptoms



Key Points

- When did the symptoms of high blood pressure start? What was going on in your life at that time or what did you have enough of?
- Did your mother have high blood pressure while she was pregnant? If yes, how did it affect your blood pressure and fetal development? Acknowledge the difference between your mother's blood pressure and your blood pressure.
- The fetal blood pressure may have been greatly influenced by the mother's intense emotions (such as anger, feeling betrayed, suppressed, controlled, trapped). Explore further possibilities.
- Did your mother feel under a great deal of stress and pressure from others while pregnant? Was she a stress-head? If yes, then explore how it affected you in utero.
- You often draw your power from suppressed anger and fear of the unknown. How does this pattern keep you safe? What is the benefit of this pattern?
- How does it make you feel when you have to do ____ (responsibilities) all by yourself? When did this pattern start?
- Who failed you? How did that make you feel? Explore resentment issues and difficulty in forgiving others. See the Forgiveness section.

- Explore your conception stages. Did your mother and father feel suppressed anger or rage towards each other? What were they suppressing towards each other? Explore these emotions during your conception.
- Feeling that you have had enough and want to give up. What do you want to give up on?
- What was your mother's environment like while she was pregnant? How did that affect you in utero?
- How does hiding your anger keep you safe or serve you? Explore further possibilities.
- Who or what resulted in you feeling so angry? What long-term issues that made you angry do you have trouble resolving? How does this make you feel? Explore whether your mother (while being pregnant) felt the same anger, rage or injustice? Explore how it affected you both physically and emotionally.
- Do you feel that you are able to receive love? If not then explore why? What happened when someone loved you or showed you love?
- You do not know when and how to relax. Why do you always feel on guard?
- By whom and what do you feel pressured by? How does being pressured make you feel?
- You seem to feel responsible for other people's happiness and quality of life. How does feeling this responsibility serve you? Who made you feel this way? How does it make you feel?
- Always explore the birth trauma and see the Birth section.

Blood Pressure Low

See Blood, Pituitary Gland Problems

Emotions

You have allowed yourself to be weakened by life and harsh interactions with family. You didn't have enough support, motivation and praise in order to build your confidence. As a result, you often doubt your ability to achieve your goals and become successful. You feel that no matter how hard you try, success is just out of your grasp. You often throw in the towel half way through projects.

You feel numb toward life and toward your passions. Because you are not accessing your full power and ability to follow through on goals, everything just seems too difficult. You work hard, only to give your power away to dominating figures that interrupt your creative flow.

Love, compassion, understanding and happiness were not easy to come by in childhood as a result of outside influences affecting the family. This may have made you feel that your needs would always be unfulfilled. You feel stuck in a stressful state due to your upbringing.

While this state keeps you alert and aware of any threats, it also distracts you from your feelings about yourself and life.

You often disconnect from your emotions and feel stuck in a job or with responsibilities that give you no benefit or joy. You feel powerless to make big changes in life, so you are always unsure of what the next step or direction should be. Influential people have challenged you to the point where you've stopped believing in yourself.

This condition may also be triggered when you are about to embark on a challenging journey or have to face fearful circumstances without support.

Your mother may have felt that she didn't have the support or resources in order to accomplish her goals. Her partner may have been absent for long periods of time (avoiding her or due to obligations he had elsewhere) resulting in her feeling unsupported. This may

also be related to ancestral trauma. Ancestors may have experienced a trauma that caused them shock and stress (this trauma was never resolved) and the body may still be in a cold and shocked state.

This trauma may have been triggered in your life, womb stages or birth. It's also related to a lack of love, especially in the maternal grandmother's childhood.

Key Points

- When did the symptoms of low blood pressure start? What was going on in your life at that time or what have you had enough of?
- Who and what circumstances made you feel like giving up on their goals? By what or whom do you feel overwhelmed?
- How do you feel (emotion) when your blood pressure suddenly drops? Explore further possibilities.
- Trauma related to feeling powerless and helpless. How does that make you feel?
- What do you feel a lack of in your life? What is missing? How does this lack of ___ make you feel?
- Feeling that you have no direction in life. How does that make you feel? Why do you have no goals etc.?
- You have given your power away to ___ circumstances in your life. Explore your ability to express boundaries, saying “yes” and “no” when you want and should. Explore the imbalance and why there is an imbalance.
- How does giving so much of yourself to others serve you? You might feel that it gives you a certain value when you are more involved in other’s lives instead of attending to your own. Who else has the same pattern in the family? Explain the difference between that person’s identity and your own unique identity. Explore trauma that may also have resulted in these associations.
- Did your mother have low blood pressure? If so, how did her blood pressure affect the fetus development and your blood pressure?
- Feeling powerless when confronted or challenged by authority. There is a pattern of feeling suppressed and silenced in your family. Explore further possibilities.

Blood Transfusion

See Accident, Attack, Blood Problems

Emotions

You may feel criticized, under attack (either verbally or physically) or deeply angry due to the lack of respect you receive from other people. Your source of energy and inner strength feels depleted by old burdens, which leaves you feeling vulnerable or fed-up when confronted with new challenges.

You have been through a rough patch with family, friends or a partner. You have come to a point where you need to be rescued from destructive and self-sabotaging circumstances. There is a need for change and a wake-up call. Because of your poor boundaries, you allow others to take advantage of you. This comes from a childhood pattern of seeing other’s needs as more important than your own.

If the client is a baby, then explore the medical condition that resulted in the child needing a blood transfusion.

Interesting studies have been discovered where patients complained about having bizarre

cravings after a blood transfusion³. For example, they had cravings and urges they never had before. Explain and explore the difference between your habits and the foreign / new habits, feelings or cravings that you are feeling after the blood transfusion.

Key Points

- You may suffer from depression. If so, when did the depression start? How did it make you feel?
- Explore suppressed anger as a result of being treated in an unfair manner by a parent. Your condition is indicating that it's time to let go.
- If you have a bad reaction to the blood transfusion, then explore patterns or trauma related to feeling invaded or under attack. Explore further possibilities.
- Your condition has also signaled the need to explore new goals and manifest relationships that are healthy. Do you have a fear of change? If yes, then explore why and how it makes you feel.
- Do you often feel unsure how to communicate your emotional and physical boundaries?
- If no, then what would happen if you did express boundaries with others? You have a fear of rejection or provoking conflict.
- Trauma related to communicating clearly.
- Always explore the birth trauma and see the Birth section.

Boils

See Acne, Bacteria, Skin Problems

Emotions

You often feel rejected and attacked by people that are projecting their insecurities at you. You desperately want to trust others, but have felt betrayed whenever you've given someone the benefit of the doubt.

You want to receive acceptance from the people that have rejected or abandoned you; often these are family members and loved ones. You have a love-hate relationship with family, partners or friends that trigger self-loathing and low self-esteem. You may feel that no one wants you to be happy because others have sabotaged your happiness with destructive behavior. Now you have become self-destructive and are sabotaging your own success and personal progress.

Your cup is over flowing with anger and resentment towards those who caused you to doubt yourself. As a result, you may feel stabbed in the back by the people you trusted.

You feel resentful, helpless or angry. Family members or friends have bullied you to the point that you feel your source of comfort and safety do not have your best interest at heart. Your need for acceptance has been met by rejection; your anger has become the driving force and boundary between you and the world.

Key Points

- Trauma related to feeling under attack (either verbally or physically) by people whom you confided in. Explore further possibilities.

³ <http://www.whfhhc.com/Blood-Transfusion/87333.htm>

- How does your anger and resentment make you feel? Does it make you feel powerful, respected or in control? The anger helps you to regain control of your life and out of control circumstances. Who and what are upsetting you so much?
- Who and what have you had enough of? What stops you from expressing your boundaries?
- Who and what do you feel is working against you? What do you need emotionally from the people who challenge and work against you? How does that make you feel?
- Your trust has been betrayed. How does that make you feel?
- Outside influences are sabotaging your progress and goals. You feel helpless to change it and regain control of your circumstances. How does that make you feel?
- What stops you from resolving circumstances that are causing you to feel so angry and out of control? Explore this further and also explore your physical and emotional boundaries.
- Who is projecting anger at you? Who do you have to face that causes you to feel vulnerable and angry? Explore further.

Bone Cancer

See Bones Broken, Cancer, Lung Cancer, Skeletal System

Emotions

It is important that you establish whether the bone cancer is the starting point of the cancer or if it's a secondary cancer. For example, cancer can start in the lung and then metastasize to the bone. If that is the case, then explore lung cancer first and then bone cancer.

Your experiences in life may have left you feeling weak, vulnerable or unsupported due to years of suppressed stress, anger and lack of support, your emotional, mental and physical state feels weakened and exhausted. Your immune system has suffered as well.

You may have felt defenseless and invaded by your circumstances. Influential people's demands and expectations resulted in a great deal of pressure for you, causing you to feel out of control.

You are tired of always having to fight for your truth, to have your needs met and to be respected (this is often related to a female ancestor's trauma related to authority). You have begun to dissociate from your feelings.

You may feel that everything has now become just too hard. You want to retire from all the drama and problems. You want to abandon self-sabotaging patterns and trauma, however your unresolved relationship and childhood trauma keep attracting stressful circumstances. You are sabotaging your quality of life by not letting go of resentment and feeling helpless when faced with important decisions that need to be made. This is a result of a freeze and numbness instinct that has been activated during childhood.

Your support system in life has failed, leaving you with no solid foundation to stand on. Your strong negative emotions may have pushed people away, causing you to feel unsupported and alone. This is part of the self-sabotaging pattern. You feel very lonely yet also feel too stubborn to reconcile and comprise. Compromising has resulted in being taken advantage of. You have bent over backwards in the past and now need to focus more on yourself and your needs.

Stubbornness is your way of expressing boundaries. Many people have relied on you and projected high expectations onto you. This has made you feel overwhelmed with problems that are not yours to stress over.

You often want to take control of and deal with multiple projects simultaneously. There is no conscious gain from this pattern and it only leaves you feeling resentful, angry or stressed. You may feel that you perform better under pressure, however it is only self-sabotage. This

results in feeling overwhelmed and unable to cope with stress and added responsibilities. You often feel that you were the source of support that held everything together during your childhood. These feelings and patterns may stem from a household where you were not allowed to have fun; the circumstances or mood in the family was too serious. You had to focus on being rather than having fun and just being a child.

Key Points

- Feeling exhausted and overwhelmed by supporting others too much. What stopped you from saying “no” to the circumstances that lead you to feel this way?
- Feeling emotionally drained, vulnerable or weak due to past circumstances where you were not able to express clear boundaries. Who and what circumstances made you feel like that? What in your childhood also made you feel like that?
- What was your relationship like with your parents? By whom did you feel controlled or invaded? Invasion could mean in terms of boundaries and personal space.
- Trauma related to feeling emotionally and mentally defenseless. If yes, who and what made you feel like this? Explore further.
- Explore invasion trauma. Explore fertilization, implantation and birth stages.
- Trauma related to lack of support. Explore fetal stages and what your mother was doing and experiencing during that time. How did it affect the fetal development?
- Do you have unresolved resentment that is greatly affecting your quality of life? If you do not want to resolve your resentment, then ask yourself, “What is the benefit of holding on to the resentment?” Your resentment is a way of expressing and projecting personal boundaries.
- Who or what is irritating you? Why? How does it make you feel?
- Besides your medical condition, what do or did you feel anxious about before learning of this condition? What has been a long-term pressing issue for you that has felt unsolvable? Explore this further.
- You hold on to your rigid views on life. Why are you so rigid? What is the benefit of being so rigid? How does it keep you safe? How does it serve you?
- How does compromising too much with others make you feel? Explore trauma that comes up from bad past experiences. You have bent over backwards too much with little to no support. What is the benefit of compromising all the time and having your needs ignored? Explore further possibilities.
- Place your hand where the starting point of the pain is / was. Imagine that your bone can speak. If the bone had a voice, what does it have to say? What is the message? Explore this further.
- Explore illnesses and calcium deficiency that ancestors may have suffered from and how the ancestors emotionally felt. Explore how similar issues may have started in your life, physical trauma to the skeletal system along with emotional trauma. Explore further possibilities.
- How did the fetus feel in then womb? Did they absorb enough minerals and nutrition from the mother to support their developing skeletal system? Did the mother’s body have enough minerals and nutrition for the baby? How did your mother feel while she was pregnant? Did your mother feel supported in her life while she was pregnant? Are you expressing your mother’s lack of support trauma?
- Did anyone else in your family suffer from cancer / bone cancer? If yes, then explore similarities between you and this person. Explore pre-disposition emotions and traumas.

- Ancestral trauma related to hard and strenuous labor, including construction work where there was repetitive impact on the skeletal system, along with an unhealthy diet (lack of minerals and nutrition).

Important questions to ask yourself:

- Does your condition make it easier to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Always explore the birth trauma and see the Birth section.
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Bone Marrow

Emotions

You feel unsafe and unprotected as a result of the lack of support you've received in life. You almost feel as if you've been thrown in the deep end. You felt unprotected due the harshness of your circumstances. You often feel as if you are reaching out for safety and support, but no one is available to meet your needs.

This condition often starts when your parents have been consumed by their own problems, thereby ignoring you emotionally. You may feel that you were left to fend for yourself without proper guidance. This made you feel like no one would ever look out for you. You feel like you are hanging midway between heaven and earth. You may feel unsure as to where you belong and whether you are even wanted in the family. Ancestral trauma – there was a complete absence of support from authority figures or influential people. No one nurtured and supported the fact that the ancestors were entitled to some level of support, which may have improved their quality of life as well the community.

Key Points

- Trauma related to feeling unprotected. By whom? How did the lack of protection in your life make you feel?
- Trauma related to lack of support. How did that make you feel? How did the lack of support in your life make you feel? No one nurtured or supported you.
- Are you suffering from anxiety? If yes, then explore further. This often stems from lack of love and lack of guidance.
- Who left you to fend for yourself? How did that make you feel?
- Who or what is challenging your confidence and ability to be independent? Explore further possibilities.
- Did your mother feel this way when she was pregnant? If not, did your grandmother feel this way when she was pregnant with your mother?

Bone Problems / Broken

See Accident, Collarbone Problems, Concussion, Plantar Fasciitis, Skeletal System

Emotions

You often feel caught up in circumstances that make you feel resentful, pushed beyond your limits or out of your comfort zone. You've felt it necessary to suppress many talents and positive aspects in order to be accepted and respected by others. You often feel that your efforts are in vain. You feel that you are not good enough to just be yourself. You may feel that you always had to fight your own battles with no support, causing anger and resentment. You are now at a breaking point and feel like a failure.

You now have time to reflect on unresolved issues in your life that no longer serve you and are in need of change. This condition forces you to be still and to reflect on issues that sabotage your personal growth. Are you happy with your personal progress and goals so far? If not, then a change is in order.

This condition often starts when a person has been under tremendous stress with no healthy outlet for their anger and frustration. The lesson is that you should learn how to delegate and ask for support. You have been running away from problems; often unresolved issues with a parent that made you feel unsafe, unloved or inadequate. You are now forced to investigate your emotions. Self-created burdens now need to be analyzed and it begs the question, "Why does you create stress and burdens for yourself? Are you trying to distract yourself from reality and how you really feel? What is the hidden benefit / secondary gain in making life so hard for?"

You often feel like the direct target of anger and resentment. You have a fear of rocking the boat in the family if you need to express yourself. You may resent the fact that others can see you are in need of support, yet no one reaches out to help. You need to learn how to ask for support and feel worthy of it without a fear of being in debt to someone else. This pattern often turns into a vicious cycle that influences all your relations and goals in life. You feel a great deal of frustration toward circumstances and the fact that you are controlled because of your own poor boundaries. As a result, you feel trapped, stagnant or without emotional freedom. There is often a great deal of tension in your lungs due to suppressed resentment, grief or disappointment.

The more infection or pain there is in the broken bone area, the more anger, resentment or grief you are holding on to. You have suppressed a great deal of strong emotions that are now simmering to the surface. Explore recent events that may have triggered childhood traumas.

Broken arms or hands

You do not allow yourself to receive support, as you do not want to be indebted to others. Receiving support may have caused a traumatic experience for you. As a result, you push away support. You felt attacked (either verbally or physically) or betrayed by people whom you trusted, resulting in feeling abandoned and unsupported.

Broken back

This often signifies that any emotional responsibilities or guilt has taken its toll on you. You may feel overburdened by secrets, stress and strain that you are carrying out of sheer obligation and guilt. You feel overly responsible for other people's welfare. You feel destined to be responsible for the world and everything that goes wrong in your family life.

Broken legs

You have been aimlessly moving forward in life. It is time to find a structured solution, goal or passion to follow. There is a great need to create more happiness in your life. You are not utilizing your inner strength and self acquired abilities. Instead, you have been moving and falling from one place to another with no direction and intention. You have a great fear of change and are very set in your ways. Changes in your life have been traumatic, stressful and negative.

You are sabotaging your personal progress by giving power away to others that do not have your best interests at heart. You have a fear of moving away from old family values, as moving away from it might result in being rejected, abandoned or attacked.

Dislocation (also see Shoulder Problems – Dislocation)

You have a need to get away from a controlling figure in life. You rely on a dominant person's support, however the support is accompanied with controlling conditions. You feel the need to break free from who or what? See the Quick Reference Guide for more information on the area that was dislocated.

Key Points

- Emotional responsibility and strain is now dominating your life. One of the hidden benefits of this condition is that it has put a halt on everything that has become chaotic in your life. What do you need to drastically change? Taking on responsibility allows you to distract yourself from your own problems.
- What circumstances have been weighing you down? How did this make you feel?
- Who in your life used you as a scapegoat? How did that make you feel?
- Which circumstances made you feel unsupported? How did that make you feel?
- You push people away that try to support you. Why? Do you feel obligated to do things for people who help you? If yes, why? What stops you from just accepting support?
- Was there violence / physical abuse present in your life? If no, explore the ancestor line. The physical abuse could also take the form of bullying such as siblings fighting, at school or with partners.
- Explore self-sabotaging patterns. You keep yourself small. Fear of being attacked or punished. Not feeling allowed or worthy to succeed in life.
- Trauma related to resentment that you are holding onto. Explore further possibilities.
- Trauma related to lack of support. Who is not supporting you? How did that make you feel?
- Trauma related to feeling overly responsible. How does this make you feel? What is the benefit of being overly responsible? What is the emotional reward? Explore further possibilities.
- What stops you from expressing boundaries? You were abused or punished in some way if you said “no” or expressed an opinion. This may have resulted in a pattern where you don’t feel worthy of saying “no.” What is the benefit of this? How does it keep you safe?
- What new change/s in your life are you scared of? Why are you scared of change? What does change mean to you? Explore further possibilities.
- Trauma related to feeling overburdened by others, feeling responsible. How does that make you feel?
- Who made you feel under attack? How did that make you feel?
- Who or what circumstance has pushed you outside of your comfort zone? How did that make you feel?

- Who do you resent in your life? What happened? How does that make you feel?
- Explore feelings related to guilt. Who made you feel that way?
- Trauma related to feeling overly controlled. How does this make you feel?
- What stops you from stepping out in the open and just being your true self? What would that mean to you? How would that make you feel? What would happen? Explore the fear.
- Place your hand on the area where the broken bone is. Imagine that that part of your bones can speak. If they had a voice, what do they have to say? What is the message? Explore this further.
- See the area where the bone is broken and then refer to the Quick Reference Guide for more details.

Botulism

See Alzheimer's Disease, Bacteria, Bells Palsy, Brain Cancer, Brain Tumor, Concussion, Head Ache, Huntington's Disease, Hypoxia, Mercury Poisoning, Migraine, Nerve Problems, Poisoning, Toxins

Emotions

You may feel invaded by people. The invasion can either be physical, emotional or by the environment or circumstances. You are trying to hold it all together with as much calmness as possible due to fear of upsetting someone that has the power to punish.

You feel under tremendous pressure to perform and please others, often having to do things that you don't want to do. This may have left you feeling angry and unable to control the circumstances and outcome of your projects and goals. You seem to have many angry conversations going back and forth in your head mind. This stems from a long history of giving too much and not recognizing when to express healthy boundaries. By giving too much you unconsciously put yourself in the position to control how you support others.

It is also important to explore which side of the brain is affected (masculine or feminine). If the whole brain is affected then explore the immediate environment, feeling out of control and any childhood trauma. What kind of relationship did you have with influential people in your life? How did these relationships make you feel?

Left side is often related to supporting others, allowing yourself to be supported, needing to control the support you receive, a fear of not being respected or valued. It also relates to relationships with children as well.

Right side is often related to planning, while the left side is related to leadership and feeling that others depend on you too much.

This condition is often related to ancestral trauma where they were not able to control their environment, their ability to provide for a family and failing themselves and others. They always need to be in control. This results in a great deal of energy and pressure building up in their head mind. This could also be related to birth trauma, not being able to control the process along with trauma to the head.

Key Points

- When did this condition start? How did you feel before it started?
- How does the condition make you feel emotionally? Meaning, do you feel angry because of the condition, sad or frustrated? Explore further possibilities.
- Explore stages where your ancestors could have moved locations under tremendous stress and pressure such as during a war, invasion or fighting for survival.

- Did your parents tell you what to do all the time, leaving you feeling torn between what you want to do versus what you were told to do? How did this make you feel? What would happen if you said no? Explore further possibilities.
- Trauma related to feeling out of control. Explore sperms journey to the egg. Fertilization (how did the egg feel) and womb stages. Did your mother have any control issues that she experienced while pregnant?
- Trauma related to humiliation. This left you feeling out of control, ashamed or guilty. How did that make you feel?
- Explore feelings related to guilt, shame and rigidity. You were controlled and manipulated by means of control, guilt and shame. Who made you feel this way?
- If the client is a child then explore the parents' guilt, shame, rigidity and control issues and how it affects the client. Explore further possibilities.
- Explore ancestral trauma related to poisoning and resolve similar emotional trauma in your life. Explore ancestral trauma that was caused by abuse. Did these abusive patterns surface in your life?
- Who do you resent? Why? What stops you from resolving this issue? Explore further possibilities.
- You have many unresolved conflicts that are eating away at you. Explore further possibilities.
- Feeling frustrated, alone, isolated or unable to control the circumstances that cause you to feel this way. Explore further possibilities.
- What has been a pressing issue in your life? What stops you from resolving it or changing how you feel about it?
- Always explore the birth trauma and see the Birth section.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Was your mother told to try and delay giving birth until doctors arrive? If yes, then explore further. Focus on pressure in the brain and head. How did this make you feel? Was any physical damage caused to the skull during birth?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Brain Cancer

See Cancer

Emotions

You often feel conflicted between what your parents expect of you and what you actually want. On the one hand, doing what you want will not reward you with praise and the acknowledgment of your parents. Pleasing them always results in being loved and accepted. You give your power away and feel a loss of control in exchange for feeling loved and accepted. You don't express your needs, which makes you feel unworthy of having your own

goals. You may have been made to feel guilty or wanting something other than what was expected of you. You want control of your own life, but feel obligated to obey authority.

You feel pulled in two directions, leaving you angry and full of resentment. You may feel that influential people are controlling your destiny, delaying your personal progress. You have a fear that you will miss out on your special purpose in life.

There is a great deal of denial as to what has happened to you in their past. You may refuse to process old information and trauma. You often transform your suppressed anger into motivation and personal power in order to protect yourself from abusers or intimidating people. You have been part of a family where values were changed constantly, leaving you feeling unsure of what to believe in, follow or value. You are torn in two as a result of your parent's marital problems, which has left you feeling out of control, with a loss of identity and comfort.

You have a fear of moving away from what is familiar, even though it might be destructive, hurtful or unhealthy. You learned how to feel safe with a certain unhealthy pattern and often have a deep-seated fear of changing. Changing things in your life might feel traumatic, which means that there is a deeper underlying issue brewing. If this is the case then what does change mean to you? What has happened before when you experienced change?

You may have the willingness to change your life and heal from the past but have been brainwashed to the extent that this option seems impossible to you. You may have been controlled to such an extent that you have suppressed the ability to take control of your own life without fear of punishment or abandonment. You fear rejection from your family and being verbally attacked if you follow your own path.

Key Points

- Where in the brain did the cancer start? Refer to an anatomy book to see what the purpose of that part of the brain is. Then explore emotional trauma related to that area further.
- What would happen if you moved away from what you have been taught in childhood? How would that make you feel?
- Were you threatened or manipulated by means of guilt or shame to do certain tasks or follow other's beliefs? Explore further possibilities.
- Do you feel able to get what you truly desire in life? If no, then what or who stops you? How does that make you feel?
- Trauma related to feeling controlled by others. Other people are projecting their values on to you.
- How does this make you feel (especially if you feel forced to accept certain standards or values that go against what you truly believe in)?
- Who and what made you feel out of control? Do you feel resentful and angry? Explore this further.
- Resistance to accept and give in to the pressure of the family's expectations. How does your rigidity keep you safe? What does it keep you safe from? Explore further possibilities.
- Trauma related to anger, of feeling as if you do not have a voice. How does this make you feel? Explore feeling insignificant and like an outcast if relevant.
- Explore fertilization, implantation and blastocyst (cell division). Explore your birth, such as trauma to head during birth combined with emotions experienced.
- Trauma of feeling invaded by other people's values and projections. How does this make you feel? Explore ancestry line.
- Trauma related to feeling out of control. How did that make you feel? Explore fear of punishment.

- Who do you feel controlled your spiritual growth? How did that make you feel?
- Invasion trauma. Who and what do you feel invaded your life, boundaries, privacy or rights; your physical and emotional space? This situation would often leave you feeling out of control when in fact you were fighting to be in control at the same time.
- Trauma related to feeling out of control and your resentment has kept you safe and gave you the illusion that you have good boundaries. The resentment that has come out of this has taken a toll on you mentally, spiritually and physically.
- Trauma related to having had enough of life. You want to leave but have a fear of leaving. Fear of the unknown. You are rebelling against the circumstances, as you feel helpless to change and transform it. Who made you feel this way? Explore further.

Brain Tumor

See Acoustic Neuroma, Brain Cancer, Cancer, Tumor

Emotions

Stubbornness and being rigid about change are often the key words to explore. You seem to feel conflicted between what you want to believe and what you were taught to believe. You are often in a situation where you are pushed or manipulated to change. You may have had enough and now want to follow through on your own values, yet you feel guilty about letting go of childhood values and beliefs that were projected onto you. The more you mature, the more out of control you feel with your new found responsibilities and pressure from outside influences.

You often feel that you don't fit in with society. Your values are not the same as others, leaving you feeling like an outcast and unable to relate to others. You don't trust influential people as their actions may have caused you to feel betrayed, let down and disappointed. You feel stuck in a routine and are unable to change it.

Your willingness to change is present, however there is no clear direction and motivation behind it, so you feel the need to blame others for being stuck, rigid and resentful. These feelings keep you safe and help you express your boundaries.

Key Points

- Trauma related to feeling out of control. Explore fertilization, implantation, ejaculation (sperm journey), cell division stages as well as your birth (see Birth section).
- Trauma related to lack of trust. How did that make you feel? This might not be just one incident, so explore until the cause has become clear.
- When did your trust in others and judgment fail you? How did that make you feel?
- How does holding on to your stubborn beliefs and values serve you? What are you trying to prove and to whom?
- Do you feel conflicted between your gut instincts and the projections of influential people? If yes, how does or did this make you feel? What is the conflict? What stops you from resolving this?
- Who or what are you trying to resist or get away from? Why do you feel this way? Explore further possibilities.
- Place your hand on the area where the tumor is located. Be quiet for a few seconds and connect to the area where the tumor is. Is there an emotion where the tumor is? What is the message or emotion? Explore this further.
- Trauma related to invasion. Who invaded your boundaries or privacy? This could also mean a lack of privacy or safety. Explore further possibilities.

- Who tried to control your life, goals and decisions? Explore further.
- Explore trauma related to your birth. Explore trauma / pressure in the head area and how you and your mother felt at the time.
- You have been through many changes in life such as moving, unpredictable moods of influential people and changing schools. The change does not have to be physical. How did these changes make you feel? Explore further possibilities.
- Explore similarities between your emotions and habits versus your mother's. Patterns and emotions copied from your mother often set in during fetal stages while the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.
- Explore trauma in the ancestral line related to war, poverty, being poisoned by the environment and torture. Explore further possibilities.

Breast Cancer

See Cancer, Lymphatic System Compromised

Emotions

You feel that you are the foundation of the family and hold it together, so you consider it necessary to project a strong façade toward the public, even if your private life is causing you great stress.

You may find it challenging to grieve and show emotion due to fear of rejection and abandonment. In the past, expressing emotions may have made you look weak and as a result, you felt judged.

You either suppress your emotions or it comes out in explosive ways that sets off more triggers such as anger, resentment and rejection or family disputes. Your outbursts only serve to push people away, leaving you feeling more abandoned. You may feel that communicating always comes at a great price. You often feel conflicted by what you need to say and the ramifications of it. You may associate expressing yourself with punishment and rejection.

Family members and the public have fallen in love with your strong façade. The image that you have portrayed to the public has become draining and it's emotionally, spiritually and mentally taking its toll. There is a great need to just be yourself, yet you fear criticism and rejection if you do let go of the façade. There is a fear of moving outside of the perfect wife, friend and mother stereotype. You may have experienced a stressful and hostile relationship with your mother (or influential female) or partner. These influential people may have been emotionally absent, cold or hostile.

You feel attacked by people that should love you. You feel drained from giving and not receiving, all the while pretending that everything is OK, even when it's not. You have a great desire to shed the façade and become who you truly are. You have had enough of the negative patterns, feeling resentful and feeling unsupported. Your boundaries have been invaded, violated and you feel disempowered and suppressed when taking the initiative to make your own decisions.

You are not allowing yourself to move forward and create change. You may feel that if you change then it will affect everyone else, especially those that rely on your strong qualities. You find yourself holding back for the sake of others.

You keep yourself small to avoid a ripple effect in the family. You are often the peacekeeper, however you may have realized that this role only enables abusive, selfish or controlling people to get away with their behavior.

You didn't feel nurtured, cared for or loved enough during childhood. You feel unable to change and improve challenged relationships that you have with children, partners, parents, family or friends.

Who was the dominant parent? Who suppressed you? What would happen if you started to make your own decisions? You may have a fear of creating or causing drama and conflict.

You also have a fear of rejection that may result from making your own decisions. Your decisions may not be approved of, which could result in isolation.

How do you handle conflict in life? Are you using anger and rage to express your opinion and establish boundaries? Do you often withdraw and keep your own counsel, resulting in suppressing how you feel? This has a vicious cycle as your suppressed emotions transform into explosive anger.

You are suppressing a great deal of sadness that you have not processed and expressed. You may find it easier to process your suppressed grief more easily once a loved one passes away or when someone leaves. Grieving for the loss of someone often opens the gateway to grieve for all your losses that are unrelated to your current stressful circumstances. You seem to need something unrelated to your trauma to trigger to you in order to feel and express pain, trauma or stress.

There may also be trauma related to being infertile. You may have suffered a miscarriage and may be grieving and feel resentful of what could have been if you hadn't miscarried.

Left breast

This often relates to your relationship with yourself, your mother, family and family responsibilities. Are you in conflict with your mother or your role as a mother? You may be in conflict with your partner over a child or family related issues.

Right breast

This often relates to your relationship with your father, leadership, trying to be strong or being brave during challenging times when everyone needs support.

Cancer between the breasts

You often relate to conflict in family matters. You feel a great deal of anger, rage or controlled by family members. You feel unsafe and resistant to expressing and showing love to loved ones. You often feel used, abused or attacked (either verbally or physically) by people with whom you should be safe.

Breast Adenocarcinoma

This often relates to intense stress that is taking place in your home life. You either feel threatened or feel a need to protect a child / someone that cannot defend themselves. You are fighting against circumstances that might rock the boat in the family. You are trying everything to keep the peace.

Breast Melanoma

This often relates to feeling threatened or intimidated by a female figure that is challenging the peace in your home. You feel disrespected in your own house and powerless to change it.

Intraductal carcinoma of the breast

This often relates to conflict between what you want and issues that are taking place in your life, home – conflicts of interest.

Cancer of the milk ducts

This often relates to a possible miscarriage. You still have a need to nurture someone. Nurturing others gives you value and importance. You feel that no one needs you anymore and your identity and importance is connected to how much you can do for others. Trauma related to being separated from someone that you loved or nurtured.

Breast Tumor

This often relates to feeling out of control in your role as a mother, feminine role model and partner. You felt forced to behave a certain way so as not to cause shame within your family. Feel unable to reclaim power and establish identity as a result of feeling suppressed by a father or male figure. You are expressing your mother's own weaknesses toward her husband / partner.

There is a collective consciousness related to women that they should be strong, a shoulder to lean on for everyone, a problem solver and someone who will carry all the responsibilities. Breast cancer often boils down to one's relationships with others (mother, father, husband, partner, friends, family and co-workers) and oneself.

Key Points

- Explore trauma related to an incident that took place two years before this condition started. What happened? How did you feel? What was the unresolved dispute or conflict? Explore further possibilities.
- Breast cancer seems to have a strong pattern of resentment, especially toward family members who may have taken advantage of your goodwill (this includes your time, support, finances etc.). You may have felt attacked, abandoned, unsupported and not allowed to be yourself by members of the immediate family ("I feel attacked by my own blood -meaning family").
- You have been accused of shaming the family and feel judged in many aspects of your life. Where in your life do you feel judged by the family? How does this make you feel? Explore further possibilities.
- Feel obligated to behave a certain way (like a stereotypical female, mother, wife and friend) in order to be accepted by society that does not resonate with your true self. This is often a strong consciousness from the ancestral line. How did this make you feel? Explore anger, rage, resentment, giving up, had enough etc.
- Feel that women should be strong, the foundation of the family and look strong in public. This cycle may have taken its toll. How does or did this make you feel?
- You have suppressed a great deal of grief. You feel safe to process suppressed grief once someone passes away or there is a loss in your life. The grieving for the loss of someone opens the gateway to grieve about everything you have suppressed without looking weak in the presence of others.
- Have you ever lost a child or had a miscarriage? If yes, then explore this further.
- By whom do you feel attacked? How does this make you feel? You feel that you have had enough and want an exit from your circumstances. Explore boundaries, such as saying "no." What trauma do you have around saying "no" especially towards men?

- What type of relationship did you have with your mother? If you had a challenging relationship did something happen that made you feel the same way as your mother made you feel? If yes, then explore this. Sometimes you attract someone else in your life that projects the same qualities as what your mother did.
- What was your health like before the cancer started? Did you live close to pollution stations? Where did you work? Are there any circumstances that also could have challenged your lymph nodes?
- Trauma related to feeling rejected. By whom? How did that make you feel? What did you feel emotionally when you were rejected? Explore associations made with the emotional need you had when you were rejected. Explore further possibilities.
- Needing to be needed. Why? What is the benefit? Explore further possibilities.
- Feel a lack of love, being cared for or feeling important. Who made you feel this way? Explore how this affected you.
- If you are a mother, do you have a challenging relationship with your child or children? If yes, then how is this affecting you?
- Explore your relationship with your partner. How did this person meet your need for love? Explore further possibilities.
- Explore your relationship with your father. How did he meet your need for love? Explore further possibilities.
- Do you have other family members that had / have breast cancer? If yes, then explore similarities between your situation and other family members. Especially trauma and patterns that might be repeating itself again. Explore sabotage as well.
- Trauma related to feeling challenged, abused or attacked (either verbally or physically) by a family in your own territory. You feel invaded in a safe haven. Explore further.
- Feel unimportant to your children. Feel that you have been thrown away.
- Trauma related to lack of supported when you needed it most. How did that make you feel? Explore further.

Breast Cyst

See Cyst, Breast Cancer, Breast Problem

Emotions

You may have associated sexual pleasure with guilt, which makes you feel guilty and ashamed when you receive sexual attention from partners. There may also be a conflict between satisfying your sexual needs and the need to buffer yourself from sexual partners. This often stems from a childhood where touch was associated with punishment, abuse or invasion trauma. You may have been ashamed and made to feel guilty when you innocently explored sexuality as a child.

The more you care for and do favors for others, the more validated, important and loved you feel. This may cause you to lower your standards and expectations of others due to a need to be loved and accepted. You often feel that your needs are not important. You associate love with feeling resentment, out of control or feeling unprotected.

You were taught to do everything on you own, so you feel ashamed asking for support. People are always relying on you and you feel unworthy of taking a break or spending time on things that give you joy.

You may feel resentful of those who did not see your pain or reach out to you when you needed help. You were taught not to speak out and express hardships or grievances within

your family. There is great deal of suppressed anger and resentment toward a partner or parent due to long-term issues that were never resolved.

You feel confronted and unsafe when you have to express love or receive it. You have made a negative association with giving and receiving love.

You may have experienced physical abuse to your breasts by means of a sexual abuse or accident during a time when you were experiencing great stress, invasion or feeling a need to be protected from someone or something.

This condition may be related to an ancestor who was sexually abused or whose breasts were touched and exposed by an abuser, resulting in feeling out of control, invaded, disrespected or devalued.

Key Points

- Do you feel confident asking for support? If no then explore why. What happened in the past when you did ask for support?
- What is the benefit of being overwhelmed with responsibility? You get involved with too much as it distracts you from inner tension. Another option could be that you feel important, loved and validated when you are serving others.
- You feel unworthy of your partner's love (or a future partner) as a possible result of a challenging relationship with a parent. Why? Who made you feel unworthy of love during childhood? How did that make you feel?
- You made a negative association with giving and receiving love. Explore feeling unsafe, unprotected, attacked or out of control.
- How do you feel about your sexuality? If this is negative, then explore why?
- Was there any sexual or physical abuse in the ancestry line? Explore trauma related to shame, guilt or feeling like a victim. You may have negative associations with love, which may have been triggered in your life.
- You often get caught up in chaotic, frustrating or confusing circumstances. This pattern stems from childhood. Drama becomes a way of life. What would happen if you moved away from this pattern? Often you have a fear of not knowing how to cope without confusion and chaos, as it has been a part of your life for so long. It boils down to fear of change and fear of failure.
- Trauma related to feeling out of control in your life. Feeling forced to live your life a certain way that clashes with what you really want. Explore further possibilities.
- Where in your life do you feel unprotected and unsafe? This may cause you to feel out of control. Explore fertilization, womb stages and birth trauma.
- Did you ever experience any physical impact on the area of your breast where the cyst is?

Breast Feeding

See Allergies / Milk, Pregnancy

Emotions

Not producing breast milk

This is often common when the mother finds it challenging to bond with the child, especially if it was an unexpected pregnancy or if it's the mother's first child.

The new mother may feel awkward and inadequate in her new role. Often this is because the new mother herself didn't immediately feel a bond with her own mother when she was

born and breast-fed. It also depends on whether the mother really did want the child. She might feel like the child intruded in her life, if the pregnancy was an accident.

You might unconsciously be punishing the child, especially if it was an unexpected birth and you were forced, threatened or felt obligated to keep the child. You might feel challenged to show and express your nurturing side. This may be a result of postnatal depression or feeling rejected by your child.

How did you feel when you had to breastfeed for the first time? Did you feel ashamed? Is there a possibility that you were sexually abused as a child? Stimulation of the breast might trigger feelings of guilt, shame or disgust.

Your family may have had strong opinions about breastfeeding in public or in the presence of others. You may have been raised to believe that breasts are sacred.

You may also experience shame when you expose the breast to breastfeed. The newborn baby might also be allergic to breast milk. This could be as a result of feeling disconnected from or offended by the mother's unconscious rejection of the baby. It could also be an ancestral trauma that is triggered. When the mother herself felt breast-fed by her mother she perhaps felt her mother rejecting her due to exhaustion or needing rest. This pattern may have repeated itself now between you and your child during the bonding phase. The main emotional key points are rejection and resentment, especially if the mother suffered a traumatic birth or from postnatal depression after birth.

Apart from the possible association with breast milk, the new mother might unconsciously respond to her newborn child the same way that her mother responded to her when she was born. Explore how your mother felt when she bonded with her mother. Do you feel that your bond with your own mother might be repeating itself again?

Key Point

- Always explore the birth trauma and see the Birth section if relevant.
- How did you feel the first time you breast-fed your newborn? Explore further if there was a negative experience.
- What was your relationship like with your own mother? Do you feel that old habits and bonding issues are resurfacing? Are you responding to your newborn baby the same way your own mother responded to you? Explore further possibilities.
- Is there any shame or guilt associated with breast-feeding? Explore further.
- Are you aware of any sexual abuse in the family?
- If the pregnancy was an accident then explore how this affected you, your partner and the relationship as well as your relationship with your family. You might feel resentful that the child intruded on your life and challenged your goals or relationship with your partner. You might be feeling angry and resentful because all the responsibility is resting on your shoulders. Explore how this made you feel.
- Explore shame related to breastfeeding. Did the family or your partner welcome the pregnancy? If not then how did this make you feel?
- If the baby has a milk allergy then also see Allergies, Milk section.

Breast Problems

See Breast Cyst, Breast Feeding, Cyst, Lymphatic System Compromised

Emotions

You may have experienced an upbringing that involved your mother or another female authority figure causing you a great deal of stress. You feel challenged by the role of mother,

wife or friend and what the expectations are.

If you are a male then breast problems represent your sensitivity toward people's behavior towards you.

You feel held back by a deep fear of being yourself. Explore trauma related to your mother, resentment, anger or feeling challenged by circumstances that require you to forgive someone.

Do you feel challenged by your own mother's expectations of you? Is there unresolved conflict between you and your mother?

Key Points

- Acknowledge the difference between your mother's love and the love you are still searching for. What should the love that you are still searching for feel like? How would the love that you wanted be different from the love you received from your mother? Explore further possibilities.
- You feel that you will only be accepted and loved if you accept responsibility for everyone's wellbeing. You might feel that the more you do for others, the more important you are. This comes from a childhood where you had to work hard for love and to be acknowledged. Love was hard to come by.
- Trauma related to feeling exposed. Who or what made you feel this way? Explore further possibilities.
- It's not safe to embrace the feminine aspect of yourself. Why? Explore further possibilities.
- If you are a female then you might feel unsafe being a female as women are seen as vulnerable and weak. Explore trauma related to this.
- Feeling resentful toward your sexuality. You might feel your gender always pulls the short end of the rope and has to conform to the demands of others. If this is the case, then how does this make you feel?
- Trauma related to not having your needs met in a way that is fulfilling and safe. How was your need for love and projection met?
- You may feel that others are taking advantage of your time, energy and giving nature, yet you are afraid to set a boundary. How does that make you feel? What would happen if you express boundaries with others?
- You might be stuck in a cycle where you feel that others are responsible for your problems. You often get stuck in a victim cycle and it's time that you take your power back. What would happen if you were powerful? There is often a history where people who were powerful abused their power and you might fear you will do the same. Remember to also acknowledge that power does not have to be destructive.
- You may have had a hostile (love-hate) relationship with your mother. Explore further possibilities.
- You feel a great deal of resentment toward the opposite sex. You associate the opposite sex with being controlled, abused, manipulated or made to feel powerless. Explore further possibilities.
- What stops you from being who you want to be? Why? Who made you feel that way? How does that make you feel?
- Explore your identity. Who would you like to be? How would you like others to see you? What stops you from having and doing just that?
- Explore trauma related to influential people manipulating you and dictating how you should express love. Explore further possibilities.
- Explore patterns where and when you used resistance to keep yourself safe. This pattern may have been serving you for a long time.

- Explore blocks related to self-expression. How to speak your truth and not other people's truth.

Breast Tumor

See Breast Cyst, Breast Problems, Tumors

Bronchitis

See Bacteria, Fever, Inflammation, Lung Problems,

Emotions

Bronchitis often starts when people overwork themselves, enduring long periods of stress. You feel challenged by the amount of guilt, regret or resentment you are holding on to. You feel that all your negative experiences have made you stronger; your strength is based on how much you have survived. This illusion of strength and testing your endurance comes at a price -you are exhausted.

You feel challenged when faced with the topic of forgiveness. Forgiving someone would mean that you are giving your power away. Forgiveness might be seen as a weakness.

You feel defeated by recent challenges in life. You have given every project and goal your best. Your need for praise have been met by rejection or a very unsatisfactory neutral response. You feel emotionally depleted and under valued. You feel that you cannot do anything right and are ridiculed for not keeping up with the expectations and demands of influential people.

You don't allow yourself to explore your emotions; instead, you suppress your sadness and need for acceptance. You may have a fear that if you allow yourself to feel your emotions then you will lose control of your cool temper and people might see the volcano you have been hiding. Self-expression and expressing needs = punishment and judgment from others.

You have been pushing yourself too hard with the unconscious intention of being loved and easing unresolved grief. This is as a result of self-punishment and self-sabotage. This condition often starts after a long period of conflict between you and someone who has caused you a great deal of grief, stress, anger or rage.

Key Points

- Explore trauma related to suppressed sadness. Why do you have a fear of letting go of your sadness? Sometimes you prefer to hold on to it because you fear getting hurt again in the future. If you hold on to this current sadness, the next incident will be less painful. You may have associated sadness with a person or circumstances that you miss and long for. Letting go of the sadness might mean that you will be disconnected to a person or circumstances that you love. Explore more options.
- Explore trauma related to feeling powerless and unable to change unhealthy circumstances in your life. You feel offended by the smell of your environment. You made a negative association with certain smells in the environment and current circumstances and smells are now triggering this. Explore further possibilities.
- Who made you feel that it is safer to suppress your emotions? What happened when you expressed it?

- It's not safe to cry. What would happen if you cried or someone saw you crying? This could either be an ego issue or fear of punishment. You might have been punished, bullied or rejected as a child whenever you cried.
- What is your current or past regret? How did that make you feel? You were made to feel guilty for not obeying demands. How did this make you feel? Explore personal boundaries.
- Self-punishing patterns. You overload yourself with too many activities and responsibilities. What is the benefit of this? Does it make you feel important or avoid judgment etc.?
- Always explore the birth trauma and see the Birth section.

Bruises

See Blood Problems, Circulation Problems, Skin Problems

Emotions

You accept criticism as a personal attack. You feel vulnerable within your current circumstances, as it may have triggered old hurt and trauma from the past, which you do not want to face. You are suppressing emotions that are coming to the surface because you have a fear of expressing yourself to a dominant parent or authority figure. It's safer to suppress the emotions, as the price you would have to pay is too high. You have become emotionally and physically overly sensitive toward certain people and circumstances as a result of the suppressed emotions. You feel challenged when faced with circumstances where you need to express clear boundaries. Expressing personal boundaries was not allowed. People walked over you and took advantage because you were not able to do or say anything about it. You don't feel supported when you communicate yourself or your needs. Your strong emotions are coming to the surface as well as the need to express how you feel.

Key Points

- Who intimidates you in your current circumstances? Who is bullying or abusing you? Why?
- How does this make you feel? What would happen if you expressed boundaries to this person? Explore the association you made when expressing your boundaries. Explore how these circumstances made you feel.
- Where in your life do you feel vulnerable? Why? Explore sperm cells bumping into other sperm cells on the way to the egg. Sperm bumping into egg. Explore birth trauma.
- How did you feel emotionally just before you bruised yourself? Explore this emotion further. Did you feel vulnerable about a decision that you have been procrastinating? Do you feel stressed and ungrounded by circumstances that you cannot control? Explore more options.
- Pattern related to suppressing emotions. If this is the case, explore how suppression keeps you safe.
- Explore trauma related to suppressed sadness. Did you talk about the grief in the past? If not, why?
- Did you have a strong immune system as a child? Explore your mother's diet while she was pregnant. Did you feel nurtured enough? Was the blood circulation strong during your fetal development stages?
- What would happen if you said no to someone that asked for a favor, especially a favor that involves your time? Explore boundary failures.
- Manual lymph drainage can also help to reduce bruising and swelling.
- When did you bruise yourself? See the Quick Reference Guide for more information.

Bruxism

See Temporomandibular Joint and Muscle Disorder (TMJD) -Jaw Grinding / Clenching

Bulimia

See Anorexia, Digestive Problems, Malnutrition, Marasmus

Emotions

You may have been raised in a seemingly loving family however; there was conflict and hostility between family members behind closed doors. Affection and emotions that you were shown may have been very transparent and not sincere. Love that was demonstrated may have left you feeling disgusted, hostile or toxic. You often feel unsafe receiving love and want to rid yourself of any love that makes you feel dirty. Your life has been unfulfilled in a way that has left you wanting more of what you can't have. You feel unable to rid yourself of circumstances and people that are causing a great deal of stress. This condition is often related to the vomit instinct. The environment and relationships feel toxic and you need to rid yourself of the "toxicity" in your life. To you love = disgust and shame. You cannot stomach these circumstances anymore. You feel unable to make decisions about your own life.

You may feel emotionally depleted as a result of quarrels and inner conflict. You often feel that you do not have trustworthy resources to turn to for safety and comfort.

Because so many decisions have been made on your behalf, you feel challenged when you need to make your own choices. You are afraid of the consequences if you make the wrong decision.

You don't feel that you fit in with life—your family and friends. You feel torn between wanting to be yourself and the need to be accepted by others. You get stuck in the cycle of doing more than you should in order to please others.

You often feel a great deal of self-hatred and self-loathing. The self-loathing serves as a reminder that you are deeply undeserving of other's acceptance and time. You may feel as if you have failed the standards and expectations of influential people. You desperately want to be equally prestigious and as important as others.

You feel that you cannot control your circumstances or how other people feel about you. Being skinny and beautiful on the outside rewards your need for acceptance. This condition gives you the illusion that you have control of your life.

Key Points

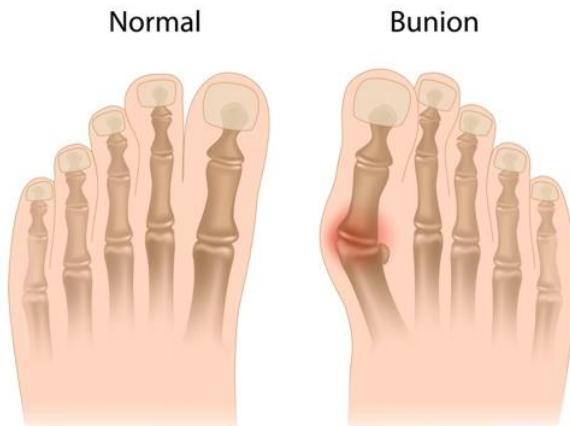
- Trauma related to implantation. Did the zygote attach to the womb wall securely? Explore rejection and fear of not belonging or losing grip trauma.
- Journey of the egg through the fallopian tube often related to vomiting. Being pushed out. Was this event a good event or one of eviction? Feeling separated from the other eggs.
- Did the zygote have enough nutrition from the mother during its early developmental stages? Did your mother have a good diet? Did you feel disgusted or unsatisfied with the available nutrition? Did your mother feel guilty when she consumed her food while she felt insecure and overly conscious of her weight during her pregnancy?
- Was your mother worried about her appearance and weight during pregnancy? Was she controlling about what types of food she could and could not eat, fearing it might add extra weight?

- Explore the point when your mother had morning sickness. How did the lack of nutrition affect fetal development during those first few weeks? First, there was an abundance of nutrition and then the next moment there was nothing left.
- What in your life can you no longer stomach? Explore further possibilities.
- Where in your life do you feel out of control? Why? Explore further possibilities.

Bunion

Emotions

You are stubborn and inflexible when faced with environmental and emotional changes. This stubbornness, determination and ability to endure hardships have become a source of strength. You often attract circumstances that will challenge your ability to cope and endure hardships. This serves as a reminder that you can overcome anything by drawing power from your stubbornness and unwillingness to conform to what is expected. You take pride in being different from others.



Key Points

- How does your stubbornness keep you safe? How did it serve you during childhood?
- Your accomplishments in life were hard to come by and there seems to be an absence of love and sufficient support. As a result, you feel that everything will be hard and challenging, as you seem to expect a lack of support. If this is the case, how did it make you feel?
- You prefer to accomplish goals on your own. Why? If this is the case, what is the benefit?
- You push yourself too hard. Who pushed you too hard during childhood? What is the benefit of being under so much pressure?

Burned

See Attack, Blisters, Skin Problems

Emotions

You feel you have been wrongfully blamed for something you are not responsible for. You may have been made to feel guilty and shameful whenever you expressed yourself. As a

result, you prefer to respond to most situations with silence, only adding to your suppression cycle. You might be feeling guilty and ashamed because of negative thoughts towards someone who has upset you or treated you in an unjust manner. The anger has come to the surface and your cup is overflowing. You seem to be overcompensating for a lack of control in your life. There is a great deal of irritation that is growing out of control.

What stops you from expressing yourself in stressful situations? You may have a fear of being attacked or abused when you express yourself.

Key Points

- Whom and what have you had enough of? What stops you from setting boundaries in this situation?
- Explore trauma related to guilt and shame. What do you feel guilty and ashamed of?
- Explore trauma resulting in feeling angry. What is it about? What is the benefit of holding onto the anger?
- Trauma related to feeling attacked (either verbally or physically) by influential people. Why? How did this make you feel?.
- You have poor boundaries with influential people as you were taught to never challenge an elder. Explore further possibilities.
- Where in your life do you feel burned-out? Why? What is the benefit of carrying many burdens? How does feeling burdened make you feel? Explore further possibilities.

Bursitis

See Arthritis, Cramps, Foot Problems, Inflammation, Muscle Problems, Pelvic Problems, Tendon Problems

Emotions

I mentioned this paragraph under Arthritis, Cramps and Tendon section as a possible cause of this problem. It is important to explore in case it might be the underlying issue.

You may not have had enough space to move around in the womb area due to lack of space or just not moving enough, leaving you stuck in one position for long periods of time. How did not having enough room to move make you feel? It is important to see if that feeling is the same as the one you have whenever your arthritis or arthritic pain is triggered. It is important to find the association you've made and how you felt at the time. Look past any superficial answer as these only represent secondary issues from the main core problem. You are searching for deep answers.

You may have felt attacked during a time when you felt vulnerable and in need of support. Your anger and resentment over circumstances over which you had no control are surfacing as bitterness and negative thoughts.

You often find it challenging to see the good side in life and in others. Your family may have discriminated against you from an early age, leaving you with the feeling that you can't do anything right. When you followed orders and the demands of others you were often rewarded with love and attention. You tried so hard not to make a mistake that you inevitably made mistakes or failed as a result of added pressure. This resulted in a lack of love and acknowledgement. Your efforts were not to be rewarded and instead, were treated as a failure.

You feel punished by life and project your failures at others. If you express clear boundaries and maintain limits, success and positive results will be achieved with greater ease and more consistency.

Key Points

- Trauma related to feeling rejected despite your hard efforts to be accepted. How does that make you feel? Explore trauma related to lack of support as well.
- Trauma related to anger. What happened? What is the benefit of holding on to the anger? Anger is often related to feeling powerless and out of control. Explore further possibilities.
- You take pride in being stubborn. Your negativity keeps people at bay and stops others from hurting or criticizing you.
- You seem to draw your power from anger, bitterness or resentment. How does this pattern keep you safe? You may feel that no one listens when you are polite. This often stems from a childhood where harshness was used to manipulate you and get your attention.
- Explore your womb stages. Was there enough space in the womb closer to the end of the third trimester? How did you feel while in the womb? How did your mother feel? How did your mother's emotions affect the fetal development?
- What kind of relationship did/do you have with your parents? How did this make you feel? Explore this further.
- What happened when you made a mistake or failed a project / goal? Explore trauma related to this. How does it keep you safe to hold on to the resentment and anger in your life? Often you might feel that if you let it go, it will leave you weak and unprotected. Your bitterness and anger keeps people at bay. People listen when you express boundaries in anger
- When did this condition start? What was happening in your life during that time? Explore emotions such as suppressed anger, having had enough, anger or resentment.
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.

Calcification

See Muscle Problems, Shoulder Problems (Frozen Shoulder)

Emotions

You feel overly responsible for your loved ones in the role as partner, parent or authority figure. You feel that their emotional support alone is not good enough. All this may be a result of being under tremendous pressure to fix everything that was wrong in the family. You often take on extra responsibilities out of fear of rejection or not living up to the expectations of influential people in your life. In childhood, you were loved and praised when you took the role of an adult and met high expectations. Love was hard to come by and you had to work hard for the love you received. You have poor personal boundaries stemming from a childhood where you weren't able to express yourself clearly. Your poor boundaries were rewarded with love and acceptance. This created an imbalance between you and the other people in your life.

You have a fear of losing control so as a result, you often attract circumstances and drama that reinforce this fear.

You experienced a great deal of stress and responsibility during childhood, leaving you depleted and feeling unsupported and resentful. The amount of energy and love you put into the world has not been returned in equal measure.

Your need to feel safe and protected drives you to protect and care for others. You give what you feel unworthy of asking for yourself.

You feel a great deal of anger. You were made to feel guilty for expressing any negative emotions. Instead of expressing your need for support, love or more freedom, you suppress it.

Key Points

- Which body part is affected? When did this condition start? What has been a pressing issue in your life that caused a great deal of anger and lack of support? Explore this.
- Did your mother have sufficient rest when she needed it or did she have many responsibilities she had to take care of while pregnant with you that left her feeling exhausted and unable to say “no”? If yes, explore this and how it affected you.
- Fear of being out of control. If this is the case, then explore. Explore key points such as your birth, sperm after ejaculation (was your father tired after long days work, was he stressed about money responsibilities etc.) fertilization, cell division and then implantation.
- Do you have healthy personal boundaries? Can you say “no” without needing to be angry or exhausted first? Can you say “no” without feeling guilty? If no, then explore this. This is often a family pattern.
- Love is hard to come by. Explore trauma that caused you to feel that you were not good enough to be loved without needing to work for it. Explore implantation.
- Carrying burdens of others. How does that make you feel? Do you feel more accepted? Do you feel more worthy of love? Does it give you more value or make you feel more important? What is the benefit or reward of carrying other people’s responsibilities? Explore further possibilities.
- Explore your relationship with your parents. Did you receive enough acknowledgement and love?
- Were you placed under unreasonable pressure? Was there abuse? Explore further possibilities. Explore fertilization, was there enough love, did love come at a price?
- Did any of your ancestors survive war or experience slavery? Explore ancestral stages where the ancestors were under tremendous stress or too much responsibility, with little emotional freedom.
- You are giving too much of yourself. You often copy this pattern from a parent (or grandparent) during childhood. Explore this further.
- You feel obligated to be strong for others. What was the benefit of this? Explore this further and also explore the fetal stages for similar traumas and emotions.
- What stops you from expressing your needs? Explore guilt and shame associated with this.
- Unresolved anger and resentment. Why don’t you express your frustration? Explore further possibilities.
- You are very rigid and set in your ways. I call it, “Hardening of the attitudes.” What is the benefit of being so rigid? Explore how your rigidity is serving / keeping you safe. When did you start to become rigid, what was happening in your life? How did it make you feel?
- Are you copying a parent’s poor boundaries? If yes, why? How do the parents’ patterns and habits keep you safe? Explore the difference between your patterns and your parent’s patterns.

Cancer

See Asbestos, Bladder Cancer, Brain Cancer, Breast Cancer, Chemo Therapy, Colon Cancer, Kaposi Sarcoma, Kidney Cancer, Liver Cancer, Lung Cancer, Lymphatic System Compromised, Lymphoma, Melanoma, Pancreatic Cancer, Prostate Cancer, Radiation, Skin Cancer, Skin Problems, Stomach, Toxins, Tumor

Emotions

You often experience people's actions and behavior toward you as invasive, aggressive or controlling. When you feel this way on a regular basis it may contribute to feeling powerless, angry, resentful or out of control. You may feel like a victim of circumstance. Your boundaries have been disrespected and you have reached a point where you are angry and resentful. You regret not setting clearer boundaries or standing up for yourself with loved ones. You spend time stewing over past mistakes, longing for things that should have taken place or choices you should have made.

You often project a strong, cool and calm façade but under it all is a bubbling volcano. This facade has served you well over the years, keeping you safe from being exposed or vulnerable.

You give too much of yourself, especially time and energy. You do not expect to receive in return—in fact, you feel that it is safer to give, in order to maintain control over the circumstances.

Receiving support equals feeling obligated to giving more of your limited time to others. From an early age, you may have felt that you had to be responsible for everyone. This has created a great deal of resentment, as you feel obligated to carrying the burdens of loved ones. Your life consists of serving others and being the problem solver. Your parents or influential people may have made you feel guilty or ashamed whenever you expressed any emotional needs. It is also called tough love. It boils down to feeling defeated, tired and exhausted by the recurring stressful patterns. You revert to anger and resentment to build barriers around you, to keep you safe from abusers and people who took advantage. You use anger and resentment to express boundaries. Without these emotions, you would not feel strong and confident enough to say “no.”

It is now time for you to look after yourself and prioritize your own needs. You should pick up where you left off with personal goals and projects.

You may feel a great deal of resentment, sadness or anger for being in this situation after everything that you have done for others and the world. Your efforts and loyalty have not only been ignored, they've been rewarded with even more challenges.

There is often a big link between abuse and cancer. The underlying traumas of cancer include violation, invasion, resentment (hardening of the attitude) and feeling out of control and disempowered. The mentioned traumas are the same as the trauma related to the symptoms of someone who has been abused (abuse could include emotional, physical, sexual and spiritual). When the abuse is consistent enough, it can cause health problems such as fatigue, depression and swollen lymph nodes etc. Cancer is also an example of this. The cancer may start and develop if a predisposition of it in the body is triggered by trauma, possibly related to poisoning or toxicity in the environment, along with strong negative emotions. The toxins may move to a weak and challenged area (such as lungs, kidney, brain, skeletal system, breast, prostate, lymph nodes etc.) in the body. The poisoning could affect the healthy balance in the body along with the above-mentioned emotions. The body may have felt invaded and attacked by its environment and you may have felt out of control, angry or invaded in your personal life. Cancer is only a symptom of a deeper issue. It is the expression of stagnant and accumulated physical or emotional trauma in your life, along with unresolved trauma from the ancestry line. When a person is born with a predisposition for cancer then they are often born sensitive to certain environmental factors and circumstances.

Explore issues that were taking place in your life when the cancer began. The final trigger could be due to recent circumstances that may have been the tipping point of a long string of accumulated trauma. You are searching for events that have caused the emotional build-up of

violation, invasion or feeling out of control. This trauma will often be present in your childhood, conception stages and ancestry line.

Your circumstances are very unpleasant and stressful. It is important that you explore how your life has changed since being diagnosed with this condition. Which of your relationships have improved or ended? What have you lost or gained at the same time? Cancer and the ancestral line, general remarks: Inactive trauma, if combined with the correct circumstances and environmental factors can trigger a predisposition in the biology line. A previously inactive trauma has recently been triggered. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. You may have been born overly sensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later active. It is important to understand that this does not mean that it is anyone's fault within the family that this condition was triggered.

Trauma related to feeling invaded and losing control are the key traumas to focus on when working with cancer. Invasion and loss of control could be related to your identity, environment, territory, your body and desires / goals. Explore long-term and short resentment, anger, rage and unwillingness to forgive, feeling resentful, feeling of control, invaded and violated.

Note to practitioners: Sometimes the practitioner spends too much time searching for the problem. The more you search for a problem the more you will find yourself feeling blocked by mountains of issues and hurdles. When you are working with different types of cancer, it's always important to look at where it's located and refer to the Quick Reference Guide.

Key Points

- Trauma related to loneliness. Explore womb stages. Did your mother feel alone and unsupported while she was pregnant? How did her emotional state affect you during fetal development?
- Explore childhood trauma. What did you experience that was traumatic? Was support available to you during that time? How did that make you feel? Has that been a pattern for you in your life until now?
- Explore any significant emotional shock or trauma in seven plus years prior to the diagnosis of the cancer. This can indicate the emotional blocks to resolve and also indicate the final trigger (note I say final trigger and not original trigger). Explore recurring patterns that may have taken during that time.
- There is a pattern of anger, resentment, hurt, feeling out of control, violation or defeated. Explore this further. Which emotion ranks the highest and begin exploring with that one.
- Important key development point to explore is fertilization, when the sperm penetrated the egg. Cancer feels like an invasion in the body and it's important to explore any points and stages you felt invaded and violated in childhood or adult life. If you cannot identify with invasion at earlier stages then look for times where you can identify easier with the invasion or violation. This condition is also related to cells that have grown out of control, which is also related to emotions such as feeling out of control. Explore further possibilities.

- You often feel challenged to let go of sadness. The longer someone has been holding on to an emotion the more it's starting to serve them. If you cannot resolve an issue then you either suppress it or find a way to gain benefits from it (also called secondary gains). You might also hold on to the sadness as it might protect you from future pain. Sadness is also a familiar feeling for many people. It can even be described as that safe, coming home feeling. Sadness and crying are often a person's way of safely expressing their emotions. Explore further possibilities.
- Explore the birth trauma and also see the Birth section. Explore key emotions such as feeling out of control, invaded, resentment or anger.
- You have a habit of making things hard for yourself (self-sabotage). What do you sabotage in life? Why? How does it make you feel? Why do you sabotage ___? What would you have to change or give up if you are successful or if the desired out of ___ is achieved? Explore further possibilities.
- How does it keep you safe to give your power away to influential people or loved ones? The answer might be that it protects you from being attacked and judged. When you suppress boundaries, you are loved and not rejected. Explore further possibilities.
- In the ancestry line explore self-pity and being victim of circumstance. Explore feeling defeated and unable to break away from unhealthy and stressful circumstances and people. Explore if any of the above started in your life.
- What would happen if you allowed yourself to receive support, love and nurturing? You might feel weak if you ask for support. This is also related to worthiness. You may also have been made to feel guilty or ashamed for asking for support. Receive without feeling obligated and needing to pay a price. Explore further possibilities.
- Explore trauma related to feeling rejected, abandoned, humiliated or betrayed. How did that make you feel? What did you need at the time when you felt rejected, abandoned, humiliated or betrayed?
- Trauma related to low self-esteem. Who or what made you feel that way? Do you feel more unworthy in the presence of a man or woman? Explore more options.
- There is often resistance to change. You might feel that it safer to hold on to the trauma so that it cannot repeat itself. Letting go of this trauma does not mean that you will be vulnerable again. A person can only be vulnerable to more traumas if they hold on to it, as it may attract more and similar traumatic circumstances. What you resist, persists. Releasing trauma discharges tension, pain and rigidity in the body. The body gets a chance to complete an unresolved trauma cycle. Explore trauma first and then ask yourself what you need to change (habits, boundaries, patterns) to avoid having to go through similar situations again?
- Explore the ancestry line. Was there any kind of abuse or above-mentioned patterns? Explore whether there were hardships, wars, slavery and imprisonment, sexual or physical abuse? What was the ancestors' diet like? Explore emotions and patterns that could have affected you in your lifetime, contributing to physical disorders.
- What have you abandoned that used to give you great joy? What makes you happy? Are you doing it? If not, then why? Reconnect to what you love and not just the things you feel safe with.
- Trauma related to losing everything you once loved. Could also be related to ancestral trauma. Explore further.
- Side note: Breast cancer seems to have a strong pattern of resentment, especially against family members (such as feeling attacked, abandoned, not supported, not accepted or feeling you have to behave a certain way to be accepted by society).

Important questions for you to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Candida

See Fungus, Immune System Compromised, Intestines, Digestive System, Dyspareunia

Emotions

You feel frustrated as you try to resolve a situation and approach a person that is causing you a great deal of irritation. You feel resentful toward people who do not need you anymore. If so, what is irritating you? People who have Candida have an outbreak or discharge (more and worse symptoms) when they feel anger and frustration toward someone or circumstances. It may also start when they feel exhausted and taken advantage of.

You take pride in supporting people: being responsible and supporting others rewarded you with validation, love and acceptance.

You feel that demanding circumstances or abusive influential people might challenge your importance as a female or male figure.

You felt deprived of love during childhood, causing you to feel undeserving of having needs met. There is a great need for love in your life. There is an uncertainty in regards to how you should ask for your needs to be met, in a way that does not make you feel guilty, ashamed or abused. This results in a pattern where you feel resentful, left out or devalued.

You often felt very controlled and dominated in the past by influential people. There is a need to rebel against controlling people with the intention of reclaiming independence and freedom. You feel that you are fighting against an invisible force that will not let you win. Against whom or what did you always have to fight? What are you fighting for in life? Who and what do you feel has always sabotaged your goals and journey?

Candida “feed” off negative emotions such as resentment and anger. If there was Candida present during infancy after birth, then your mother’s emotions may possibly be stored / recorded in the Candida that is now in the newborn baby. Think of Candida as an energetic sponge. It can absorb emotions. It is often drawn to and thrives on negative emotions and thoughts. See Chronic Fatigue.

Thrush / Candida in mouth

You seem to regret things that have been said and done. You also feel a great deal of resentment as a result of not being able to express yourself. You are often seething with anger and bitterness, feeling pushed and manipulated into circumstances that are causing you a great deal of despair. You may feel powerless to change your challenging circumstances. These circumstances result in you feeling attacked, punished or abused, unable to speak up.

Thrush / Candida in vagina

You may feel a great deal of anger and resentment toward an influential person to whom you gave your power away. You seem to feel helpless in your circumstances and unable to control the influence that others have in your life, especially a partner or male figures. You were not given the opportunity to safely exercise boundaries during childhood. This has caused you to fight for respect, love and acceptance. You feel controlled and trapped in circumstances, feeling taken advantage of. The opposite sex triggers your low self-esteem. You are trying to rebel against these old patterns and values that are out of date and no longer serve you. You feel anger when a partner or male figure controls or manipulates you, yet you feel powerless to stop or change this person's behavior toward you. You often feel obligated to sexually please a partner. You feel demeaned by men and have a great deal of resentment toward your role as a wife and sexual partner.

Key Points

- When did Candida outbreak start? What was taking place in your life at that time? Trace the trauma / emotions back to your mother and ancestral line if necessary.
- What was your relationship like with your mother? Keep asking questions until you find hints of anger and negative patterns or thoughts. There always seems to be difficulty with the mother in these cases.
- Who or what in your life is making you feel so angry and offended? How does this make you feel?
- Trauma related to circumstances or a person that resulted in you feeling a great deal of resentment. What trauma or incident in your past do you have difficulty letting go of? What is the benefit of holding on to it? Do you know how to say “no” and express boundaries without needing to be angry and feel resentful? Who expected too much? Explore further possibilities.
- Who or what circumstance robbed you of happiness? How did that make you feel? Explore further possibilities.
- Trauma related to feeling attacked (either verbally or physically). There was little room for mistakes in life. This may have caused you to be very hard on yourself. Explore fertilization stages. Explore trauma in your life as well.
- What would happen if you decided to make your own decisions instead of following instructions / orders / demands from others? Explore further possibilities.
- Explore your relationship with your partner. Do you feel sexual guilt or resentment towards men / woman? Are unresolved issues with a parent being triggered in your current relationship? Explore further possibilities.
- Was there any evidence of sexual abuse in your ancestry line? If yes, explore how this trauma may be affecting you in your life? Explore further possibilities.
- If you are female then explore your general relationship with men. Do you trust men? Feel scared of men? Dislike men? Feel controlled or disempowered by men? Why? Keep asking until you find a negative association you may have made, traumas related to men.
- What is intimidating or draining to you? Who or what exhausts and depletes your energy? What stops you from expressing personal boundaries? Explore further possibilities.
- What do you feel you have to fight for in life? Do you feel that you have to fight for respect, freedom or love? Explore further possibilities.
- Are you expressing your mother or father's unexpressed anger and resentment? Explore further possibilities.

- Explore the ancestry line. How did the ancestors' resentment surface in your life? Explore further possibilities.
- Trauma related to communicating. You may feel a great deal of regret or resentment related to what an influential person said to you and you were unable to express your truth.

Canker Sores

See Blisters, Cold Sores, Ulcers

Emotions

You may feel run down by your lifestyle. Because you do not value your time and often underestimate your ability to cope with so many responsibilities, you overburden yourself. This results in feeling anxious, stressed and tired. Your loyalty to loved ones leaves you feeling obligated to push on, despite your lack of energy, time or resources. This self-sabotaging pattern takes a toll on the immune system. You feel drained and completely out of sync with your goals and relationships, unable to communicate your need for support. You may feel bitter and angry, or misunderstood whenever you communicate your opinions and concerns to another.

Your personal boundaries are not being communicated well enough, making you feel trapped in undesirable circumstances.

Your parents may have tried to motivate you by being overly critical; often micromanaging and pushing you too hard. You felt set up for failure, causing you to work harder to meet already high expectations.

Loved ones often blamed you for their mistakes. As a result of your poor personal boundaries, you may have accepted the blame with the intention of being accepted and loved instead of rejected or criticized. You might feel that if you speak up then any consequences that arise will be your fault. You feel under a great deal of pressure and obligation to stay in unhealthy circumstances (freeze instinct).

You might have bitten yourself on the inside of your mouth by accident and consumed acidic liquid or food that aggravated the injury. Your suppressed words have become acidic and need to be expressed.

Key Points

- What stops you from expressing yourself? What happened in the past when you expressed yourself? How did that make you feel?
- Why did you allow yourself to be snowed under by responsibilities? What would happen if you expressed your boundaries? There might be an ancestral pattern where they believe that they have to work hard and suffer for what they want. They were not allowed to complain. Complaining and asking for support = weakness and being attacked by stronger individuals.
- Who pushed and expected too much of you during childhood? How did that make you feel?
- Which parent caused you a great deal of anger, frustration or resentment? Is your pattern with this parent repeating itself in your personal relationships? Explore trauma first and then explore pattern and secondary gains.
- You feel that you have been molded into someone that does not resonate with you. How does this make you feel? What stops you from becoming who and what you now want to be?
- If you find it challenging to process your resentment, suppression or frustration then how does the emotion keep you safe or serve you? What would happen if the emotion were not

there anymore? What is the benefit of holding on to the resentment? What is the benefit of being suppressed?

- The answer to this might be that you do not have to take responsibility for yourself or your future. Explore further possibilities.
- Explore trauma related to being suppressed by influential people and feeling unsafe or unable to express yourself. In what area of your life do you feel suppressed? How does this make you feel? Explore further possibilities.

Cardiac Arrest

See Heart Problems

Cardio-Vascular Problems

See Heart Problems, Vein Problems

Emotions

You are all out of love, especially for yourself, as you have been giving and giving without expecting anything in return. Your inability to receive love has caused you to become strained and drained. In the past, you were rewarded for giving love and may have been made to feel ashamed when asking for love and support. This results in a secondary association with receiving, so that you feel your position in the family is more secure and more rewarded when you are of service to others.

Communicating matters of the heart has been challenging. Communicating feelings leaves you exposed and vulnerable. You have had challenging relationships that tested your ability to fully love and be loved. This may have resulted in side stepping intimate relations. You often feel safer interacting with strangers, as public interactions do not require you to open up on a more intimate level.

You feel rejected by people that you love. Influential people reject you when you express a need for love, safety or acceptance. Your needs may have been met in a way that made you feel unsafe and unprotected. You feel that your only purpose is to serve and not experience life. You are withdrawing from life and the hiding and fighting instinct is activated and in conflict.

You often feel challenged by a partner's dominating and controlling nature. This partner might be triggering unresolved abuse or issues you had with a parent.

Key Points

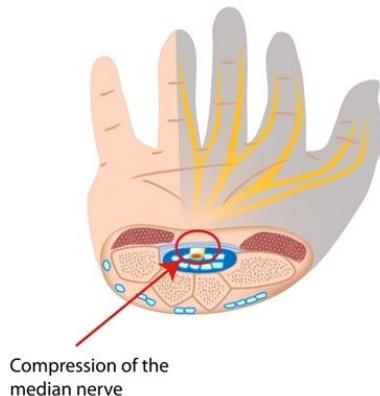
- Did either of your parents manipulate you with guilt or shame when you expressed a need for love and attention? If yes, explore this further.
- Do you feel that you have had enough of life and wish for an exit from current circumstances? Exit meaning passing over or drastically changing your current circumstances? What have you had enough of? How does this make you feel? Explore further possibilities.
- What would happen if you allowed yourself to receive? What happened in the past? You have a fear of being indebted to others if you allow yourself to receive. This makes you feel controlled, stuck and unsupported. Serving others is more rewarding than receiving. Why? What you give to another is what you also need. Explore patterns and also explore trauma related to it.

- By whom did you feel controlled? How did this make you feel? You may have associated love with control, which means that you do not want to be loved. Being loved means that you will be controlled again. Explore more patterns.
- You may be feeling that you are not allowed to experience joy and happiness. If yes, why? How does that make you feel? What happened every time when you experienced joy? Explore trauma associated with joy.
- You find it challenging to communicate yourself to others, especially if it involves your own needs. This communication block often leaves you feeling bitter, angry, frustrated or resentful.
- Explore how the communication block makes you feel first. Then explore trauma related to it.
- Place your hand on your heart and listen to what the heart is saying. Give the heart a voice. What is it saying? What emotion is present in the heart? There is often grief, sadness, heaviness, depression and aloneness. Explore these emotions on an ancestral level.
- Explore the fetus heartbeat during womb stages. What did it feel like? How was your mother feeling during her pregnancy? How did the tension in her body affect the developing fetus heart? Did your mother feel similar emotions to what you are feeling now? If yes, explore the difference between your mother's emotions and trauma and your own emotions and trauma. What is the benefit of expressing your mother's trauma?

Carpal Tunnel Syndrome

See Arthritis, Joint Problems, Muscle Problems, Myofascial Pain Syndrome (MPS), Nerve Problems, Tendon Problems, Wrist Problems,

Carpal Tunnel Syndrome



Emotions

You feel rigid and stubborn when you are confronted with circumstances that would require you to ask for support and allow you to receive support. You often don't communicate your needs because of a fear of rejection, criticism or being considered a burden.

You know exactly what you need but fear asking for support as you associate expressing your needs with being controlled. Your lack of self-expression may be holding you back from making personal progress and moving on with your goals. You may feel weighed down by responsibilities that have piled up as a result of not asking for support when you should.

You are often very set in your ways along with the fighting instinct that is activated. This can make you inflexible and stubborn when it comes to changing your circumstances or taking advantage of new opportunities.

Influential people projected rigid and controlling values and beliefs onto you. This caused you to feel rigid and unbending with new information. The pattern that developed has left you stagnant and resistant to being flexible with your tasks and goals. Your efforts in life may not have been praised and appreciated in a way that was fulfilling. You may have felt attacked or judged without being acknowledged for efforts put into a project or goal. You often feel that, "Nothing I do is right, I am destined to always be under pressure, punished and undervalued."

You may also have injured this area resulting in this condition.

There may be a tug of war between a parent and child about their direction in life and how the child is handling their personal progress and success. This pattern may play itself out in your adult life. You are often competitive with a parent to show the parent that you can be successful and rise above mistakes.

Explore ancestry line. Were any of the ancestors a typewriter or construction worker that may have placed a great deal of pressure and stress on their joints?

Key Points

- If due to injury, what were you feeling emotionally feeling before the injury? What was going on in your life during that time? Explore this.
- What happened in the past when you reached out for love, support or security? How are your needs being met? Explore further possibilities.
- There is no joy in what you are doing and you are trying to dissociate from it. You may have been forced, pressured or manipulated into doing certain tasks or following a career that does not resonate with you. How does this make you feel? Explore more possibilities.
- Who pressured you too much during childhood? Is this pattern now being repeated again? Explore self-sabotage. How did that make you feel? Explore further possibilities.
- If due to a growth factor then explore the womb stages. Did you have enough space in the womb during the last trimester or were your hands squashed between the chest and the womb wall causing strain in the wrists during birth? Is the body acidic? If so, explore unresolved feelings of resentment and why you feel resentful.
- Which influential person was too hard on you during childhood? How did this make you feel?
- What is the benefit of overextending yourself? Explore further possibilities.
- Did your mother have trouble communicating her needs while she was pregnant? Was she able to ask for support when needed? Do you have similar blocks or patterns as your mother or father? Are you expressing their unexpressed trauma related to feeling suppressed, pressured or controlled? Explore further possibilities.
- Explore fertilization stages. Explore key emotions such as feeling squashed, swollen and blocked communication.
- What do you feel deprived of in life? You want specific answers not, "I feel deprived of everything." Explore the heart mind for the emotions. How did that make you feel? Explore further possibilities.
- Who betrayed your trust? Explore this further.
- This condition is often related to boundary failures. Do you say "no" when you want to? If the answer is no, then explore trauma and fear associated with expressing boundaries.
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.

Catalepsy

See Epilepsy, Muscle Problems, Pelvic Problems, Schizophrenia, Suicide,

Emotions

You are so set in your ways that you have almost become physically rigid and stagnant. You seem to be rebelling against changes taking place in your life. You have a great need to be different and unique and feel that that you will only be loved and noticed if you can become successful. There is conflict though as you are resistant to becoming successful due to a fear of failure and not feeling good enough. There is a deep-seated fear of being attacked, exposed or becoming vulnerable if you do succeed. Your survival instinct is switched on and you are living in fight or flight mode. There is a conflict between the instincts making you feel frozen with a need to dissociate yourself from circumstances.

You often feel unsafe and unprotected due to poor personal boundaries. You feel completely out of sync with people and life, still in search of a safe haven in which you belong. Deep-seated trauma has been triggered in your life from the ancestry line and your body is trying to find a way to complete the trauma by dissociating.

Key Points

- If you are unable to speak, have a guardian answer as many questions as they can on your behalf. When did the condition start? How did you feel and how had you been feeling a few months prior to the condition? Did your parents have similar emotional symptoms? If yes, then explore how and why their trauma is being expressed in your life. Explore environmental triggers.
- What were you doing when it started?
- What were you feeling emotionally before the condition started?
- What have been pressing issues/ unresolved problems in your life? How do these problems make you feel? Explore further possibilities.
- With whom do you have a challenging relationship(s)? Explore relationship with parents. Explore unresolved trauma. Focus on feeling rejected (“my need for love is always rejected”) helpless, overwhelmed or out of control.
- Were you abused? Explore physical, emotional or sexual abuse in the ancestry line. If present, explore ancestral trauma by following the conception and fertilization stages.
- What have you had enough of in life? How does that make you feel? Keep going back to the heart mind and explore how the story makes you feel.
- There is a great need to move away from your circumstances.
- You draw your strength from being stubborn and being inflexible. Rebelling and dissociating from the environment has distracted you from your own turmoil and emotions. It is important that you find out why you need to escape. From whom or what situation? Explore trauma related to feeling suffocated, overwhelmed or trapped.
- The ancestry line will often be a very important point to discuss and explore. Were there any wars, slavery, severe abuse trauma, poisoning, heavy metal poisoning in the ancestry line? Explore further possibilities.
- Numbness keeps you safe. Explore the numbness. When did it start?
- Pelvic misalignment may cause pressure in the brain and nervous system. Explore fetal development and birth trauma.

Cataracts

See Eye Problems

Emotions

You have not been able to see the hostility that was present during childhood until now. You are protecting yourself from feeling the lack of love that was present in your childhood and which may have been repeated in your marriage or other personal relationships.

You were made to feel that others always had your best interest at heart, however you have since learned that people had selfish agendas. Realizing this may have caused you a great anguish, allowing a pattern of suppression to set in. There is often denial and a refusal to see and believe what your life foundation was built on. Words of others have become empty vessels as you try to block out the offensive and controlling behavior of others. You want to take a step away from all the dramatic and stressful activities in your life.

You feel mentally, emotionally and spiritually controlled. Metaphorically, life is different when you are the passenger instead of the driver. There is a need to withdraw from new circumstances as you are running out of options to cope with how you feel.

You often feel tired and too exhausted to always try and understand what others want. You have a hard time relating to people as you feel that you experience life differently from others. When confronted with new changes or perspectives, you want to fade away and hide. There may have been a great deal of abuse present during childhood that you didn't want to see. Recent circumstances and unrelated trauma triggered old childhood trauma.

Key Points

- Trauma related to feeling disappointed by people you trusted. How did this make you feel?
- How does it keep you safe to avoid seeing your life as it is?

Note to practitioners: Do not get stuck on the story that the world is a bad place etc.
Keep it personal to the client. How does ____ make the client feel?

- Trauma related to abusive behavior toward you during childhood. How did the abuse make you feel?
- Place your hand on the eye that has the cataract. Give the cataract a voice. If that cataract could speak, what would it say? What has the eye had enough of? What does it not want to see and feel anymore?
- Trauma related to your opinions being judged and controlled by abusive people or dominant authority figures. If this is the case, how did it make you feel?
- Trauma related to feeling unprotected. Who failed to protect you? How did that make you feel?
- Changes in your life that took place too fast resulting in feeling out of control and wanting to dissociate. Explore further possibilities.
- Is there a feeling of hopelessness or wanting to give up? If yes, then why? Give up on what? Why? How does that make you feel? Explore sperm journey, birth (See Birth Section) and womb stages, explore above key emotions.
- Consider why you might be obstructing your vision and ability to see your own truth. Explore further possibilities.

Catarrh (Ear)

See Ear Problems, Inflammation

Emotions

You do not trust new information as a result of past negative experiences when influential people may have misled you. This left you feeling upset, disappointed or traumatized. There is a resistance (either conscious or unconscious) to take in new information, as you do not know whether it can be trusted. This pattern makes you resistant to opening yourself up to new possibilities and perspectives. There is a willingness to learn and listen to others, yet there always seems to be a distant voice in the back of your mind. This voice (fear) is a constant reminder of the disappointment or stress that was caused as a result of listening.

You may be surrounded by arguments that are upsetting. There is a resistance to hearing what is going on in your environment.

You felt forced, trapped or obligated to listen to others without the opportunity to distance yourself. Being unable to express your boundaries made you feel angry and frustrated. You feel challenged by not being able to change your circumstances, yet you know you must deal with it. It is time for you to distance yourself from people's bad habits, negative thoughts and venomous words.

You may have experienced an environment during childhood where overly dramatic reactions were the norm. This caused a great deal of stress and anxiety. You see how others are responding and expressing themselves in challenging situations.

You feel that negative experiences often outweigh the positive experiences. Conflict has a big and negative impact, so you tend to avoid conflict whenever possible. This is as a result of having had enough of conflicting situations with people in your life.

You prefer to dissociate and avoid the disagreement. You hold on to anger and resentment and use it to protect yourself and express clear boundaries.

Key Points

- Trauma related to being surrounded by people that overact, leaving you confused and scattered. Do you feel that you have become oversensitive to your environment as a result? Explore further possibilities.
- There seems to be a pattern related to withdrawing and hiding whenever circumstances become too stressful and challenging. You want to escape; yet, you feel trapped. How does this pattern keep you safe? What does it keep you safe from? Explore further possibilities.
- Trauma resulted in making you feel oversensitive toward your circumstances. This is due to recurring actions from either an influential person or it could be circumstances. If you can identify which, how did this person / circumstance make you feel?
- Avoidance and dissociating is one of your strategies. It keeps you safe and out of harm's way. What does it keep you safe from? Explore further possibilities.
- Certain outdoor activities can trigger this condition. There was already tension building in this area of the body. The time when the condition started (this may include a big argument for example) may have been the final trigger for this condition to start. Place your hand on the ear that is problematic. Give the ear a voice, if it could speak what would it say? Explore further possibilities. Explore how the ear condition makes you feel.
- Explore your relationship with each parent. Which parent's behavior caused you a great deal of stress? Were there a lot of verbal blows, yelling, accusations or judgment? Explore further possibilities.

Celiac Disease

See Allergies, Intestines

Emotions

Acceptance, lack of acknowledgement, attention and love may have been hard to come by during childhood. Instead of having your needs met, you were often pushed too hard and left to feel that you couldn't do anything right. This made you work hard to achieve success, although you have now become addicted to pushing yourself for praise and acknowledgment. At the same time, you suppress feelings of emptiness and not feeling good enough or important enough. The secondary gain of pressuring yourself is that it allows you to avoid and deflect from deeper, more intense emotions and trauma.

You often feel helpless and disempowered by influential people, feeling angry, frustrated and resentful. You feel frozen and trapped in current circumstances. Being controlled has become a way of life. Your identity and sexuality may have been suppressed and criticized by the opposite sex, which results in feeling powerless and stripped of any rights. There is a great deal of self sabotage. You may feel very undeserving of having the best in life—that the good things in life are only reserved for others.

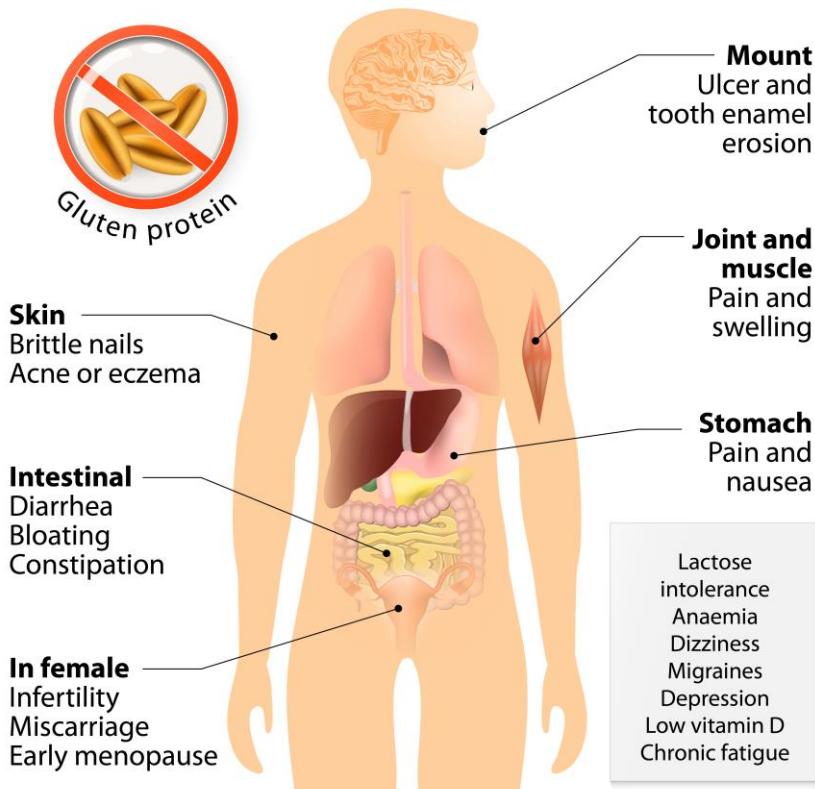
People with these conditions often suffer from Chronic Fatigue and Adrenal problems. Your circumstances seem to always leave you feeling exhausted, drained and angry.

You were often punished or ridiculed when you expressed needs or boundaries in the past, causing you to develop poor boundaries. Your gender was suppressed in the family.

There seems to be a great deal of emotional, physical and even sexual abuse trauma in your life (if not then it will be present in the ancestry line). It is important to explore this possibility. You feel traumatized, hurt, used and offended by those same people who should make you feel safe. You seem to keep attracting people that traumatize, hurt, use or offend. What is the benefit of always being challenged by intimidating people? You need to be challenged in order to prove how much stress and challenge you can endure.

If the client is a child, then explore the above points with the parent -can the parent or even a grandparent relate to this? Often children express a parent or grandparent's unresolved issues.

CELIAC DISEASE



Key Points

- Do you feel that your gender had equal rights during childhood or during your partnerships? If no, then why? How did this make you feel?
- Explore slave trauma in the ancestry line. If present then explore the ancestral trauma and the association that was made with wheat, poverty, injustice, grief, loss, hatred, anger, resentment and poor boundaries.
- You have a wonderful creative side that has been suppressed. The more you suppress this creative energy the more irritated, frustrated and angry you might feel. There is no outlet for this energy.
- What do you like to do? What are you passionate about? It is important for your emotional, mental and physical wellbeing to connect to your creative side again.
- Who or what affected your low self-esteem? Explore further possibilities. Is this a pattern that either your mother or father had? If yes, then explore the associations that you made with your parents' personalities.
- Trauma related to feeling rejected. Explore implantation.
- Trauma related to feeling offended, abused or used. Explore further possibilities.
- How do you feel when someone challenges your self-worth? Do you see it as a challenge to prove your self-worth? Explore more possibilities.

- Explore trauma that your mother experienced during her pregnancy. Explore further possibilities.

Cellulitis

See Inflammation, Skin Problems

Emotions

You may have become an angry, voiceless observer in your life. You learned from an early age to never challenge influential people, as you would only regret the consequences that would follow. You often feel unprotected by influential people in your life. As a result of your poor personal boundaries, you seem to feel responsible for too many chores and issues that are not your responsibility. This stems from a childhood where shame and guilt may have been used to manipulate. This may cause you to overcompensate, trying too hard to be accepted by others.

You are very sensitive to other people's actions towards you. You allow the actions and words of influential people to get under your skin.

You feel powerless to stand your ground and often take out your anger and frustration (as a result of your own mistakes) on people that are near and dear to you.

You may have felt like a nuisance during childhood, as if your presence was a disruption and an inconvenience. You have many unresolved issue from your past that you have not addressed, leaving you full of regret and guilt. You are holding on to unhealthy relationships and circumstances, as you seem to feel unworthy of any better circumstances.

You often feel safe in toxic, abusive or challenging circumstances, as it feels safe and normal. You know how to survive and cope within these circumstances. You stick to what feels familiar, even if it is unhealthy and challenges your personal progress and welfare.

Key Points

- Your stubbornness is your survival strategy, which may affect your ability to forgive others.
What would happen if you did forgive people that caused you hardship?
- You feel vulnerable in relationships. Why? How does this make you feel? This vulnerability is protected by anger and resentment.
- By whom and what do you feel irritated and aggravated by? Why? How did this person / circumstance make you feel?
- Trauma related to feeling powerless. By whom or what circumstance? How did this make you feel? Explore birth trauma as well. Feeling intimidated by authority (this could a parent etc.).
- Explore womb stages. What does the amniotic fluid feel like? Does it feel acidic and hold the energy of resentment? What was your mothers' diet like? Did she drink or eat a lot of acidic food and drink? Explore this and explore the associations that were made during womb stages.
- Explore feelings of guilt. Explore during conception stages.
- Explore feelings of regret. Why do you hold on to regret? Explore further possibilities.
- You were punished with accusations that left you feeling abused, guilty or ashamed. This pattern of feeling shame and guilt has now begun in more aspects of your life. You feel angry at these emotions, as you consciously know you have nothing to feel guilty about.
- Feeling under attack (either verbally or physically). By whom? How does that make you feel? Explore trauma related to feeling under attack during fertilization and womb stages.

- Holding on to unhealthy and toxic relationships. Why? What would happen if you walked away from it all? Explore secondary gains, self-sabotage as well as old trauma related to negative experiences you had with intimate relationships. Explore your mother and father's marriage or partnership. Are your parents' problems being repeated in your current relationships? Explore further possibilities.

Cercarial Dermatitis (Swimmers itch)

See Allergies, Dermatitis, Parasites

Emotions

Someone or something is getting under your skin, getting the better of you. You feel challenged expressing clear boundaries but the more you hold back expressing boundaries, the more irritated, angry and resentful you become. There are times in your life when you feel, "This is not fair!"

You may have been made to feel stupid, unworthy or inadequate when performing certain tasks. This may have challenged your ability to be utilized and feel successful.

You often feel stuck and trapped in your circumstances. The flight instinct is activated yet you are unable to move away from a situation, which causes a great deal of irritation and helplessness. You may feel resentment toward competitive influential people who use you as a way of fulfilling their unfulfilled dreams. You want to be unique in your own way and not molded into someone else.

Key Points

- When did the condition start? How did you feel at the time? Explore further possibilities.
- Who or what is getting under your skin? How does that make you feel? Explore further possibilities.
- Which influential people / person challenged your self-worth? Explore further possibilities.
- Who and what made you feel stupid and inadequate? How does that make you feel? Explore further possibilities.
- How does the anger and irritation make you feel? Is it your way of expressing clear boundaries? Explore further possibilities.
- Explore trauma related to feeling out of control. Feeling controlled and dictated to by an influential person.

Cerebral Palsy

See Bacteria, Meningitis, Nerve Problems, Virus

Emotions

After cerebral palsy started: You may feel directionless in life searching for a place to belong. You often don't resonate with the people that are a part of your life.

You feel dictated to without an option to make your own decisions, pulling you further from what you want to achieve in life. You feel like a victim of your poor personal boundaries. This is a repetitive cycle that surfaces in many areas of your life.

You are often overly conscious of limitations of your condition, causing your desire to be accepted and validated even more by others. This may allow you to accept abusive behavior rather than expressing boundaries. Expressing boundaries could result in rejection, judgment or being abandoned, which is what you are trying to avoid at all cost. As a child, you relied

on a parent for survival. Upsetting the parent would threaten your survival, often numbing you with fear. If you speak up or express yourself, your survival and emotional needs might be compromised in one way or another.

You may feel overwhelmed, out of control and have a strong need to dissociate from how you feel along with a conflict between a fighting, numbness or hiding instinct.

You may have experienced a deep, unconscious fear before the birth, which leaves you afraid of being able to control the ups and downs that life will have to offer. This is a result of your mother's trauma and stress that she experienced during the contractions, just before giving birth. You have made a negative association with change, making you stubborn and inflexible when it comes to making changes or compromises.

There is a great deal of stress related to what you need to say. Your freedom of speech and ability to communicate may have been greatly challenged, causing you to become rigid and tense when trying to communicate.

You have suffered a great deal of stress, tension and anxiety over a long period of time.

You feel, "I am destined to have hardship and struggle." Is this a family pattern? Did your mother feel this way when she gave birth to you? Did she fall during her pregnancy?

If this condition was triggered by a viral infection then it's important to explore your self-esteem as it relates to a partner, feeling worthy and trauma when communicating. See the Virus section as well. How do you think others see you? The answer to this question often reflects how you feel about yourself.

If the condition was brought on by bacterial infection then also refer to the Meningitis and Bacteria section. Explore feelings of guilt and regret.

If the client is young then ask the mother what kind of birth the client had (caesarean etc.). Explore emotions that the mother experienced when she gave birth. Did she feel that she could make it through the birth successfully? Explore trauma to the head and muscles being affected in the head area. Did the fetus have enough space to move around in the womb during the final trimester of pregnancy? If no then explore trauma to the head of the fetus as it moved (head facing down).

Key Points

- Trauma related to feeling cut off or disconnected. Explore sperm entering the egg – being squeezed.
- Explore ovulation stages when the egg was separated from others eggs and was squeezed through the fallopian tube.
- Explore trauma related to infection. Was your mother ill while she was pregnant? Was she fighting off an infection in her body? Did her environment challenge her immune system? Were her kidneys functioning properly? Explore more possibilities.
- Explore the developing fetus circulatory system while in the womb. Explore any blocks, stagnations, certain areas of body being starved of oxygen and blood flow etc.
- Explore trauma related to radiation. Explore ancestral trauma related to wars, weapon production, nuclear waste, mining and chemical productions.
- How did your mother feel when she gave birth? During that time, how did her emotions affect you during the birthing process? See the Birth section.
- Explore trauma related to being oxygen starved during birth. Explore ancestry line, is there any evidence of similar traumas (people near death experiences such as almost drowning, nearly being asphyxiated, pollution and heavy metal trauma)?

- Did your mother feel out of control in her life before and during the pregnancy? Did she need to be too much in control? Explore how this affected your life as well as during the womb stages.
- Explore trauma related to relationships. Did you have a stressful relationship with a partner that challenged your self-worth?
- Did you feel a great deal of pressure to defend yourself and your innocence within a confrontational situation?
- You might have a fear of not being heard and believed by authority or an influential person. Explore further.

Cervical cancer

See Cancer, Female Problems, Pain, Pelvic Pain, Uterus Problems

Emotions

There are different options and approaches available when exploring this condition. One is that you may have a suppressed resentment toward men. Men seem to make you feel less superior, with no rights and no voice. You may feel invaded, disempowered or controlled by authority as a result of feeling powerless in the face of domineering authority figures. You feel that you have no right to stand your ground. Controlling, influential people may have disrespected your decisions as it related to your future and goals.

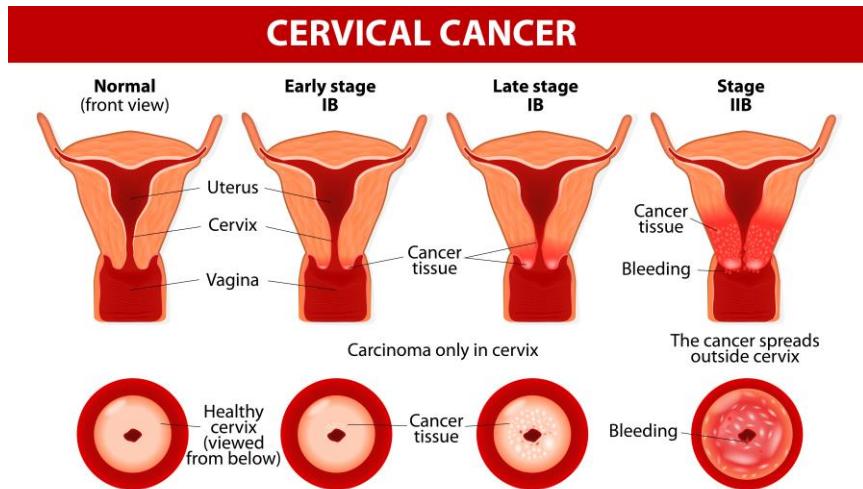
You may have bent over backwards for others in order to be loved and accepted. Expressing clear personal boundaries may have left you rejected or abandoned.

There seems to be an unfulfilled need for motherly love, care and projection. Your association with love was mixed with negativity, guilt, invasion (lack of respect for your boundaries) and control. There is a popular manipulative line, "If you do this or say that then I will love you more." The pattern you had with your mother and/or father is repeating in your personal relationships. This only reinforces your low self-esteem, anger and cycle of feeling powerless, helpless or resentful.

You don't see feminine attributes as a powerful tool. Instead, they seem to be the opposite. Being a woman means pulling the short end of the rope, meaning you have to carry everyone else's burdens, responsibilities or duties. This point of view has drained the last little bit of joy you had left and had a strong effect on your personal goals. You feel resentful when you look back on your life's journey because you are only focused on the mistakes and losses. Your sense of hope has been replaced by anger, resentment and sadness.

Your childhood provided you with no options to change your circumstances or to experience it in a different way. This resulted in you feeling as if you have to endure the life with no option to change it.

You have given your power away to people who don't seem to know what is best for you. You feel disconnected from your creativity and passion in life. You have focused too much on the needs of others. You have suppressed many of your good qualities as a result of trying to be someone that others wanted you to be.



Key Points

- Trauma related to anger and resentment. Towards whom do you feel anger and resentment? Explore this.
- Is there a long-standing issue that you have not dealt with or are scared to deal with? Explore further possibilities.
- What is your general opinion of the men in your life? What is your relationship like with men? Explore patterns as well. If there is a trauma, then explore further.
- How were women treated in your ancestry line? Has that pattern or those emotions repeated itself in your life? If yes, explore further.
- Do you value your gender and sexuality? If no, why? Who and what made you feel like this? Explore.
- You seem to feel invaded by influential people. This is the result of poor boundaries. You feel that you have no right to express boundaries. How did this make you feel? What would happen if you said “no” and voiced any concerns? Did you associate self-expression with trauma? If yes, then explore further.
- You may feel powerless in life. If yes, why? Who and what made you feel this way? Explore ancestry line for similar patterns as well. Explore also your mother’s attitude towards life. Explain the difference between her views and your views. How were your views influenced?
- Concentrate on forming your own views and making decisions that will empower you.
- There might be a fear in regard to the above-mentioned suggestion. If so, then ask yourself what would happen if you made a decision? How does it keep you safe not making decisions?
- You have been controlled to such an extent that you have forgotten about your right to live a life that is unique to you. It is important that you can learn to listen to your own gut instinct without needing to react to trauma. You should make decisions that are not influenced by trauma.
- Invasion trauma. Explore ancestry line for this. Explore fertilization, implantation as well as birth.

- There have been reports that mothers who give birth feel invaded by the new born as they move through the birth canal. If you have not given birth, explore trauma that your mother experienced while she was giving birth.
- If you have given birth, explore other traumas such as feeling out of control, anger, resentment and feeling unsupported at the time of giving birth. What were the circumstances like? Was the father there etc.? The physical trauma of giving birth might still be present in this area of the body.
- Explore if your body has a biological need to give birth (if your reproductive area had a voice, what would it say?). Explore trauma and resentment related to this. Explore further possibilities.
- Explore sexual abuse in the ancestry line.

Chemical Poisoning

See Poisoning, Toxins

Chemotherapy

See Attacked (the body might feel under attacked by the radiation) Cancer, Radiation, Toxins

Emotions

Your body feels poisoned and under attack; physically challenged by the chemo. Chemo creates cell confusion as well as emotional confusion. Chemo often feels quite invasive, as if you are losing more control over your health and bodily functions. It is important to explore earlier traumas related to poisoning and feeling under attack as well as feeling out of control.

Key Points

- Explore the ancestral history. Explore earlier traumas related to poisoning, radiation (weapon production, nuclear waste, mining, chemical productions), food poisoning and water poisoning.
- Did your mother eat something that could have felt like chemical poisoning? If yes, explore trauma and the associations that you made.
- What is your earliest association with poison? You might find that by asking, “How does the chemo make me feel?” until you find deeper emotions and trauma.
- Was there any toxicity present during your conception? Explore the conception and fertilization stages. The poisoning could also have been in utero, e.g. where your mother smoked drank alcohol or was exposed to something harmful (pesticides etc.).
- How do you feel about the chemo treatment (the procedure and having to go through it)?
- The more negative emotions you project towards the treatment, the more intense the side effects could be.
- Explore anger, needing to fight against circumstances, feeling defeated, powerless, helpless etc.
- Trauma related to feeling under attacked and punished. Explore fertilization stages, womb and birth trauma.
- Explore the amniotic sac and water as an earlier point of toxic trauma. How does it feel?
- Can any toxicity be sensed in it? If yes, how did this make you feel? Often you will respond feeling stuck, unable to escape, disempowered, attacked, angry and irritated.

Chest (Pressure)

See Anxiety, Heart Problems, Pain

Emotions

You may feel responsible for everyone's happiness. You are eager to please yet only have a limited amount of energy and love to give. You often have a love-hate relationship with your mother / caretaker. You feel that the love you received was hostile (hot and cold), insincere and very conditional. You may feel that you were loved and cared for out of a sense of duty and obligation.

Your parents often felt out of control and may have projected their frustrations onto you. Influential people who felt anxious, stressed, tense or angry met your emotional need for love. You seem to feel confused as to when influential people were being sincere and when they were being manipulative or sarcastic. This caused you a great deal of conflict, as you never knew where you stood with others. You tend to try and please others in order to compensate for your flaws and for feeling to worthless.

You sabotage and leave relationships before you can get hurt.

You often felt pushed away by your own mother and as a result, you push people away that come too close.

You may feel a great deal of anxiety. Deep anger is coming to the surface whenever you feel pressure in life. This is often as a result of trauma that is related to matters of the heart, such as love relationships, love for a mother or a sibling. You have made negative associations with receiving love, therefore, you only give and don't receive love. You feel more in control when you are the one giving love as you cannot get hurt or be vulnerable.

Key Points

- Trauma related to separation and abandonment trauma. Explore birth trauma -being separated or rejected by your mother after birth, sperm separated from other sperms.
- Have you experienced a great deal of unresolved grief? If yes, then explore further.
- Explore possibilities of physical pressure on your chest while you were in the womb and during birth. Explore further possibilities.
- Feeling controlled, out of control, suffocated or trapped by love. Explore further possibilities.
- Explore the relationship you had with your mother and father. Was it a difficult relationship?
- Explore further possibilities. Are the relationship issues with your mother or father being repeated in your personal relationships?
- Place your hand on your chest and give the chest a voice. If it had a voice, what would it say? Explore further.
- When your mother held you during their early infancy, was she feeling anxious and stressed? If yes, then explain the difference between your mother's stress and heaviness and yours.

Chicken Pox

See Immune System, Rashes, Shingles, Skin Problems, Virus

Emotions

If the client is a child: The client's mother may have felt challenged by her pregnancy and

trusting her abilities to be a good mother. She felt challenged balancing the relationship between her, her husband and the newborn child. The mother had a low self-esteem possibly resulting in her not expressing clear boundaries. This caused her to suffer from self-created stress and frustrations. Her personal life and relations challenged how she felt about herself.

If you are an adult: You have entered a period where you feel tremendously judged, ridiculed or controlled. You were made to feel unimportant in the face of influential people. Your emotional needs are in conflict with what you have been taught. This conflict may result in feeling shame, guilt or disgust with yourself for having different needs than others.

You may have been exposed to a dramatic and tension filled childhood where you were walking around on eggshells. You are always be prepared to deal with a situation that might go wrong. Your expectations and outlook in life may be negative. You may be going through a phase of depression. Is there a part of you that has an unconscious death wish? What have you had enough of in your life and feel you cannot escape?

Key Points

- Trauma related to feeling worthless, not good enough and doubting your value and position within a family. How does that make you feel? Explore further possibilities.
- Feeling irritated with your environment. Moving in to a phase where you need more independence.
- Your need for more independence has been met by control, anger, feeling trapped or judgment.
- Slavery in the ancestry line, where people were humiliated and physically attacked and abused. Explore this further.
- Did your mother have any viral infections during the time that she was pregnant with you? If yes, explore what type of associations you made with the virus. Example: what did you need at the time when your mother contracted a virus? The answer would often be love or comfort. Your mother may have contracted a virus during a time when she felt at her lowest, tired and suffering from self-worth issues. Explore how this affected your life.
- Did your mother suffer from separation anxiety or fear of not being supported while she was pregnant? This could also be related to after you were born, during your childhood years.
- What were your circumstances like when you contracted Chicken Pox? Was there something or someone in your life that drained / challenged you? Who or what made you feel scared or unsafe for long periods of time? Was there a stressful period in your life before the condition started?
- Trauma related to feeling tightly controlled. What would happen if you allowed your own needs to be met, instead of following someone else's dreams, goals or perspectives? Who made you feel ashamed or guilty for having different views or beliefs? How did that make you feel? Explore more possibilities.

Chilblains

See Blisters, Inflammation, Rashes, Skin Problems

Emotions

You feel challenged when faced with circumstances that require you to trust authority figures and influential people who may have betrayed you. Your efforts were not praised and appreciated in a fulfilling way, causing you to feel inadequate and destined for failure.

There seems to be a self-sabotaging pattern in the family with matters related to the heart

such as love and intimate relationships. You have seen evidence that love and unity is not safe, it is hostile and often unsupportive. You feel that the people who were supposed to protect you failed to do so, as you may have suffered from abuse during childhood. Your sincere efforts and kind nature were often taken advantage of, making your distrustful of the intentions of others. You take pride in your stubbornness and rigidity, as this is a source of strength and boundaries.

You feel under a great deal of pressure as a result of high expectations and intimidating goals that were projected at you. You want to please influential people as you are rewarded with praise, love and acknowledgement. You feel you have to work for love and acceptance.

Often your lack of direction and motivation in life allows you to become stagnant in many areas. You may feel that you cannot break the cycle of self-sabotage. Your enormous fear of failure makes it easier to sabotage yourself rather than fail. It is easier and safer to stay in one place in your life (such as in a job or relationship). You often feel very conflicted by what others expect of you and what you want to achieve. This is causing you a great deal of anger, resentment and irritation.

This condition may have started in the ancestry line where they had to work and walk for long periods of time in cold winters with little protection from the cold. Where did the condition develop? See the Quick Reference Guide for more information.

Key Points

- If the client is a child then explore how their parents' stress has affected them and why?
- Who sabotaged your efforts? How did this make you feel? What stops you from changing the circumstances and taking the power back? Explore further possibilities.
- Who betrayed your trust? How did this make you feel? Was there any type of abuse present as well? If yes, explore further.
- Do you know where you are headed with your life? If no, why? How does this make you feel?
- Did someone control and influence your decisions? If yes, then this could have an impact on your ability to feel motivated and passionate about projects as it was always controlled in the past. You always seem to wait for someone to give you permission before proceeding with a project. Explore further.
- Are you living the life you want to or are you living someone else's dream? If yes, what stops you from changing that? Explore further possibilities.
- Your ancestors may have lived in very cold climates under poor circumstances. The ancestors often were in circumstances that made them feel a great deal of resentment, anger, rage and a need for vengeance toward their government and authority figures. This pattern may have started in your life under different circumstances.
- Do you have issues with authority figures in your life? They have had negative influences on you instead of positive. Explore further possibilities.
- Were your ancestors forced to work hard and walk long distances in very cold weather with not enough warm clothing? Explore this and explore how the ancestors' conditions made them feel. Explore whether similar emotions, patterns and conditions are present in your life (it would have started in different ways, yet the emotions and environmental circumstances are similar). Explore more possibilities.

Chloasma

See Skin Problems, Vitiligo

Emotions

Trauma related to feminine beauty such as being and feeling beautiful. You may feel that you were not allowed to be more beautiful than your mother or a female authority. You may have an ancestral trauma where beautiful people were always attacked and abused. Your ancestor's appearances in the past may have attracted many problems and circumstances that resulted in them feeling out of control or invaded.

You are sensitive to people's projections toward you and want to fade away or hide. Your parents may have been emotionally unavailable, causing you to feel unfulfilled emotionally, invisible and undeserving of expressing needs. You have not fully embraced your feminine side.

You associated shame, guilt and judgment with being feminine. This condition may also be related to relationship challenges. Do you feel safe in your relationship with your partner, with your father, mother or friends? This could also be related to physical abuse in the facial area or in the ancestry line.

Key Points

- Another contributing factor is too much sun exposure. Explore ancestral trauma related to sun exposure. Did they work long hours in the sun? Explore how it may have affected their skin and how the ancestors felt. Explore further possibilities.
- Explore physical abuse in ancestry. Trauma experienced to the face. Trauma to the face is associated with feelings of shame, guilt and self-loathing, feeling unwanted and insignificant. If relevant then explore. Explore traumatic memories that the skin cells are storing regardless of the presence of abuse.
- Do you feel challenged in relationship issues? If yes, then explore this. Did your parents have similar issues? If there is a pattern, then explore the associations you made by observing your parents' intimate relationships. Do you feel safe in your relationships? Were you physically abused during childhood? Explore further possibilities.
- This condition is also related to feeling out of control along with feeling a great deal of anger toward people in your life. Explore further possibilities. This is related to a boundary failure.
- Why do you feel overly conscious of how others see you? How does that make you feel? Explore further possibilities.

Chlamydia

See Bacteria, Infertility, Pain, Pelvic Problems

Emotions

You seem to have gone through a phase in your life where you've stopped caring about yourself. Your loved ones may have responded the same toward you at the time you were affected by this condition. You may not respect yourself and consequently attract people into your life who disrespect you, making you feel unworthy and useless.

You are in conflict with your feminine or masculine qualities. Your gender makes you feel weak and prone to attract abuse from influential people. You are often willing to endure abusive and demeaning behavior at the hands of loved ones out of fear of loneliness.

This situation often starts as a result of your not putting your own needs first. It is now important for you to learn how to love yourself enough to stand your ground. Let go of all religious and superficial guilt that has been projected onto you. It is time to let go of your inner self-loathing.

You have moved into a new phase of life; out with the old and in with the new. This condition is in your life to help you re-evaluate decisions that have been made in the past. It is time for you to resolve past issues and focus more on the quality of your life and happiness.

You may have experienced a traumatic upbringing filled with and “tough love.” You could have made an unconscious decision not to become a parent, as you were afraid of repeating your parents’ mistakes.

Are you pregnant? Many people who miscarried due to this condition often reported that they only wanted a child to fill a void in their life. People also reported that they felt bored and needed a change in their life. This begs the question, “Do you want a child for all the right reasons?”

Key Points

- Trauma related to feeling guilty. Your parents made you feel guilty and ashamed about sexuality. Explore further possibilities.
- You had a hostile and tough love relationship with your parents / caretaker. How did this make you feel?
- How does it keep you safe to stay small with poor personal boundaries in relationships? Where else in your life did you have to keep yourself small? Why? Explore further possibilities.
- Explore guilt and shame related to contracting this condition. How did it make you feel?
- How did you feel emotionally before contracting the condition? People have reported feeling worthless and being at a low point in their life.
- What would happen if you did attend to your own needs first? How would that make you feel?
- What regrets did you have in your life before contracting this condition?
- Always explore the birth trauma and see the Birth section. Were you welcomed when you were born?
- Explore religious guilt that was projected onto you in regards to sexuality.

Cholera

See Bacteria, Intestine (Small Intestine) Problems, Irritable Bowel Syndrome

Emotions

You feel a great deal of guilt and regret within your intimate relationships. Your parents may not have always had time for you in childhood, making you feel guilty for having and expressing emotional needs. You have had enough of guilt, regret and shame and are ready to rid yourself of these emotions and move forward in life.

You often lack confidence in your relations with others and seem to find it challenging to let go of self-sabotaging patterns. You find comfort and safety in your routine and don’t want to change this pattern.

This may be related to ancestral trauma. Your ancestors could have suffered from famine or low hygiene that caused your body to react more sensitively towards this bacterium.

Key Points

- Feeling judged and being made to feel less worthy than others. How does that make you feel? Explore further possibilities.
- You may feel guilt in regard to your personal relationships, especially when it comes to clearly expressing needs. Why? Explore further possibilities.

- War trauma in ancestry line or conditions that challenged the environmental hygiene. Explore sensitivity that you already had in regards to the bacteria and the environment it was triggered in.
- Trauma related to a time when you felt as though you were fighting for your life (either physically or emotionally). Explore womb and birth trauma.
- Trauma related to feeling under attack. Explore fertilization and fetal stages. Did your mother consume food or became ill which may have caused your immune system to feel under attack? Explore more options.
- What was your relationship like with your mother or father? Explore this further. Explore criticism, ridicule, attack, hostility and abuse.

Cholesterol (High)

See Atherosclerosis, Blood Problems, Chest Pressure, Heart Problems

Emotions

Let's start by defining what Cholesterol, this ailment is when a type of lipid (fat) produced by liver in the body, cholesterol is an essential part of the normal functioning of the body. Cholesterol is necessary for your health of body since all cells are surrounded by lipid layers that include cholesterol. For many people, the abnormally high level of cholesterol causes health problems, such as atherosclerosis, heart attack, and strokes. It is therefore important to assess what are the cholesterol causes that can threaten people's health.

Now the question is do some people develop high cholesterol who does have a bad diet and others who also have a bad diet do not develop cholesterol.

Well, in reality the person who also had a bad diet and does not develop HC actually often develops another type of medical ailment that is caused by the bad diet.

Now, what sets these two people apart? The answer is actually simple. Genetic predispositions. The person who is more sensitive to HC will also have a family history and ancestral history or perhaps high fatty unhealthy diet which means that their body is more sensitive to fatty foods compared to the person who is less sensitive to it which in that case might have a healthier diet history in their ancestry.

Now let's also look at the psychosomatic patterns behind HC as diet plays a very big role in this ailment, however emotional stress is a great contributor as well and should never ever be excluded when ANY medical condition or emotional or psychological disorder is explored.

Let's just quickly look at what I said earlier about the medical explanation for HC, lipid (fat) produced by liver in the body. Now according my Metaphysical Anatomy language and interpretation, fat is a protection barrier that also absorbs toxins to protect the body from absorbing it AND it also holds reserves for the body. But in this case fat represents an emotional protection barrier. Now, the lipid fat is produced by the liver and the liver represents anger, resentment and emotional boundaries that are not being expressed in a healthy way. Now HC also affects the heart and can cause a stroke. In the MA language once again that tells me that this person had a very challenging time in establishing their identity and safe place and space within their household while growing up. Their privacy was not respected and they didn't have healthy opportunities to practice and establish what their boundaries were and that communication was extremely challenging. If anything communication = conflict, disruption and stress to them. Because cholesterol is also found in the blood confirms once again that there is a lot of stress associated with communication for the person who has this condition. Now the communication is often expressed in a passive aggressive manner and the driver and motivator of the communication is suppressed anger

due to boundary failures from the past. But wait there is more! And I acknowledge that you might think that many people have these emotional issues, however for people this condition, these issues are much more dominant than other emotional issues.

If you are challenged by HC then you seem to block love and joy from flowing into your life. Due to a fear of rejection, you often have trouble communicating your needs or truth to others. When you expressed any dislike in the past, you were often subjected to punishment. Bitterness and anxiety often go hand in hand with people that suffer from high cholesterol.

You often overreact in confrontational circumstances that cause you to feel attacked (either verbally or physically). This is a result of pent up anger and frustration that causes you to feel overwhelmed and oversensitive to confrontation. This stems from a childhood where either parent could not control their emotions and would exaggerate their feelings when provoked. A parent may have over shared their stress, marriage problems or responsibilities with you during childhood. This may have caused you to feel helpless, scared and out of control.

You often express yourself in a way that is pleasing to others. You may feel the need to insulate yourself, protecting yourself from a harsh environment. You do this by holding onto people or things that make you feel safe. Anything or anyone outside of the safety bubble is a potential threat.

You often fear that others will not be there when you need support. You have made an association with receiving support, love, attention and comfort with guilt, shame and feeling attacked (either verbally or physically).

Key Points

- You might feel that you have to emotionally protect yourself. If this is the case, why? What happened that made you feel like that?
- Did you feel nurtured enough as a child? If no, then explore how this made you feel.
- Explore anger. Why do you feel angry? How does the anger make you feel? Explore further.
- Do you feel safe communicating your needs and boundaries? If no, then why? Explore further possibilities.
- Explore trauma related to feeling rejected and abandoned. Explore the key developmental points at Birth; also see the Birth section as well.
- Communication. The egg was separated from the other eggs during ovulation. How did that feel? You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty, lack of direction, moving through the tube.
- Was your mother told to try and delay giving birth until doctors arrived? If yes, then explore this further and focus on the fetus' blood pressure that was building up in the body. Focus on the physical pressure in the baby's body and circulatory system.
- There was little room for you to have fun in life. If this is the case, how did this make you feel?
- You often have a compulsive nature. How does this compulsive pattern serve you? What would happen if you actually stopped to think about what you really want? Are you afraid you won't get what you want?
- Did your mother have cholesterol problems (or an unhealthy diet) while she was pregnant with you? If yes, explore the impact on fetal development.
- Explore your birth. See the Birth section for more information.

Chorea

See Abasia, Athetosis, Nerve Problems, Tic, Tremor

This condition may also possibly start as a result of medication poisoning. See Poisoning and Toxins for more information.

Circulation Problems

See Dizziness, Heart Problems, Muscle Problems, Raynaud's Disease

Emotions

You suppress feeling positive emotions as you have made negative associations with joy and positive emotions. This pattern seems to have caused you to withdraw from your life, passions, goals and needs. You may not have had many opportunities to explore creativity as a child; instead, influential people often controlled how and when you expressed creativity.

You felt unsupported throughout life and often felt challenged when confronted with responsibilities. You have always been reluctant to seek support yet, resent or blame others for not noticing the pain you were in. When people offer their time and energy, you feel that it strips you of the right to express your opinions or needs. People in your life project what kind of support you need, causing you to feel controlled and frustrated.

The more you withdraw from others, the more peaceful life becomes. You may have suffered from abandonment trauma during childhood, leaving you feeling alone and cut off from love. You feel safest when you are isolated from others. This serves you and causes you to sabotage relationships. Even when people surround you, you often feel alone in the world.

You may have been in a job / role which requires you to sit down for long periods of time, with very little movement. Metaphorically, you have chosen this role, as you do not want to change or move forward. This is your comfort zone. You feel very challenged when it comes to expressing your needs. See which area is affected and explore the emotional components of that area along with communication blocks.

Circulation problems in your hands

Trauma related to asking for and receiving support. You learned how to cope without sufficient support as receiving anything from anyone only caused you to feel obligated and indebted to that person. You feel that nothing in life is free.

Circulation problems in your legs or feet

Fear related to moving forward and making changes in your life. You feel safe in your comfort zone and are unwilling or unable to cope with new circumstances. You are afraid you will sabotage any good or positive experiences and changes that may come your way. You feel very rigid in regard to changes taking place in your life. You don't communicate what you need in order to attract and make successful changes. Did you feel under attack by a coworker, parent or partner that made you feel defenseless?

Key Points

- Lack of personal power. Who or what challenged your confidence and personal power? How did that make you feel? Explore further.
- Do you suppress positive emotions? Did you have too much responsibility as a child? Were you burned by others problems? Were you able to enjoy your childhood? Explore further possibilities.
- Were you punished for being happy while everyone else was burned out, depressed or going through hardships? Explore negative associations made with being happy.

- You keep your own counsel. How does it keep you safe not to share how you feel? It is because you can be quite harsh or bitter towards others due to an intense build-up of emotions. ‘What would happen if you did let go of your negative thoughts and emotions?’
- Your mother felt unloved and unsupported during her pregnancy. How did her emotions affect you during fetal development? Your mother didn’t feel strong enough within herself and her identity as an independent individual. Explore further.
- Explore the womb stages. Did you have a healthy circulation while in the womb? Was your mother perhaps experiencing the above points? If yes, then explore how it affected you.
- Did your mother have a low blood pressure? If yes, explore how it affected your circulation? Explore further possibilities.
- Explore birth trauma. Was the baby’s circulation system challenged during birth? How did that make the baby feel? Explore feeling cut off from the world, others and your mother. Explore more possibilities.
- Tough love. Your mother and father were physically present in your life, yet emotionally unavailable. Explore how it made you feel.
- Are you happy with your life, job or family? If no, then explore underlying issues.

Cirrhosis

See Alcoholic, Liver, Toxins, Virus

Emotions

Your suppressed anger has grown out of control. You take everything personally as you feel responsible for any suffering around you. Every time you take a step or enter a new phase, you feel like you’ve already failed before you’ve begun.

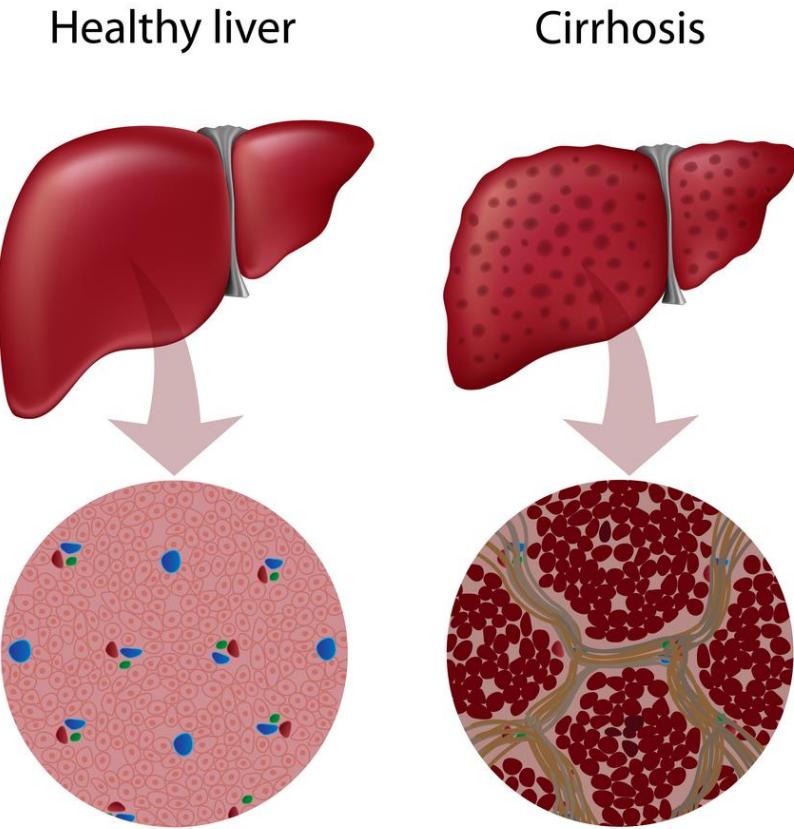
You are very set in your ways, causing you to become stagnant in many areas of your life. You have created a life filled with specific values, knowing what is right and wrong. Being rigid allows you to feel safe and you hold onto this even if it is the illusion of safety.

Past experiences have left you frustrated, out of control and angry. You feel challenged when emotions start to surface, often warding people off with your explosive anger. You often sabotage your success by sabotaging your health. When you reach success, you may feel guilty and ashamed for your accomplishments, as you have been taught not to act superior or better than others.

This condition could also be brought on due to injury or harsh medication. If it was brought on by medication, then explore what the medication was for. Cirrhosis would then be a secondary issue to the initial problem – refer to the medical problem that started first.

If the condition was brought on due to an injury, such as an accident then explore what your circumstances were before the accident. See the Accidents section. Explore issues such as suppressed anger and trauma as a result of feeling under attack (either verbally or physically). This would be especially important if the liver is inflamed and swollen after the accident. The bigger the swelling the more intense the suppressed anger and frustration is. It begs the question “By whom or what does or did you feel disempowered and challenged by during childhood?” Explore long-term pressing issues in your life that have not been resolved.

There is often an ancestral pattern related to loyalty. You feel the need to be loyal to family regardless of your relationship with them. You feel a great deal of resentment and yet obligation to be loyal. This may result in a great deal of anger and friction. It is important for you to find your individuality and see yourself as a separate worthy entity, while still being part of a family.



Key Points

- Explore your birth trauma and see the Birth section. Explore similar emotions during your birthing process that you are currently feeling. Was there pressure on your liver while you were moving through the birth canal?
- Was Cirrhosis brought on by alcoholism? If yes, then explore the core reasons why you turned to alcohol. What did you need to suppress and escape from in life? This could be due to a loveless or hostile childhood, accompanied with suppressed guilt, shame or anger towards influential people.
- Was Cirrhosis brought on by medication? Explore what the medication was for. In this case, Cirrhosis would be a secondary medical problem and not the initial problem. Explore the initial medical problem and only then on Cirrhosis as the secondary problem.
- If caused by an accident, explore how you were feeling before the accident. Explore the emotions. Explore trauma related to the accident as well.
- Trauma related to feeling blamed and held responsible for the wellbeing and happiness of others. Why? How does that make you feel? Explore further possibilities and the anger that it caused you to feel.
- Place your hand on the liver. If the liver had a voice, what would it say right now? What is the message the liver is holding? Explore further possibilities.

- You seem to be inflexible and rigid with your views and do not allow change easily. Why? How does this pattern keep you safe?
- Explore unresolved trauma that resulted in making you angry. Explore further possibilities. Explore any anger or regret that your mother felt while she was pregnant and while giving birth to you.
- Explore alcoholism in the ancestry line. If this is present then your liver will most likely be more sensitive to alcohol and liver diseases. Explore possible reasons why the ancestors abused alcohol. Did any similar emotional patterns start in your life? Explore further possibilities.

Coagulation

See Blood Problems, Blood Clot

Cold Sores

See Blisters, Canker Sores, Virus

Emotions

You seem to feel angry and deeply saddened by the things that you cannot say. You may be under the illusion that you have no right to speak up as a result of feeling suppressed during childhood. You feel run down by your responsibilities and the need to fight for what you want—nothing comes easily. You feel desperate to change circumstances and people in your life who cause you frustration.

You do not feel heard or respected unless you lose your temper. You often choose partners who are strong willed, controlling and selfish, leaving you angry and feeling done in.

You tend to feel that you have to do everything alone that stems from a childhood filled with one parent who carried the bulk of the burdens. You feel that you only get the attention you're searching for when you carry many burdens.

This condition may have started after a conflict phase during a partnership of some sort. This could be either intimate or professional. You feel drained by someone's needs; you get very little in return for the time and energy invested in a relationship. You often feel that you are only rewarded with arguments and confrontation.

Key Points

- How does it make you feel when loved ones don't listen? Explore further possibilities.
- Why do you take on so many responsibilities? What is the benefit of this? Explore further possibilities.
- Who and what is irritating or frustrating you? Why? How does that make you feel? Is this due to a boundary failure? If yes, explore further.
- You may feel that you are not allowed to say "no" to the opposite sex. If this is the case then why? Did you see similar patterns between your parents, where one parent suppressed the other? Explore this pattern also on the ancestry line.
- You often unconsciously create circumstances that challenge your self-worth. Is this a pattern that stemmed from childhood? Sometimes people feel they need challenges to prove to themselves and others that they can handle it. What is the benefit of always being challenged? Explore further possibilities.

- What is the benefit of doing things on your own without support? What would happen if you asked for support? You push away support. Do you have a fear of being indebted to others if you accept their help? Explore further possibilities.
- Toward whom or what do you feel angry? What would happen if you expressed yourself? This would stem from a childhood where you were abused and punished for speaking when not spoken to.
- Anger related to not being able to express your needs. You often use anger and built-up fury to finally express yourself when you've had enough. What would happen if you let go of the anger? The anger serves as a boundary toward others. You seem to draw power from anger and resentment. What stops you from changing the situation so that you can be happier?

Colic

See Allergies, Anxiety, Crying, Digestive Problems

Emotions

You are a sensitive person who is having a hard time adjusting to a new environment. You might need to escape your current circumstances, yet you feel trapped and stuck. The mother and father might be annoyed, stressed, fatigued, anxious or angry and the baby is sensing this. Assist the mother and father as well to process their frustrations and to explore what is really upsetting them. Their sensitivity is often related to the stress that the client's mother felt during womb stages. The mother was not able to express her irritations, frustrations, sadness and lack of support. This could also be related to a baby who had to spend time in an incubator. The baby may not have been able to cry due to weakness or illness. There is a part of them that can now express what they could not express during their illness.

Key Points

- Trauma associated with change. Why? Explore this trauma further.
- Sudden change has left them feeling traumatized, stressed and full of tension, almost as if they cannot stomach their new environment and diet.
- Their body might feel offended by the mother's diet while she is breast-feeding.
- Is the baby allergic to the mother's breast milk?
- Experienced trauma when they left the safety and comfort of the womb.
- Resisting their environment and have trouble adjusting. Which parent had trouble adjusting to changes in their life?
- Feeling trapped. Were emotions present during birth or in the mother while she was pregnant with the child?
- It is important to explore the mother's stress levels while she was pregnant with the baby and how it affected the developing fetus.
- Explore trauma related to the client's mother and how she felt while she was giving birth to them.

Colitis

See Colon Problems, Inflammation, Intestines, Irritable Bowel Syndrome

Emotions

You have been digesting food and emotions with anger and frustration. Circumstances in your

present life triggered unpleasant and upsetting memories from the past. You often unconsciously create circumstances from which you need to be rescued from self-sabotaging patterns.

People from your past with whom you've made negative associations are still part of your life. This is causing a great deal of irritation and frustration. You may feel invaded by these people as a result of your poor personal boundaries. This begs the question, "What do you need to learn and heal from in order to stop this cycle?" You seem to be attracting new circumstances that trigger and recreate your unresolved issues that caused you to feel used, abused, vulnerable and unloved. It is possible you are unconsciously recreating what you still need to deal with and let go of. You are recycling old traumas and emotions. This is often related to a lack of love from a parent that was either emotionally unavailable or abusive.

Key Points

- You already feel overly sensitive and frustrated toward your environment. Emotions are heightened, as this is quite an unpleasant condition to have. Explore first how the colitis is making you feel.
- Trauma related to anger and resentment toward a dominant figure. Explore what your relationship was like with your parents. Explore abuse in the family and how it affected you.
- Trauma related to feeling alone. Feeling traumatized after putting up with harsh / abusive circumstances just to avoid being alone. Explore fear of being alone. Explore sperm being separated from other sperms. Baby being born and separated from mother and explore trauma related these incidents.
- Trauma related to feeling bullied, suppressed, controlled or demeaned by influential people. You feel powerless to change or stop the circumstances that are causing great stress. Explore conception and fertilization trauma.
- Childhood foundation was built on hostility and unpredictable moods. How did this make you feel? Explore further possibilities.
- Past relationships challenged your ability to trust. Explore further possibilities.
- After birth. How did you feel as a newborn? Were you breast-fed enough? This is when a child makes their first association with nurturing, love, being fed and drinking milk. Their intestines are also processing breast milk for the first time. How did you feel at the time and how did your mother feel? Explore further possibilities.
- Place your hand on the colon and imagine that the colon has a voice. If it did, what would it say? What is the message? Explore further possibilities.
- Explore ancestral trauma related to abuse, feeling suppressed and controlled by influential people. Explore this in your life.

Collarbone Problems

See Back Problems, Bone Problems, Spinal Cord Problems

Emotions

The collarbone is about support and structure in a person's life. You seem to be pushing against circumstances that require you to change certain aspects of yourself that still serve you well. You are often resistant to change and feel held back by influential people from achieving your goals. You may believe that in order to achieve success, something needs to give. People usually support you in such a way that you feel controlled. Your association with support has been stressful, invasive, controlling or manipulative. As a result, you become

stubborn when offered help because your stubbornness has kept you safe from controlling people in the past.

The collarbone also relates to how you present yourself to the world. You choose to keep your own counsel because you do not want someone else to influence or sabotage your process. This causes you to push against current circumstances. You know that your source of support will oppose you if you start making your own decisions and following your own path. You become rigid and stubborn with the intention of building a wall to keep you safe. Stubbornness is the source of power and personal boundary.

Key Point

- How does being rigid serve or benefit you? It keeps you safe from ____? Explore further possibilities.
- Trauma related to feeling controlled. You may have felt that your identity, goals and dreams were controlled. How did that make you feel?
- You often feel like a fraud. You feel and express yourself one way and behave a different way. Why?
- How does this type of behavior serve you? It keeps you safe from feeling ____ in your life. Explore why you are deflecting from emotions.
- Trauma related to being supported. You had support in your life but it was not the kind of support you needed. Being supported by influential people may have come at a price, such as being controlled in exchange for being supported. Explore further possibilities.
- You had to be strong and show no sign of weakness. You may feel that weak people attract manipulation, abusive or controlling people. Explore further possibilities.
- Explore pressure that was placed on your collarbone while moving through the birth canal. You were presenting yourself to the world, being seen by others for the first time. How did you feel? Explore further possibilities.

Colon Cancer

See Cancer, Colon Problems, Digestive Problems, Hernia, Intestine Problems, Irritable Bowel Syndrome IBS, Polyps

Emotions

You may have been made to feel stupid and inadequate at the expense of someone else's low self-esteem and bullying tactics. Influential people that feed off vulnerabilities and low self-esteem often target you. You have been blamed in such a way that caused you to fear making mistakes and being devalued. You were often at the receiving end of hostile love and emotional abuse when you expressed any emotional needs.

Even though you have a headstrong personality, you often suppress it as you assume the role of follower rather than leader. You absorb and hold onto the negative experiences of your past. You seem to have an unconscious fear of letting go of any trauma or abuse. The trauma and pain serve as a reminder of how volatile life can be. Holding on to the baggage is like an insurance policy: if you hold on to the trauma then it won't repeat itself again.

Saying "no" often resulted in either conflict or abandonment. When clear boundaries were expressed, you were made to feel guilty or ashamed. When you are not able to say "no" you may revert to a childlike submissive state. The intention of this pattern is to stop or dissociate from verbal insults or feelings of vulnerability whenever you feel threatened. This is also a result of unconsciously moving back to a time in your life when you felt disempowered or dissociated and then felt safe.

You seem to have experienced a period of abuse in your life or were exposed to an abusive environment. You tend to hold on to all the negative emotions and in the process, suppress all the positive aspects about you and your life. You project a strong façade that says, "I am okay, I can handle this, I can handle any situation, and I am always available to anyone who needs me." You take pride and pleasure in being needed as it gives you the importance and value that you were searching for during childhood.

People's words and actions strike you like sharp objects, causing you to feel attacked. You are very stubborn and rigid when others challenge your identity and outlook on life. You had to project a façade in order to avoid upsetting influential people or authority figures.

There is often sexual abuse trauma in the ancestry line. You suffered invasion trauma either emotionally or physically (this does not have to be sexual). The emotional turmoil that has stemmed from these circumstances left you in a state of stress, anger or resentment. Your natural instinct to hide, fight and freeze has been activated. This may cause you to feel anxious, scared or deeply angry, as there is conflict between the activated instincts.

You are always searching for love and affection, yet when you receive love, you often sabotage it. You want love, however it often feels toxic as a result of the negative experiences and associations you've made with love. The conflict begins when you reject love, as it feels unsafe yet you want to hold on to it at the same time. This conflict creates a great deal of anger, sabotage and frustration.

Your ability to keep the trauma to yourself is a way of showing others how strong you are and how you can cope with life's challenges. You may be afraid of letting go of any unhealthy habits in fear that they will only be replaced by habits that are worse than before. Your negative thoughts and emotions often have the upper hand.

You are often unaware of how much anger and rage you are suppressing; it is a pattern that you have become very familiar with. You seem to be drawing inner strength and power from the suppressed anger and resentment. You know how to push through on a daily basis with your trauma; in fact, you may feel lost without it. During childhood, you had to keep quiet and not complain. You supported and carried many other's hardships and responsibilities.

This condition is often related to emotional, physical and/or sexual abuse in the ancestry line. Trauma related to this is manifesting in your life.

Key Points

- Trauma related to anger, grief and disappointment. Has someone passed away in your life that had a big impact on you? If yes, explore your relationship with that person. Was it good or bad? What significant trauma took place that you needed to process and let go of? Explore further possibilities.
- Who and what circumstances made you feel stupid or inadequate? How did this make you feel?
- Why do you feel ashamed and guilty when you express boundaries? What happened when you exercised clear boundaries during childhood? Explore associations that you also made when expressing boundaries.
- There is no more joy in your life. Who challenged your ability to feel joy in your life? How did that make you feel? What happened when you did experience joy in your life?
- Explore resentment and rage toward an influential person that challenged you. When did this person challenge you? Look for a pattern. How did that make you feel?
- Were you blamed for your parents' marital problems? If yes, how did this make you feel? Explore emotions such as feeling attacked, blamed, guilty, worthless or wanting to die.

- You may have been excessively blamed and wronged during childhood. You felt responsible for other people's mistakes. How does this make you feel? The emotions that arise from this question should also be explored during the conception stages.
- How does holding on to anger, rage or an unwillingness to let go serve you? What would happen if your anger and rage were taken away? You might feel disempowered, lost and scared. Explore the hidden benefits.
- Trauma related to hatred. Explore the ancestry line for this emotion as well. There is a very deep-seated pattern of hatred in the family. What was the family history that could have caused you to feel this so deeply? Explore famine, unjust, war and losses.
- You are often very stubborn when confronted with circumstances that require any change. What would happen if your resistance and stubbornness were taken away? Explore and explore benefit of holding on to it.
- Joy and loss always came in the same boat. You have made an unhealthy association with happiness and loss, grief and trauma. Explore this during womb stages. Is this a pattern for your mother as well? Explore further possibilities.
- Did you abuse alcohol? If yes, explore why you were or are drinking. What do you need to suppress?
- What does alcohol give you that are not present in your life? Explore further possibilities.
- Explore ancestry for alcohol abuse. If there was alcohol abuse, explore why ancestors turned to alcohol. Is there any of their trauma evident in your life (this might have started in different ways in your life)? Your body will be sensitive to alcohol if the family and ancestors abused alcohol.
- Trauma related to slavery during the ancestry line. Trauma related to only being of service to others. If this is not clear, then it will still be a good idea to treat it as if it did happen. Explore feelings such as vengeance, loss, feeling ridiculed by authority or influential people, having rights taken away, emotional, physical, sexual or mental abuse, poor diets and illnesses.
- Trauma related to feeling out of control and invaded. Explore the fertilization stages, implantation and just after birth.
- Ancestral trauma related to emotional, physical and or sexual abuse that has been triggered in your life. Explore further possibilities related to this.
- Womb stages. Explore feelings of intense anger and resentment that your mother may have experienced while you were in the womb. Explore your mother's emotional state while your colon and intestines were developing. Are her emotions recorded in the development and growth process of your colon? Explore further possibilities.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness? You may feel more respected by people as a result of their condition.
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to your old patterns?

- Always explore birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Colon Problems

See Colon Cancer, Digestive Problems, Diverticulitis, Inflammation / Infection, Polyps

Emotions

You do not want to let go of past negative experiences and trauma. You feel irritated and angry as a result of past experiences that you could not change or had no control over. You are still stewing over unresolved issues.

You are pushing through challenging circumstances on your own, making you feel overwhelmed, panicked or angry. You struggle as a result of self-created stress due to your stubbornness. Asking for support is not an option in your opinion, as people either fail to deliver or have unrealistic expectations in return for support. Being supported by people has made you feel controlled.

You have been carrying a great deal of shame related to your identity. The shame stems from asking for support and expressing emotional needs. Your character has been attacked and criticized by influential people. This has caused you to dissociate from your separate and unique identity. You often relate to family values and beliefs, as you do not feel strong or independent enough to be considered separately.

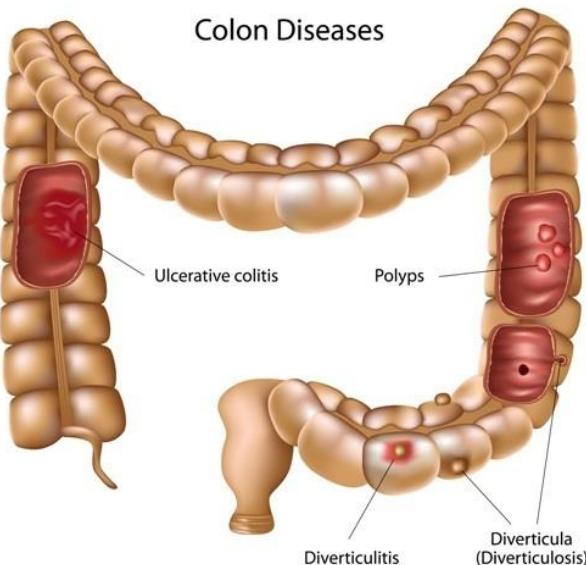
The stress and irritation that you feel has now become all too much to carry, you are at a point where you feel you've bitten off more than you can chew. The responsibilities in your life are all consuming. You are pushing yourself too hard and are under a great deal of pressure. You feel overly aware of people's moods and are sensitive to the environment and people around you. Your emotions are heightened by the stress in your life.

You are holding on to circumstances and relationships that are unhealthy for you and your personal progress. You may have a big fear of being alone. As a result of this fear, you often tolerate unpleasant and stressful circumstances in order to avoid being alone. You easily become involved with toxic circumstances (such as unhealthy relationships and people) as a result of poor personal boundaries.

You need to be needed—when you are needed, feel important, loved and validated. You keep pushing issues aside, as you may feel humiliated and demeaned whenever you express needs. You find it challenging to learn from your past as you can only see trauma in terms of how it made you feel. Nothing good has come from anything in your life; in your eyes, it is only a mess. Your childhood set you up to see your sole purpose in life as an endless series of hardship and suffering.

You grew up feeling an immense lack of everything you want in life. You are now busy overcompensating by being greedy, jealous, possessive or controlling. Your feelings of anger and resentment are very intense and heightened. You have a strong fighting instinct. When your boundaries are overstepped, you establish your boundaries by projecting intense anger. You draw your power from this deep-rooted emotion and feel lost without it.

This condition is often related to emotional, physical or sexual abuse. Explore your ancestry for abuse if you yourself have not experienced any emotional, physical or sexual abuse.



Key Points

- Why are you holding on to past (trauma, life story, anger or resentment)? What would happen if you let go of the baggage? In most cases, you have made an association between your identity and baggage.
- Explore issues such as long-term anger, irritation or vengeance. How does your anger and resentment make you feel? What is the benefit to holding onto these negative emotions?
- Why is other people's behavior affecting you on such a deep level? How does this make you feel? What kind of behavior do you feel sensitive to? Explore further possibilities.
- People's behavior and your environment is only triggering old trauma from childhood, along with old ancestral trauma. Explore your childhood. When did you feel out of control, trapped or abused (emotionally, physically or sexually)? Explore these key emotions during the ancestry line as well.
- Explore your relationship with your parents. Explore trauma that resulted from the relationship with a parent. What did you need emotionally when you were treated with abuse or abandoned? Explore associations you made during that time.
- Explore the difference between your trauma and your parents' trauma. Explore any confusion and overlapping trauma of a parent into your life. Exercise the identity acknowledgements and benefits of having someone else's trauma and patterns.
- You seem to be stuck in a fight or flight instinct. Explore the benefit of the trauma related to these instincts.
- Colon problems are almost always evident in the ancestry line as well as a result of being suppressed, controlled or abused. Explore your grandparents' trauma. There seems to be a great deal of abuse, suppression, punishment and even violence. Explore and see if any of these types of traumas are being repeated in your life. If so, explore the traumas. Explore it during conception and fertilization stages.
- Trauma related to criticism. What was the criticism related to? How did that make you feel? Who made you feel responsible for other's mistakes and problems? How did that make you feel? Explore further possibilities.

- Self-loathing. This is related to self-punishment. Why do you feel this way? How does that make you feel? Explore further possibilities.
- Trauma related to ancestral alcohol abuse. Did you also abuse alcohol? Explore ancestral trauma related to alcohol abuse and how their traumas may have been repeated in your life (this may have developed in different ways). Explore further possibilities.
- Fear of change. Why? Would happen if ___ changed in your life? You have a fear or losing control. Explore more possibilities.
- Do you have a fear of success? If yes, why? What would happen and change in your life that you do not want to change if you become successful? Explore further possibilities.
- Often your mother was physical or mentally abused while pregnant. Did your mother live in fear while she was with her partner or did her circumstances make her feel this way? Explore further possibilities.

Concussion

See Bone Problems, Dizziness, Head Ache, Skeletal System, Tremor, Whiplash

Emotions

You should make more time to absorb and enjoy life. You may have become stuck indulging in the superficial side of life. You have moved away from your spirituality and your life has pushed you in a direction that does not resonate with your needs. You need to shift focus elsewhere, instead of concentrating on influential people's agendas and goals.

You have come full circle with self-depriving patterns and it's time for you to feel and express your emotions. Your strong façade has now been temporarily taken away so that you can feel and express your emotions. You have an active head mind and can be very analytical. It's time for you to explore matters of the heart and make more decisions from the heart.

You often feel overwhelmed and tired of the high expectations of others and may feel that you are being set-up for failure. You need a break from the all of the pressures and expectations.

Key Points

- If the concussion is a result of an accident, then see Accidents section as well. See the Quick Reference Guide for more information.
- If the concussion is a result of violence, then see the Attack section as well. Explore why and how you became involved. How did you feel? What aspects of your life do you need to change in order to improve the quality of life? Explore further possibilities.
- You are always trying to resist controlling or domineering authority figures. Explore patterns where you feel controlled in life. How does that make you feel? Explore further possibilities.
- How does being rigid and stubborn keep you safe? You seem to feel very rigid in your life, especially toward personal progress, goals and projects. Why? What is the benefit of being rigid? Explore further possibilities.
- Concussion can also occur when a person is playing games or sports. If this is the case, how did you feel before the concussion? Is there anything in your life that you've lost control of such as your emotions (becoming too overwhelmed or feeling intense) or circumstances in life?
- How does it keep you safe to analyze everything in your life instead of feeling it? What painful emotions are you avoiding? You might fear being weak or vulnerable when you feel your emotions, causing you to fear being attacked. Explore further possibilities.

- You have a fear of change. If this is the case then explore further. You are very rigid in regard to changes in your life. Why? Do you fear losing control? If yes, what are you afraid of losing control of? Explore real fears and traumas, not superficial fears.

Congenital Disorders

Emotions

There seem to be a great deal of trauma related to toxicity and poisoning in the ancestral history. This means that there is a possibility that ancestors suffered toxic poisoning to such an extent that it may have altered the biology and developmental codes of the body. This results in the new generation's biological make-up being more sensitive to certain traumas and environmental factors. The body's immune system was not strong enough to stay healthy during times of poisoning and felt under attack by its environment. This condition triggers several other symptoms, however it's important to focus on the first symptom. There seems to be a pattern of trauma related to feeling under attack and lack of support (this could be in the form of human resources or anti-bodies).

This information is for general information purposes only. It may be challenging to work with a baby using counseling techniques. Other energy healing techniques might be considered if the parents of the client are willing to explore this option. My approach is always to work with the parents and make sure that they can process their feelings and help them to improve their quality of life. This may help the challenged individual and may support others in the family – both present and future generation.

There is a belief that people with congenital disorders only came to earth to complete unfinished business. I agree with this theory to a certain extent. I believe that one is able to come to earth to finish what they need to do and then leave in a way that is not painful. Yes, I believe that there is a deep learning experience tied in with these conditions. I do feel this condition is interpreted in such a way that it brings comfort to those that are grieving. This means that the real possible causes and issues are not being dealt with. The people that are directly affected by people with a congenital disorder have to honor and respect the individual's journey and support them as much as possible. It is important not to lose sight of the actual cause of the condition. The reason why this condition was triggered and why the parents came together and had certain predispositions is also relevant.

Their environment (in utero, conception as well) merely triggered this condition that seemed to have been dormant. A previously inactive trauma has recently been triggered. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. The client may have been born oversensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later activated. It is important to understand that this does not mean that it is anyone's fault within the family that this condition was triggered.

Key Points for parents

- This condition is often related to a structural issue. This may mean that the body did not have sufficient support to fight off certain ailments, toxins, poisons and poor conditions in the ancestral line.
- This may also include feelings such as feeling attacked, powerless, controlled and self-disgust or self-loathing. Explore and ancestral and trauma related to biology.
- Trauma related to the use of antibiotics, being affected by chemicals in the environment and medication before conception.

- Womb stages are only secondary traumas; it's not where the initial trauma or condition starts. What is the predisposition of ___ symptom in the womb? Were there already symptoms of the congenital disorder in the womb? Did the mother / father or grandparents express ___, which was already present in the womb?
- Trauma related to feeling under attack by a person or the body feeling under attack by toxic poisoning). During conception, how did the parents feel? Did they feel unsupported, invaded, controlled, poisoned, in an unhealthy environment, unhealthy diet and substance abuse? Explore for more possibilities.
- Trauma related to lead and heavy metal poisoning in the ancestral line. Examples of this may be poor or unhygienic environments, bad diets, dirty drinking water, heavy pollution and radiation, war trauma and tortured with substances.
- Explore associations that were formed when trauma was experienced during fetal stages three generations ago. What unresolved issues / trauma did the grandparents have? What did the ancestors emotionally need at the time of the trauma or poor conditions? Explore associations and related trauma.

Congestion

See Fever, Flu, Sinus

Conjunctivitis

See Eye Problems

Emotions

You feel in conflict with what you are seeing in life, causing you a great deal of anger. It may also be related to an irritating situation that has been brewing for a while in your personal life (often between family members).

You have moved into a phase where you want to be left in peace. Your circumstances and environment is full of friction and you don't feel equipped with the right "tools" to deal with these circumstances. This causes you to feel stuck and helpless whenever you need to initiate any necessary changes in your life. You have become very sensitive and self-conscious of how others perceive you. You don't feel that you have what it takes to fit in with society; feeling shy, you want to withdraw from an environment that is often too intimidating.

Your current circumstances are pushing you out of your comfort zone. You might also feel bitter and resentful, as you cannot see why you have to deal with these irritating circumstances that offend you. Your circumstances challenge your self-worth and confidence in your ability to express yourself.

If the client is a young child then explore how the mother and father are feeling. Explore how the child feels toward their circumstances and environment. Is the child going through a change that took away their joy?

What was said or done at the time of congestion? What made the client feel invaded or a need to block out someone or something? Is there a pattern every time the congestion starts?

Key Points

- If the client is a child then do the session with the parents. Start with the mother (or the person that is closest to the child).

- If the client is a child, then explore existing tension and stress related to their environment. Is there conflict in their environment? Did the client move to a new environment that resulted in a great deal of stress for the client? Explore more possibilities.
- When did the condition start? How did you feel at the time? What in your environment was irritating? What in your life do you feel you cannot push out or away? Explore further possibilities.
- Trauma related to feeling under attack, punished or criticized when you express yourself toward influential people. Explore further possibilities.
- Trauma related to feeling out of control. Explore birth trauma and your current circumstances in life. If the client is a child, are the parents feeling out of control in their life? How is their stress affecting the child?
- What stops you from expressing yourself and changing irritating circumstances? How does it make you feel when you are unable to change the circumstances? How does it make you feel when you feel so irritated?
- Trauma related to fear of separation. Separation trauma is often quite recent, also explore old separation trauma.
- Trauma related to feeling powerless. Who or what made you feel that way? Explore further possibilities.
- Who in your life are you trying to push away from but are unable to? Explore further possibilities.
- Explore feelings of resentment as a result of the conflict you see in the environment. This might be related to feeling unworthy or insecure towards aggressive people in your life. The resentment gives you the illusion that you are safe and powerful. Explore the circumstances and feelings of resentment. What is the benefit of feeling resentful? Explore further possibilities.
- Do you feel the need to escape from your circumstances? If yes, why? What happened? Are you going through new changes in life? Explore more possibilities.
- Who made you feel worthless and not good enough? How did that make you feel?

Constipation

See Digestive Problems, Hernia, Intestines, Irritable Bowel Syndrome, Renal Disease

Emotions

You do not want to let go of your emotions. It is important to see that certain emotional patterns are serving you. You are afraid that if you let go then you might lose the stubborn qualities that have served you so well.

You have internalized your emotions and need for love. Your desire to be accepted and receive love overrides your ability to express healthy boundaries. You take on too much at a time and when you need help or support, you often feel challenged asking for it. This often leaves you feeling resentful and unsupported. This pattern starts when you actually give what you need to others. You feel that you cannot manifest what you need as the focus is always directed at other's needs. You find your fulfillment through different types of behavior in public and adjust your character to suit the requirements needed to blend into social groups. You often keep your own counsel, which causes you to have regular, explosive out bursts.

Your bottled up emotions are starting to surface on a physical level. You have a deep-seated fear of expressing your feelings. In the past, expressing yourself provoked confrontation and resulted in being abandoned or rejected. You may also feel that you are not allowed to express your needs as your identity and uniqueness have not been acknowledged and established in

the family. You feel you have to hold on to all your words and emotions as no one wants to listen to you. This is also related to self-sabotage. This pattern causes a great deal of resentment, irritation and anger.

You may have experienced a love-hate relationship with an influential person. This caused you to always feel unfulfilled in your love relationships. You are searching for more love in your life yet you've made a negative association with love. Happy moments are often sabotaged resulting in bittersweet circumstances and outcomes. Influential people or a person challenged your self-worth and your position in the family. This made you feel that you are without a voice and powerless. Your anger helps you reclaim your power and identity.

Key Points

- Attracting bittersweet circumstances. When did this pattern start? Was it present in your parents' lives or childhood?
- Explore trauma of famine and poverty. There seems to be a need to hold on to things or waste that you don't need anymore. Does this reflect an unconscious fear that, "There will never be enough of everything that I need?"
- Explore implantation. Was there enough yolk in the sac? Did the fetus get enough nutrition from the mother? Was your mother perhaps going through a time of hardship and poverty while pregnant? Explore trauma related to a lack of nutrition.
- Explore moments after the birth. Were you breast-fed? How did you feel as a newborn? Remember that this is where you are making your first association with nurturing, love, being fed and drinking breast milk. Your intestines are also processing milk for the first time. How did you feel at the time and just as importantly how did your mother feel? How did her emotional state affect you? Explore these emotions and associations.
- Fear of letting go as well as forgiving yourself. What would happen if you did let go of an unforgivable situation? There might be old feelings of vengeance and resentment. How does it serve you to hold on to emotions? There is often an identity crisis here; you have felt the emotions for so long that you don't know who you are without it.
- You do not trust those around you. You feel that you are the one to have your best interest at heart. If this is the case then how does this make you feel? Explore betrayal trauma.
- Explain the difference between your identity and your past. We are all calm and in control beings. A person's response and behavior is driven by trauma, which consists of fear and lack. You may feel that your past has formed and molded your character.
- Hardening of the attitude. What aspect of your life do you feel needs to change or toughen up in order to deal with stressful circumstances? Explore further possibilities.
- You are often moving into a new phase in your life. What are you scared of? Fear of change, letting go of what? If new changes took place, what would you have to change in your life that you do not want to change? Explore secondary gains and trauma related to change.

Coughing

See Bronchitis, Flu, Lung Problems

Emotions

You may have too many emotions bubbling to the surface and are too scared to express yourself. Your circumstances are irritating yet you feel powerless to make any changes.

You feel controlled or pushed down by an influential person and you desperately want to get away from this situation. Your poor personal boundaries are keeping you from expressing yourself clearly.

Be more aware of when you cough and what is being said at the time. What are your thoughts, what do you smell, what is happening in your environment? There is always a reason why someone is coughing; the timing of it is never a mistake.

Whooping Cough

You may feel that you are not allowed to express yourself freely. You have been made to feel guilty, ashamed or even punished for speaking up. This may have caused you to feel embarrassed when you communicate needs. You have intense emotions that need an outlet. Influential people are controlling what you can and cannot have in your life, leaving you to feel helpless and powerless. Influential people seem to use drama and chaos to manage and control your life. You feel unable to establish your identity within your family and cannot tolerate your current circumstances anymore. You are tired of walking on eggshells around short-tempered influential people.

Key Points

- If the client is a child then work with the mother (or the person that is their guardian) and then the father. In these cases, the client's mother is being affected by the father's behavior and has an indirect influence on the mother's relationship and behavior toward the child.
- What circumstances or behavior of others have you had enough of? What stops you from moving away from it?
- Who and what are causing you to feel powerless in your life?
- Fear of abandonment if you do not obey influential people. Who abandoned you? Explore further possibilities.
- Feeling controlled and manipulated by influential people.
- Who or what is causing you to feel restricted in your life and goals?
- Explore fear of change and fear of failure.
- Place your hand on your throat and imagine that the throat can talk, what is the message behind the coughing?
- When do you start to cough? Is it during an argument, in the presence of a dominant or controlling figure, or when you have to stand up for yourself? Explore this further.
- Who tried to control your spiritual and emotional growth? Explore further possibilities.
- Are you attracting similar friends or partners that are controlling your future or emotional freedom? If yes, then explore the association that you made with this gender or type of treatment.
- Explore earlier birth trauma. Was there fluid stuck in the throat after birth? Were you able to breathe and cry? Did the fluid in your throat restrict you from crying? Explore more possibilities.

Coxsackie Virus

See Back Problems (lower back), Blisters, Fever, Meningitis, Muscle problems, Myofascial Pain Syndrome (MPS), Shoulder Problems, Virus

Emotions

There are deep ancestral patterns where people felt battered, bruised, emotionally or spiritually depleted and helpless. Certain circumstances took a big toll on your ability to mentally, emotionally and spiritually cope with life.

You may also feel overburdened by responsibilities along with a fear of saying "no." You

tend to put other's needs and wellbeing before yours.

You have developed a condition that will force you to take things slower, with far less responsibilities. You feel you can only rest without guilt when you are truly sick. Explore emotional conflict of other family members that are close to you as you might be expressing someone else's emotional state and trauma. Explore what part of the body has been affected the most and refer to the Quick Reference Guide for more information.

Key Points

- Why do you feel guilty taking time out for yourself? What would happen if you did?
- Did either of your parents have similar patterns as mentioned above? If yes, why do you feel that you should follow in their footsteps? This is unconscious so start by defining your own identity within the family. Explore further possibilities.
- What do you feel guilty about? Who made you feel this way?
- Who and what challenged your self-worth and boundaries? Explore further possibilities.
- What are you trying to avoid in life by keeping yourself so busy and occupied? Explore further possibilities.
- Explore the ancestor line for slavery, wars, occupations that required long and strenuous hours and also where people had to work hard and there were no time for rest. As well as where people had to work hard, their families' welfare and survival depended on them. Working them to death.
- Explore anxiety, guilt and need to work hard in the fertilization as well as womb stages.
- What would happen if you stopped to smell the roses? What emotions are being activated? Explore this further.

Crabs

See Parasites

Emotions

You seem to feel that your sexual needs are disgusting and unimportant—there is a great deal of guilt associated with your sexuality. You may feel that your partner's needs are more important than your own.

You do not relate to sex as an act of pleasure and fun. Sexual acts trigger deeper emotions that are taboo and disgusting. You often feel that you deserve to be sexually punished for having needs that require someone else's time and effort. You may have seen and experienced sexual activities in a way that altered how you should feel and respond to sexual pleasure.

Your association with sex and sexuality has been influenced in a negative way. You may have been part of a family or group where personal values and boundaries were disrespected and invaded. This may have resulted in a great deal of sexual problems and challenges.

Key Points

- Explore how you feel about your sexuality and also sexuality in general. Where did your views and beliefs come from?
- How do you feel when you are intimate with your partner? Is there guilt or shame or do you feel invaded and unable to say "no"?
- Sexual punishment. Explore this in the ancestry line and immediate family.
- What are your family values in regard to sex and sexuality? Explore how this made you feel.

- Trauma related to feeling disrespected and disregarded by influential people. Explore further possibilities.

Cramps

See Arthritis, Bursitis, Digestive Problems, Intestinal Cramps, Muscle Problems, Myofascial

Pain Syndrome (MPS), Tendon Problems, Toxins

Emotions

Cramps often start when you need to change patterns and habits that no longer serve you. You may have come from a family that believed that life is too serious to make time for fun. Those who work hard will be rewarded. You often feel that pleasure and freedom can only be found through hard work. You feel you only deserve pleasure and freedom after investing energy and time into projects. The catch is that you don't always recognize when to stop and how to establish healthy boundaries. You do not recognize when the body and mind needs a break. Your body is trying to let you know that you need to focus less on your future and more on your present life.

You have poor communication skills and often find yourself getting pushed into doing things you don't want to do. You seem to feel unclear as to how you should express yourself in such a way that won't upset others. You feel quite rigid about your own needs, which is why you get into undesirable circumstances.

You seem to be feeling guilty for not accomplishing what you intended to accomplish. You feel that you are missing out on achieving your goals and responsibilities. You have not been looking after your own needs, emotionally and physically—you have been giving too much of yourself. You often feel that others are dependent on you for their happiness.

In the womb: You may have been aware of your mother's anxiety, as she could have pushed down on her womb, hoping it would settle down the baby's movement. This may have caused you to feel uncomfortable moving around freely. This may have resulted in rigidity and even fatigue / exhaustion and feeling controlled in adult life. You may not have had enough space to move around in the womb area due to lack of space. You may not have moved enough and stayed for long periods of time in one position, causing parts of your body to be stuck in a painful and uncomfortable position. Did you have enough space to move around in the womb? How did a lack of space in the womb make you feel? The answer you find here would often be the same issue that arises when you are experiencing cramps (or when it started the first time). The answer that you are searching for should not be a superficial answer. The superficial answers are just secondary issues of the main core problem.

Toxic poisoning could also cause chronic cramping and pain in the body.

Key Points

- What are you feeling rigid about in your life? Explore further possibilities. Was this feeling also present during your conception? Explore this also in the egg and sperm just before fertilization took place.
- Do you feel that you can communicate clear needs and boundaries to others? Do you find yourself in situations that you do not want to be in? How does that make you feel?
- Do you feel guilty for participating in fun activities when you feel you should be working instead? Why? Explore further possibilities.

- You may take your role in life, job or family position very seriously and end-up throwing yourself whole-heartedly into your circumstances. This may have caused you to take on too many responsibilities and roles. This resulted in others relying on you too much.
- You may be feeling pushed too hard to be an example to society and fear judgment or criticism. If this is the case then explore further.
- You may have felt guilty or ashamed when you were having fun during childhood, while circumstances at home were stressful or hostile.
- You may feel that you have to overcompensate in other areas of your life as you've been made to feel like a failure in the past. You may be trying too hard to fix past mistakes. If this is the case, then explore further. Who and what made you feel like a failure? How did that make you feel?
- What is the benefit in feeling guilty about what was said and done? What is the benefit of depriving yourself of joy in life? Explore implantation; did the zygote connect to the wall the first time successfully?
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process. Such as feeling under pressure not to make a mistake, not to look stupid or feeling incompetent.
- Where is the cramp? Explore the body area that is affected and refer to the Quick Reference Guide for more information.

Crohns Disease

See Anemia, Digestive Problems, Colon Problems, Ileitis, Intestines

Emotions

You grew up in a tug of war family dynamic. What you stood for was often challenged and demeaned by influential members of your family. This made you feel rejected and inadequate, as if you were not good enough during your childhood.

You may have felt forced to always compromise with senior members of the family. You often felt that you were forced to understand another's point of view while your own views were dismissed. You enjoy being in the public eye although you have a fear of being exposed or losing control. Your outgoing flamboyant personality often hides the pain and turmoil that stems from your childhood.

Sexual abuse is often the cause of this condition, however not in all cases. If you didn't experience sexual abuse in your own life then it may be related to ancestral trauma that has been triggered in your life.

You may have had to stomach and suppress abuse experienced as a child and never talk about it—the only way to survive was to hold it all in and keep quiet. With Crohns Disease, you are less likely to be attacked by people who may have been disrespectful towards you in the past.

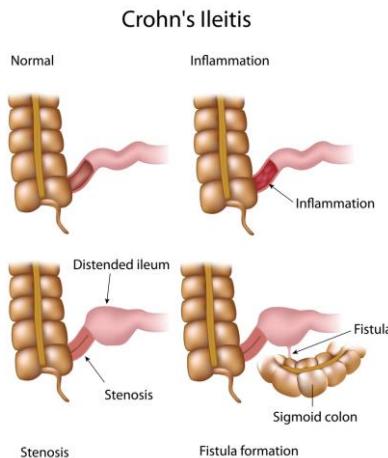
Being aware of this part of you that is angry, not good enough, shameful, disgusting is painful as you judge it, criticize it, behave impatiently toward it, deny it, loathe and hate that part of you. You gave your power away to previous criticism and judgments from authority figures you respected and interpreted their negative way of communicating to you as the truth.

You may feel that there is always something to fear, always waiting for something bad to

happen.

If you are a female, then you often feel that it's safer to be a man than a woman. You grew up in a tough love environment and are emotionally sensitive as a result. You can be easily hurt and upset by other's words and actions. You don't feel that you deserve to be listened to nor do you listen to your own needs.

You have become stuck in a pattern where you have to keep pushing forward in life, as there is a possibility that no one will support you. You have a fear of being left behind.



Key Points

- Emotional suppression. What would happen if you expressed your emotions? Explore further possibilities.
- Do the symptoms of this condition change? If so when and what was happening in your life that time?
- What was your relationship like with your parents and siblings? Explore any abuse and trauma. Always explore this during conception and fertilization.
- Feeling deprived of many things in life, especially love, acceptance, understanding, support and protection. How did this make you feel? Explore further possibilities. Explore ancestral trauma related to the above-mentioned emotions.
- You feel undeserving of love, joy and safety. Who punished you when you had these needs? Explore the trauma and associations you may have made with love, joy and needing to feel safe.
- Feeling safe is dangerous. Feeling safe makes you feel vulnerable and you believe that vulnerable people are attacked. What happened when you did feel safe? Did abusive, controlling or dominating influential people disrupt your environment? If this is the case then explore further. Is there a similar pattern in the ancestry line? If yes, explore further.
- Were there any war, slavery or traumatic deaths in the ancestry line? Who in the ancestry line could not digest and stomach their circumstances?
- Explore your womb stages. Explore how your mother was feeling while she was pregnant, especially while your colon and intestines were developing. How did her emotions and circumstances affect you? What was her relationship like with her partner or father? Explore further possibilities.

- You feel exhausted and depleted of your past trauma, yet are still holding on to it. You may feel that it is safer to hold on to the trauma so that it cannot happen again and repeat the cycle of pain, abuse, stress or anxiety. Letting go of this trauma does not mean that you will be vulnerable again.
- Holding onto to trauma increases your chances of attracting it again as you unconsciously keep sending out stressful signals. The law of attraction is always listening! What do you need to change in your life (any habits, boundaries or patterns) to avoid having to go through similar situations?
- This could be related to ancestors who had a heavy protein diet that may have only consisted of meat and heavy foods, causing constipation and not passing all digested food. It is important to also explore how the ancestors felt along with their diet as a second contribution to the possible start of this condition.

Important questions for you to ask yourself:

- Does your condition make it easier to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Crying

See Anxiety, Colic, Depression

Emotions

Crying is a person’s way of releasing emotions that cannot be expressed or find the words for. Crying can be healthy as it helps you to process bottled up emotions that otherwise would be suppressed. Crying is the end result of a pile of emotions and trauma that finally needs an outlet.

You have stored and bottled up a great deal of tension and adrenaline. These emotions surface when a person starts to cry. This causes a crying fit where dormant tension in the muscles starts to become more evident. The body often becomes either very relaxed or very rigid, shaking and tense. When the body becomes quite tense then it’s a sign that the crying and sadness is accompanied with a great deal of anger, injustice, deep grief (such a loss or betrayal) and frustration. The body is also in a process of completing unresolved trauma if you are shaking or shivering (in this case the shivering is not related to the temperature of the environment).

You are a gentle and sensitive soul who does not share emotions easily. Crying gives you comfort and allows you to feel safe while you process surface emotions. Even though this is a healthy way of releasing emotions, it does not deal with the deeper cause. You may have an association that crying is the only way in which you can express yourself. You may have been punished as a child for speaking up.

You often feel that you don't belong in your skin and are missing out on your life's purpose. You may be longing to discover something that you fear you can never have, continuously grieving for a future that could have been. You cannot let go of how things may have turned out differently.

If you are grieving for someone that passed over, especially a life partner, then the loneliness can be overbearing. You have formed an identity association with the partner that passed away, meaning you don't know who you are without that person. There was no clear line between where the deceased person stopped and the grieving person started. This trauma is often related to abandonment, rejection or fear of loneliness from childhood that has been triggered.

You are feeling overwhelmed with a situation in your life and feel that you don't have the right "tools" to manage stressful circumstances.

You may sense that something in your life is coming to an end and you are afraid you won't know how to cope. Fear of change is a fear that many people have. Sometimes a person can grieve for the part of them that is going through a transformation. Part of you is changing and transforming in order that you can move into new and unexplored areas of your life. During this process, you may experience new and heightened emotions.

You may have experienced a childhood where you were abused, criticized, humiliated or made to feel like an intruder. You may feel left out and desire to belong somewhere.

You were not able to cry as a result of feeling too weak; as an adult you often feel great sadness and a need to cry. This may be related to the fact that your need for love was often met with your parent's sadness and worry over your health.

This could also be related to ancestral trauma where a person was not able to grieve properly due to their intense circumstances. This could also be related to grieving for the loss of a child, partner, valuable family member or loss of a home or land.

Key Points

- Trauma related to unresolved grief. Explore further possibilities.
- Was your mother crying or grieving a lot while pregnant with you? If yes, how did that make you feel? How did that affect you?
- What emotion(s) have you suppressed for long periods of time? Why did you suppress it? How did it keep you safe to keep the emotions to yourself?
- Have you lost someone that was close to you? If yes, explore further. Explore feelings such as abandonment, loneliness, emptiness, and numbness or panic. Explore this during fertilization (sperm separated from others when entering egg, losing tail, losing placenta) and in the womb. Explore ancestral trauma related to grief.
- Were you able to cry during childhood? If no, then explore why? What would the consequences be? How did that make you feel? Explore trauma of suppression.
- Suppression of innocence during childhood. What was the key moment? Remember you never lose your innocence; it's merely suppressed by past stressful events.

Note to practitioners: A person never loses their innocence during their childhood, no matter what happens, it merely becomes suppressed due to trauma. A person can always recover it when they feel ready to. It is important that the practitioner support and help the client to process any blame and resentment towards someone else. Ask the client, what would happen if your innocence were given back to you right now? They might feel scared or fear that they will be vulnerable or be hurt again if they allow themselves to susceptible.

- Explore the fears and distinguish which ones are real and which are just fears. Resolve the core trauma.

Cumulative Trauma Disorder (also known as Repetitive Stress Injury, RSI)

See Back Problems, Inflammation, Joint Problems, Muscle Problems, Myofascial Pain Syndrome (MPS), Rotator Cuff Problems, Tendon Problems

Emotions

This condition often arises when you are participating in an activity during which you may be feeling negative emotions such as anger, resentment, rage or irritation.

Example: Jane was good squash player. Her own team challenged her position as director of the squash club because she was female. She felt deeply hurt, fuming with rage and wanted revenge. She played her heart out on the squash court, but said that in doing so, she was feeling a great deal of rage and anger. The anger also stemmed from her childhood because her father abused her in many horrible ways. She had two hip replacements one year later. Jane's father abused her; she felt a great deal of anger and rage. She also relied on her hip joints to help her move quickly on the squash court. Most of the pressure was placed on her hips along with intense anger and rage. Her hips were bound to become problematic at some point.

It is important to explore what you were feeling while you were participating in the activity. You often have the attitude, "I will show you!" You release emotions while doing certain activities, letting go of your frustration during work / hobby related activities.

You may be feeling overly sensitive, because you've been on the receiving end of critical judgment, verbal abuse or punishment. You often punish yourself, as you were not allowed to show signs of anger during childhood. Only authority figures were allowed to vent their anger—you were punished for expressing frustration or anger.

You are often sensitive about other's behavior toward you. You may feel that things can only be accomplished when you have an opposition to test your strength, endurance and to challenge you. You feel obligated to see through things to the end and feel that enduring hardships validates you.

Key Points

- What repetitive activity were you acting out? This includes a movement during sport or work. How did you feel while acting out the activity? Explore further.
- What body part has been affected? Again, explore the emotions that occurred during the activity.
- See the Quick Reference Guide to get a better idea of emotional components of the body that has been affected.
- Acknowledge the stress, emotional and physical rigidity in the affected area. If you are stubborn about letting go of a trauma or emotions related to this condition then how does this serve you?
- Does it keep you safe? Does it help to feel stronger in life? Does it help you to set better boundaries? Explore what the benefit is.
- You may feel that by being overly responsible you are not taking advantage of life and opportunities coming your way. You may feel guilty about what you have or want and may feel that it can only be accomplished by hard and strenuous efforts. If this is the case then explore why you feel this way. Who and what made you feel guilty for expressing needs?

- Ancestral trauma related to carrying heavy loads on their head, shoulders or carrying a child on their back while working or walking long hours.
- Trauma related to being pushed too hard with too many expectations. If this is the case then explore this.
- This condition can be worsened by alcohol. If you consume more than an average amount of alcohol per week then explore why you feel the need to consume alcohol. What is the underlying issue?
- Built-up emotions resulting in resentment, anger, suppressed rage, frustration or feeling humiliated.
- You feel traumatized, upset or hurt by other people's judgment, criticism and feedback. You may feel powerless to change your relationships with others, leaving you feeling unfairly judged.
- Who taught you to see things through, whether you like it or not? Do you understand in this context whether what you are doing is really your responsibility? Should you really be seeing this through? Explore further possibilities. Explore your feelings of guilt and shame around saying "no."
- What happened in your life that challenged your confidence? Explore further possibilities.
- Place your hand on the affected area. Imagine that that area had a voice. What would it say? What is the feeling and what is the message?

Cut

See Accident, Bleeding, Blood Problems

Emotions

You feel angry and are holding onto old grudges. What happened or how did you feel emotionally (or even a thought that was upsetting or angered you) before you cut yourself? You are trying to dissociate from what is happening in your life. What are you unhappy about? Explore any recent circumstances. Which part of the body was injured? See the Quick Reference Guide for more information that is related to the injured body part.

Cushing's Disease

See Adrenals, Grave Disease, Pituitary Gland Problems

Emotions

You may be exhausted from always being emotionally available to everyone. There is a need to break away from unhealthy and destructive patterns. These patterns include internal conflict, destructive thoughts coming to the surface and sabotaging your goals.

You may have experienced a significant trauma during childhood that influenced your hormone levels, leaving you in survival and stress mode for long periods of time. You also experienced stress during womb stages where your mother's stress levels were heightened, possibly placing stress on you during developmental stages.

You often feel that it is unsafe to relax. Influential people made a crisis out of everything. Overdramatic actions and statements were used to control and manipulate you. Drama and hostility were associated with love and attention. This has caused you to over analyze what you are capable of accomplishing in your life. This may result in feeling that your goals are now out of reach because you don't have what it takes to be successful. You often feel that

others are out to sabotage your progress.

You often measure your success before a task or project has even begun. This is a result of an influential person using harsh words to motivate you.

You often feel controlled and dictated to and left hanging with too many options, things to do, strict deadlines or not enough time. Your “crisis switch” is always switched on. You often revert to a submissive state when confronted by influential people or a dominant partner. Being submissive kept you safe and didn’t challenge anyone. You are suppressing your sadness along with your unmet needs as a child. The sadness is now surfacing and repeating another cycle of sadness and suppression in your adult life. Often issues in intimate relationships trigger these unresolved issues.

You feel utterly undeserving of love and don’t know how to receive and digest it. You have a deep longing for love and need for acceptance from an influential person. Your need for love has been met with inconsistent behavior leaving you feeling emotionally unfulfilled and even scattered. You feel very unworthy of love, as a result of negative associations formed when receiving love.

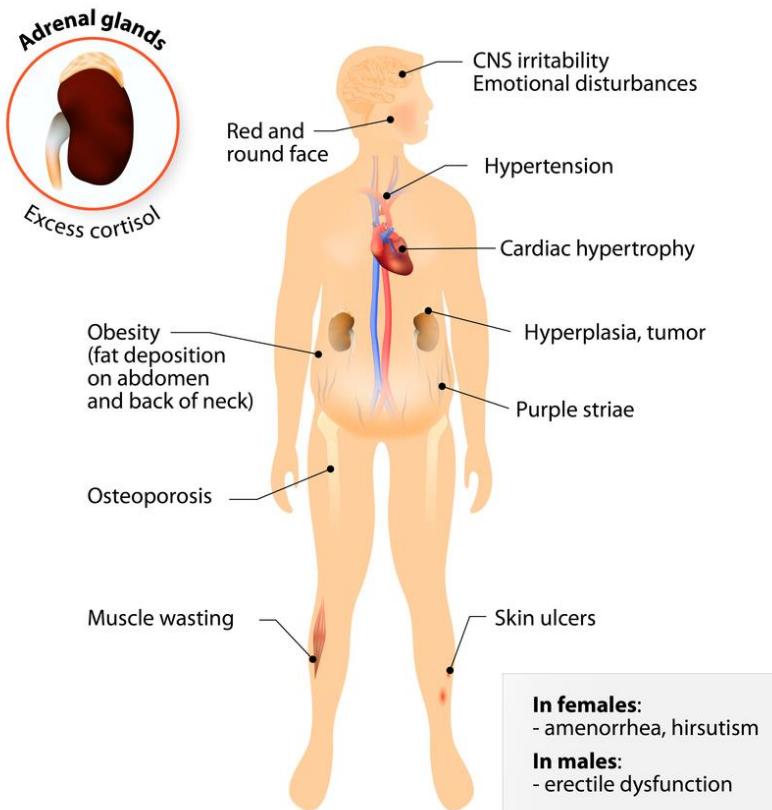
You may feel that it is safer to have no love in your life as you have learned and emotionally adjusted yourself to live without it. You often may fear that love might weaken you.

The more you suppress your needs, the worse the symptoms will become. Joining a community and being around people that you feel safe with will be a big step towards living a more emotionally and mentally healthy life. It is time for you to express your self-worth and stop worrying about what others think. Set aside an hour a day for some “me time.”

You work very well with structure as it helps you to feel more in control of your goals and progress. What do you love to do? Bring joy into your life by spending more time outdoors. Install a small running water fountain in the house, which will create a more relaxed and calm environment. Turn on more lights around the house and use your favorite colors to decorate the space where you spend the most time.

Ancestral trauma related to feeling out of control to such an extent that they gave in to their circumstances. You have literally slowed down in everything you do as you have lost the passion, joy and drive to be successful. This could be related to an unforeseeable great loss and trauma that took place in your life or within the family.

SYMPTOMS of Cushing's syndrome



Key Points

- Did your mother suffer from depression, alcoholism, malnutrition or suffer a great loss or from anxiety while she was pregnant? These conditions over-stimulate the adrenals and circulation of the mother, which could directly influence fetal development.
- Lack of self-worth. Who do you feel robbed you of your self-esteem? E.g. bullying and abusive behavior etc.
- Explore your personal boundaries. What kind of relationship did you have with your primary caretaker / mother? Were you able to exercise personal boundaries? Explore further possibilities.
- Did you have enough freedom to make your own choices in life? Explore control patterns that your parents projected on to you. How did it make you feel?
- Did you feel good enough for your mother? If not, how did that make you feel? Explore further.
- Did your mother show sufficient appreciation and acknowledgement? If no, then how did that make you feel?
- Lack of love left you feeling out of control, unloved, unsafe or insecure. Explore further possibilities.

- Did you feel emotionally or physically invaded by people during childhood? If yes, by whom? How did it make you feel? Note: invasion does not mean sexual abuse or physical abuse; it could be disrespect to your personal space, belongings, values etc.
- Do you use any medication that could produce extra cortisol? If so, how does the mediation make the body feel? Explore further possibilities.
- You are submissive towards authority figures. Who behaved this way during your childhood? For example, did your mother adhere to all of your father's needs or visa versa? Does your submissive behavior towards someone keep you safe? If yes, why and from whom? How did that person or situation make you feel? Explore fear related to saying "no."
- Is there war or slavery trauma in the ancestral line? Other significant circumstances such as violence, rape, abuse, murder or circumstances that left an ancestor feeling stressed, powerless and out of control etc.? If yes, explore further.
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.

Cystic Fibrosis

See Cyst, Digestive Problems, Inflammation, Liver Problems, Lung Problems, Sinus Problems,

Emotions

There is always urgency when achieving or accomplishing goals, as you fear you will fail or that opportunities might pass you by if you don't act quickly enough.

Stressful circumstances have left you feeling out of control and unable to get back on track and reconnect with what you once loved doing in life. This may be as a result of paying more attention to the needs of others rather than you own. This has left you feeling empty, unfulfilled or resentful.

You feel that your environment is a threat to your survival and emotional state, as if you are unsafe and poisoned by what is going on around you. You often felt a great deal of anger from your mother and father that affected you, even though the anger might not have been directed toward you personally. There is a boundary failure between parent and child, where the child might feel either responsible for their parents' circumstances or hardships. You may feel rejected and abandoned as your parents were too occupied with their own challenges.

You have a hard time discerning where your parent's emotions end and yours begin. Life and relationships have often been hard, challenging, cold and hostile, leaving you feeling overly vulnerable and perhaps, deeply depressed. You do not feel that it's safe to breathe in the joy of life.

Your breaths have been shallow and short; there is also a great deal of physical tension in the lung area.

You may feel that your existence is only a disruption to the world. You didn't have the guidance you needed to explore your talents and gifts, which have caused you to feel that your life has no purpose.

Your life experiences have left you feeling out of control and invaded by influential people. You may feel that you are always in the way, as your needs may have been met by rejection. Where in the body did this condition start?

Lungs

See the Lung section in the book. Your suppressed grief, lack of passion for life and fear of failure may have gotten the better of you. You seem to feel unclear about how you can achieve your goals and have your needs met at the same time. There seems to be a lingering feeling that you do not deserve the love and security you need. This only adds to the already confused and vulnerable state you are in. You may feel resentful toward the stressful circumstances you are in and long for the good old times when everything was peaceful and harmonious. You feel invaded, offended and resentful toward the smell of your environment.

You feel defenseless in the face of opposition and confrontation. Explore trauma related to your first breath after being born. Explore trauma related to ancestors that were suffocated. If the client is a child then explore the above with the mother as it might be related to her or the father's history. You might have a fear of dying, such as feeling unwelcome in your environment and in the womb. You have a fear of losing someone that is close to you.

Digestive system

See Digestive Problems. This area in the body relates to feeling conflicted with the environment and personal relationships. There is a lack of understanding between you and family members. It is causing you a great deal of stress, making everything feel toxic and dangerous. This is a genetic block, which means that it is important to explore the ancestry line, incidents that occurred and how the ancestors were feeling during their own hardships. You cannot let go of old trauma and feel challenged by the thought of forgiving people that caused you emotional stress. You feel a great need to protect yourself from the trauma and challenges in your life that you cannot process and stomach. It's safer to block out issues than to resolve them.

Key Points

- Explore ancestral trauma related to alcohol abuse, rape and incest.
- Were your parents ready to become parents? If not, how did that make you feel? Explore further possibilities.
- Trauma related to feeling blamed for others problems (misunderstandings). If this is the case then how did that make you feel? Explore further possibilities.
- Where in your life do you feel out of control? Which area is affecting you the most? Explore this out of control trauma during fertilization and cell division as well as implantation, along with feeling rejected.
- Trauma related to feeling unsafe and restless. What happened? If you cannot remember what had happened then explore how the unsafe or restless feeling makes you feel. Explore also the ancestral line, ask about war trauma, slavery, being imprisoned or orphaned.
- You may feel that you are destined for this unhappy, depressed and self-punishing cycle.
- What happened that made you feel this way? Explore possible associations that you made with life and being alive.
- Feeling undeserving of everything in life. Why? Who made you feel this way? How does feeling so undeserving make you feel? There seems to be trauma related to feeling and being suppressed. What happened that caused you to suppress your emotions? How does suppressing your emotions make you feel?
- Explore further possibilities. Explore this pattern of unworthiness during your womb stages and what your mother was feeling and experiencing.

- You are recycling old grief related to failed relationships. As you mature, you realize how different things could have been if only ___ had taken place. What is the benefit of mulling over the things that can't be changed? There has to be a benefit / secondary gain, otherwise this issue would have been resolved a long time ago.
- Trauma related to feeling rejected when you needed comfort, safety and love. Explore further possibilities.
- Trauma related to feeling alone. Explore further possibilities. Explore fertilization (sperm separated from other sperms) and stages after your birth, separation from your mother.
- Trauma related to feeling controlled. Do you feel out of control or too controlling? Explore what caused you to feel this way.
- Old self-sabotaging repetitive cycles keep repeating themselves in your life. Related to old patterns that your parents expressed in their lives as well. This can be related to feeling abused, always attracting the wrong partner, self-sabotage etc. Explore patterns further.

Cyst

See Abscess, Breast Cyst, Cancer, Endometriosis, Hormone Problems, Polycystic Ovary Syndrome, Sebaceous Cyst

Emotions

You seem to feel misunderstood by influential people, which cause you to feel alone and empty. You may be feeling a great deal of sadness, grief and lack sufficient support in your life. You may be feeling a great deal of resentment as a result of past traumas and injustices. You seem to feel stuck and stagnant with emotional baggage, which has become a suit of armor that you use to protect yourself from experiencing old trauma again. You may feel that you are your own best friend, finding comfort in being alone.

You may have experienced a childhood where rejection was used as a form of punishment, as a means of manipulation. You may feel that whatever you did was not good enough, leaving you feeling worthless and invaluable to the world.

Cysts could also start on an area of the body where you might have experienced physical abuse. For example: Someone who was repeatedly grabbed by the arm could develop a cyst in that area. Someone could have fallen very hard on their tailbone, while feeling a great deal of anger and resentment. The anger and resentment can be "recorded" in the injured part of the body. The possibility of a cyst can grow in this injured area as a result of intense resentment and anger in the body that grew out of control. This was accompanied by the need to be shielded and protected. Some people have even reported saying, "I have endured too much pain in my life and I will not just give up my pain. What will I be without my pain, resentment and trauma?"

When people have experienced trauma for long periods of time they reach a point where they don't know who and what they are without their trauma. It is as if the pain has become a part of their identity. See the Quick Reference Guide for more information.

Cysts on the head

This often relates to deep resentment towards authority figures such as a dominant parent and controlling partner. You feel out of control due to a dominant figure(s) influence in your life. Often relates to birth trauma or it could also be head trauma as a result of physical abuse.

Cysts on the neck

This relates to resentment toward people that you feel responsible for. The people that you are supporting and helping are often the same ones that are attacking (either verbally or physically), betraying and abusing you. Often related to being strangled, or having the umbilical cord around the neck or needing protection from circumstances that you feel responsible for.

Cysts on the back

This relates to anger and feeling unsafe in your life. You need to feel safe in your personal life and working environment. The body overcompensates by developing cysts as a buffer between you and people who are taking advantage of your hard work and good will. No one had your back during childhood. There is trauma related to feeling betrayed.

Cysts on arms

This relates to a failure of achieving a goal(s). You feel held back in life and had to fight hard to be successful with little, if any support. You are not taking what is rightfully yours in life. You allowed others to be the leaders and now feel the consequences of those decisions. An authority figure may have grabbed you by the arm.

Cysts on upper body / chest / stomach

This relates to ancestral trauma, as well as being attacked in this area (physically). You feel vulnerable and exposed in your personal relationships. You do not trust people in your life. Conflict related to family matters.

Cysts on legs

This relates to feeling forced and pushed down by authority figures. Anger was used to control and manipulate your future and goals. You may have felt unable to get away from danger or stressful circumstances and as a result felt unsafe and unprotected. It is also related to sexual frustration and anger as a result of feeling used and taken advantage of by a partner or the opposite sex.

Key Points

- Was there any abuse in your childhood? This could include emotional, physical or sexual abuse. Explore further possibilities. Explore trauma during fertilization and ancestry line.
- What traumatic events can you not forgive? Explore further possibilities. Explore also how your stubbornness and rigidity is serving you.
- Do you know who you are without the past trauma? Explore further possibilities. Realize that your experiences and trauma are separate from who you are.
- Where is the cyst located? What had happened in your life when the cyst started? Explore long standing unresolved issues. Explore further possibilities. Refer to the Quick Reference Guide for more information.
- From who or what do you feel you have to protect yourself? Explore further.
- Trauma related to feeling unsafe and unprotected. Explore fertilization stages, implantation and womb stages.

- Hardening of the attitude with the intention of keeping yourself safe.
- What in your life has grown out of control? Explore further possibilities.

Cystitis

See Bacteria, Bladder Problems, Bladder Cancer, E.coli, Inflammation / Infection

Emotions

You feel guilty whenever you express any emotional needs. You feel that you don't deserve to have your needs met. Your expression for love is often met with punishment and rejection.

You have been regularly reminded that you have to work hard for what you want in life. Goals are not easily achieved. You often feel that you have to hold yourself back so that others can accelerate in life. This often stems from a childhood where you were not supported in your goals and the needs of others always came first. Your goals felt like pipedreams.

You feel deeply angry, grieving for what you cannot have. Deep childhood trauma was triggered. This trauma is often related to a child not being able to find their position and identity within the family. Your identity was challenged and dismissed as not being good enough. You felt denied of something you wanted. You were made to feel ashamed and guilty for wanting to achieve this goal. Something you cherished was taken away as punishment, leaving you feeling undeserving of the good things in life. This incident also left you feeling as if your identity has been suppressed. It is better not to have too many things in life, as there can be no loss. You feel as if you cannot be happy in life again. As a result, you often sabotage personal relationships. This pattern of anger and resentment has left deep emotional marks in your life. Self-sabotage has become a way of life.

You feel that people invaded your turf and you are powerless to stand your ground. This has caused you to feel pissed off and angry as you feel you cannot reclaim your personal power. You are fighting against people with your resentment and bitterness, expressing your boundaries through aggression.

You may regret a choice of sexual partner or relationship. This may also be related to how you feel about your sexuality. You may feel disempowered during intimacy with a partner.

Key Points

- Who are you angry with? How does that make you feel?
- Trauma related to your unmet emotional needs. How did this make you feel?
- Explore emotions such as resentment, vengeance and injustice. Does your mother or father have similar blocks? If yes, then acknowledge the difference between you and your mother or father's emotions, trauma and patterns.
- Were decisions made that had a direct negative impact on you and your territory? Explore further possibilities.
- What is the benefit of holding yourself back? How does it keep you safe?
- What is the benefit of suppressing your needs? How did that serve you in the past? You may feel unworthy of having needs met. If yes, who made you feel this way? Explore resentment toward that person and the pattern that stemmed from this relationship.
- Explore feelings of regret. This may be related to a sexual partner or life partner. How does it feel? Explore further possibilities related to regret.
- What is the benefit of being angry and feeling resentful? Often it is to push people away, as people only caused disappointment, injustice and sadness for you in the past. You feel more in control on your own. You have been your own best friend since childhood. Anger and

resentment have become a source of power. Explore how you would feel if your anger were taken away. Explore these fears.

- Explore whether your mother felt emotions such as hatred, anger or resentment toward her partner while you were still in the womb and the urinary tract was developing.

Dandruff

See Hair Problems, Skin Problems

Emotions

This condition often relates to current responsibilities that are causing you to feel stressed. You may be feeling vulnerable as your plan of action (for goals, work, family etc.) may have a crack in it. Re-evaluate the structure of your plans and whether the people supporting you are for your highest and best. You need to find a better balance between your goals and your colleagues' / loved ones' goals as there seems to be conflict. Find a balance between your role and the roles of those people who are supporting you.

You may be feeling a deep fear of changing plans, as you don't want to upset or sabotage the support you are currently receiving. You are compromising too much and it's causing you a great deal of stress. Unexpressed frustration needs to be released in a healthy way. Explore why and how you got yourself into these stressful circumstances. This condition also relates to poor personal boundaries, indecisiveness and not being clear about your needs and goals.

Key Points

- Is there a clear line between your responsibilities and the responsibilities of others?
- What in your personal or professional life is not working out for you? Why is it causing your stress?
- Poor personal boundaries are often a key factor. Is it easy for you to establish boundaries without feeling scared or by being overly aggressive?
- By whom do you feel threatened in your current circumstances? Who is challenging your status / image?
- You may feel that you need to be protected by an aggressive individual. What stops you from expressing boundaries toward this person?
- An earlier trauma in your life may have been activated by your current circumstances. Such as feeling stuck in the middle of your parent's arguments. You may feel that you are caught between two hot-headed people or you may find yourself in the middle of a dispute over which you have no control.

Deafness

See Acoustic Neuroma, Hearing Impairment, Nerve Problems

Degenerative Joint Disease

See Arthritis, Inflammation, Joint Problems, Osteoarthritis, Osteoarthritis, Tendon Problems

Delirium

See Hysteria, Schizophrenia

Emotions

You are experiencing outbursts of powerful emotions that were suppressed by your parents

and ancestors. Strong emotions may have been felt and suppressed between your mother and father during your conception and these emotions may have been triggered in your life. The emotions may have built-up to a point where you feel unable to control them. The outbursts come in waves. Emotional bursts are like a crashing wave, then everything subsides, while the wave (emotion) is drawing back into the ocean, until the next set of waves comes crashing down. These outbursts surfaces when you are in a situation that causes you to feel that you are reliving certain past traumas, a time and place that you have been trying to avoid. The more you try to avoid feeling certain emotions, the more real these emotions start to feel. You unconsciously create circumstances that trigger the past traumas (more so ancestral trauma and trauma during the conception and womb stages).

Your outbursts are often driven by suppressed anger, which surfaces due to feelings of disempowerment and giving your power away. You may feel that authority cannot be challenged. You feel controlled, restricted and the only way you can be heard is by being aggressive, loud or impulsive.

A previously inactive trauma has recently been triggered. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. You may have been born overly sensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later active. It is important to understand that this does not mean that it is anyone's fault within the family that this condition was triggered.

This condition could be related to ancestral trauma. They may have been tortured, in abusive relationships or imprisoned where they may have been abused. Explore circumstances that may have resulted in a person losing their sanity.

Key Points

- Explore the ancestry line. Was there a pattern of oppression and suppression? If yes, explore how this is surfacing in different ways in your life.
- How does suppressing your emotions keep you safe?
- Explore emotional states of your mother and father during your conception. Explore how your mother felt during your womb stages. Explore further possibilities.
- What stopped you from speaking up in the past when you needed to? Instead, you suppressed yourself. Explore further possibilities. Also, explore this during fertilization stages. Where is the disempowerment trauma stemming from?
- Feeling out of control in your environment. Focus on issues related to control, especially in the ancestry line as well as the womb stages. During the womb stages, how did your mother feel? How did her emotions affect your fetal development? Explore traumas and associations. Explore cell division.
- What do you need to dissociate from in life? What is it you are trying to escape from in life?
- Explore ancestral trauma related to alcohol abuse, torture, imprisonment, war and serious illness that affected the brain.

Delirium Tremens

See Addictions, Alcoholism, Hysteria

Emotions

You are suffering from alcohol withdrawal. You may be feeling lost without a quick fix and there is nothing to reach out to for comfort. Alcohol was your crutch and helped you to

suppress negative emotions. The trustworthy source of comfort (alcohol) is not readily available anymore and you are going into a panic. This is almost the same as not getting attention, safety, nurturing or comfort from your mother. You may have had a mother that was hostile towards you. This caused you to feel vulnerable, unsafe, confused or anxious. She may have been physically present with you when you were young, however she could have been emotionally unavailable. In most cases, the alcohol is suppressing your unmet need for love, comfort, safety and nurturing. The alcohol helped you to avoid and suppress any emptiness, feelings of rejection, abandonment or feeling that you do not belong anywhere. Alcohol replaced the presence of an important figure that was absent from your life.

Key Points

- Trauma related to feeling unsafe. Who or what circumstances made you feel unsafe?
- Trauma related to feeling rejected by your mother or source of love. Explore further possibilities.
- What did the alcohol give you that you cannot have in your life without the influence of alcohol? Explore the answer and the trauma that caused you to feel that.
- Explore associations that you made with the alcohol and needing to escape. “When I need to feel safe, I need to escape.” This could be related to womb stress that your mother may have felt if she was unable to escape her circumstances.
- Explore how suppressing your emotions keep you safe and perhaps from who?
- Did your mother, father or any influential people abuse you? If yes, how did this make you feel? Acknowledge associations that you made with suppression and numbness and how it kept you safe.
- Trauma related to feeling overwhelmed with your past and suppressed emotions that are now surfacing. Explore how you felt during childhood. What was your environment like? How did influential people interact with you? Explore further possibilities.

Dementia

See Hysteria, Multiple Personality Disorder, Senility

Emotions

You refuse to accept the world as it is and want to rebel against the fact that it is restrictive and controlling. You feel stuck and stagnant in life due to a childhood that made you feel hopeless and disempowered. Your mother and father behaved in a way that caused you to feel out of control and helpless. There was no proper guidance and support available to you. You often feel scattered and incoherent, as there was nothing or no one to hold on to and reach out to when you experienced trauma. You feel weak and disempowered when you need to fight your battles.

You seem to be stewing over suppressed rage and rejection trauma, feeling confused about where your personal boundaries are and where they should be

You have been battling with a deep need to control your emotions and are at the final stages of giving up trying to process these conflicting emotions.

You may have given up on life, as well as given up on yourself. In most cases, you may be holding on to a lot of guilt toward your children, as you feel like a failure.

You may have experienced a trauma that caused you to feel robbed of either your time,

energy or love. You have fought a long and hard battle within. You have now had enough of this emotional rollercoaster called life and are disconnected from your inner source of strength, which used to be the ability to remain neutral.

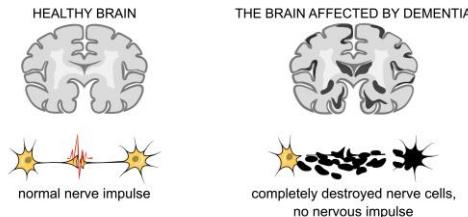
You may have an unconscious fear of growing old, being dependent on others or losing your ability to take charge of your life and being out of control. You are now living the life that you dreaded in the past.

Is the dementia caused due to an injury? If yes, then it is also important to see the Accident section also explore how you were feeling before the accident occurred.

A previously inactive trauma has recently been triggered. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. You may have been born overly sensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later activated. It is important to understand that this does not mean that it is anyone's fault within the family that this condition was triggered.

DEMENTIA

ALZHEIMER'S DISEASE, SENILE DEMENTIA



Key Points

- Giving up is the main key here. Why? What happened? What has been a long-standing issue in your life that you could not cope with?
- Who took your power away? How did that make you feel?
- Trauma related to feeling hopeless. Who or what made you feel hopeless? Explore this further.
- Has there been a pressing issue, person or trauma that you cannot process? Are you holding onto old secrets that are now causing a great deal of emotional turmoil? What are you trying to forget?
- What have you had enough of in life? Explore feelings of bitterness, disgust or self-loathing.
- Why do you feel a need to rebel? Against whom do you want to rebel? There may be a general answer to this question and that is that you didn't want to live a life that never resonated with you. You rebel with the intention of reclaiming your power. By whom or what do you feel suppressed? Explore further.
- Which influential person's influence in your life have you had enough of? Why do you feel powerless, disrespected or ignored by this person? Explore your relationship.
- Towards whom do you feel guilt? This is old guilt that you have held on to for long periods of time. How does the guilt make you feel?
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.

- Communication and separation trauma. The egg became separated from the other eggs during ovulation. How did that feel? You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty, lack of direction, moving through the tube.
- Was your mother told to try and delay giving birth until doctors arrived? If yes, then explore further feeling out of control and wanting to give up.
- Is the dementia a secondary symptom of an illness that started before the dementia such as Parkinson or Hunting's? It is important to explore the illness that started first.

Demyelinating Disease

See Multiple Sclerosis

Dengue

See Fever, Parasites, Rash, Skin Problems, Virus

Emotions

You feel that people's words and actions are affecting and influencing you skin deep. You may feel utterly unworthy of expressing your emotions. You seem to be punishing yourself for feeling hostile and negative emotions as you were taught that such emotions are bad and not allowed. This type of pattern caused you to suppress your boundaries and self-worth. You feel that you have to work hard to be seen, appreciated and acknowledged.

Words and actions in the family may have been delivered with good intentions, however it was not sincere. Your lack of personal boundaries may cause you to feel under attack and taken advantage of by others, especially influential people.

You are very sensitive to criticism of influential people. As a result, you give too much of yourself when carrying out tasks. You have a fear of failure and ultimately being rejected. This may result in feeling exhausted and tired of having to focus on how others feel about you and constantly trying to please others.

Key Points

- What was happening in your life when the fever started? What toxic circumstances or relationships do you need to rid yourself of? Explore further.
- Feeling that you have to isolate yourself in order to get away from those that cause turmoil and upset in your life. Explore the association with isolation and feeling safe. When you needed to feel those emotions, what happened instead?
- You may not be happy with the way that your life has panned out. You may feel that your success did not turn out the way you envisioned. You seem to be feeling that you want more than what you've already accomplished. How would it make you feel if you failed to achieve your goals? Explore further.
- You have had enough of taxing responsibilities that you took on to be accepted and loved. How does this make you feel? Explore association you made with needing love in your life.
- Explore how you feel about yourself. Has anyone challenged your identity or self-worth? If yes, how did that make you feel?
- What would happen if you expressed how you truly felt? You might fear rejection. You may have been blamed for making things up and for being the root of many problems in the family.
- Trauma related to feeling under attack by people you love. Explore further possibilities.

Depression

See Adjust Disorder, Anxiety, Hyper-Somnia, Nervous Breakdown, Panic Attack, Post-Traumatic Stress Disorder (PTSD), Seasonal Adjustment Disorder (SAD)

Depression is a condition that can affect a person's appetite and sleeping patterns. It affects the way you feel about yourself. It also affects the way you process information and emotions. Being in a depressive state is not always just a passing mood nor should it be seen as a sign of personal weakness. You have disconnected from your passion in life and lost sight of your own personal journey and life purpose.

Depression is seen as a condition where you experience depressed moods, loss of interest or pleasure, feelings of guilt or low self-worth. There are also disturbed sleep patterns or appetite, low energy and poor concentration. This condition often leads to chronic illnesses, weight gain, anorexia, isolation, and lack of interaction with people. You may be easily overwhelmed and find it challenging to hold conversations. You often feel like crying, act irritably, have suicidal thoughts and feel empty and alone. You may either sleep too much or too little. Negative thoughts may be dominating your thinking patterns, making it difficult to concentrate. You may be feeling helpless and hopeless, full of self-loathing. It is important to take note of your diet as well; good diets can do wonders for people who feel depressed.

A person who suffers from depression often loves junk food or comfort food. It's a way of finding comfort when you need a boost or quick fix. Cravings for foods such as pasta and chocolate are very common. As explained in my first book Finding Your Own Voice it is always worth exploring the person's mirror neurons. These neurons are located in the frontal lobes.

This is where people share information between each other without needing to verbally communicate (similar to mind reading). A person can look at someone and they can sense whether the other person is going through a hard time or if they feel happy. That is because their emotions and thoughts are being projected by the mirror neurons. The person who is the receiver will recognize the other person's state of mind because they could be left with a feeling of stress or confusion. People who suffer from depression may suffer from fatigued mirror neurons. Their neuron pathways almost always feel slow and sluggish. When a person switches off certain aspects about themselves, over time it will start to reflect throughout their emotional and mental state as well their physical body.

Emotions

You seem to feel hopeless and useless, misunderstood by the people around you. It feels like you've been kicked out of the community circle and you feel devalued. You are struggling with internalized anger and may find that existing infections in your body (often intestines) can flare up quickly due to the anger that is always lurking in the unconscious mind.

You can secretly be very judgmental about other people's lives, projecting your bitterness about what was missing in your life. You may project a façade that is the opposite of being depressed. You want to hide how you feel, as you do not want others to see your feelings of shame and guilt. You feel as if no one is allowed to see you for who you are. You may feel that people only notice you when you behave a certain way.

You might feel that it's safer to make passive decisions rather than to contemplate possible consequences. This could create more problems, pushing you further into a depressed state. A person who has been depressed for a long period of time often recreates circumstances that would make them feel depressed all over again. You may unconsciously revert back to a state

that kept you safe from stressful circumstances. Depression is another long-term form of dissociation. When you experience certain emotions for long periods of time and move into a state of detachment then you may become accustomed to it. It becomes a part of your lifestyle. Dissociating becomes a familiar feeling that you start to feel comfortable with.

You stop being proactive about your state of mind and feelings, and instead surrender to this comfortable feeling that you have become used to.

According to some clients, they have found a way to live with the depression and the familiar negative feelings and may not want to move away from it. They fear any new changes might upset their already upset state of mind.

People can unconsciously use depression as a way of escaping their emotions and perhaps their past. The more they try to move away from a pattern, the more they recreate the very thing they are trying to get away from. This can develop an unpleasant and upsetting cycle of emotions and circumstances.

You often feel that you have no purpose and passion in life. You are doing things that are taking you further and further away from what you really want. The more out of sight your passion and goals are, the more depressed you become. This can also be an actual chemical imbalance that might be caused by high levels of stress during conception stages.

You are very territorial with the goal of reclaiming your power and sense of belonging. You feel pushed aside and excluded from a family and any decision-making process. Decisions were made that had a direct impact on you, however you were not included in the process. You feel unable to claim your identity, which has been suppressed and disregarded by others. You feel obligated to obey others and feel powerless to stand your ground, making you feel like a failure.

This condition could also be the result of abuse, rejection or abandonment trauma.

Key Points

- When did the depression start? What happened during that time? When did you get to the bottom?
- Explore similar emotions as well as during the fertilization stages.
- Explore unresolved issues between the child and parent that may still be upsetting to you.
- This could include feeling overlooked, not getting enough love or nurturing, being treated in an unfair way, feeling rejected or feeling unsafe. How did that make you feel?
- You might reject any form of support because you have found a way to cope on your own. Any change in your coping skills might weaken you or cause you to be vulnerable to more abuse.
- Often, you have found a way to live with the depression and the familiar negative feelings and may not want to move away from it. You fear any change that might upset your already upset state of mind. How is your way of being happy benefiting them?
- Resolve the secondary gain / hidden benefits of feeling weak and powerless. Who challenged you? How does being powerless keep you safe? Ask yourself, "What would happen if the depression disappeared?" For instance it might be, "What would I have to do if my depression disappeared, or what would I have to deal with that I don't worry about while I am depressed?"
- Explore your worthiness. Who or what circumstances challenged your self-worth and confidence?
- Explore why you are passive and making decisions without really thinking it through. What is the benefit of that?

- Acknowledge the difference between your identity and your mother's depression, out of control trauma, function of neurotransmitters, numbness and ancestral depression during your womb stages.
- Trauma related to hormonal levels during womb stages. Explore stress that your mother experienced while she was pregnant.
- Were you able to find comfort in your mother? If not, why? How did that make you feel? What was your mother's relationship like with her mother? Explore further possibilities.
- Why do you feel you have to fight to preserve your territory? What is the benefit of fighting for it? Explore further possibilities.
- Explore your mother or father's guilt, shame and self-esteem. How did your mother or father's own self-esteem challenges affect you? Have your mother or father's blocks and patterns been repeated in your life? If yes, then explore and explain the difference between your unique journey (including what your emotions are) and what your parents' emotions are.
- Explore the ancestry line. Was there any kind of abuse or above-mentioned patterns? Explore whether there were hardships, wars, slavery and imprisonment, sexual or physical abuse? What was the ancestors' diet like? Explore emotions and patterns that could have affected you in your life time and contribute to any physical disorders.
- How do you feel when you are out of your comfort zone? Explore similar traumas during your own birth.
- Always explore the birth trauma and see the Birth and Placenta section.
- Was your mother given an epidural or type of anesthesia during birth? If yes, then explore the trauma and how it affected the baby's emotional state. This may be related to depression from an early age as these types of drugs often cause a baby to feel numb and dissociate from their emotions.
- During conception, did the egg at first reject the sperm? If yes, explore this further.
- Do the egg and sperm feel abused and disrespected (meaning did your parents feel this way during conception)? If yes, explore further.
- Did the conception phase feel unloved, lonely and feel challenged to receive and accept love? If yes, explore further.
- Explore whether the egg felt disempowered by the sperm's approach and penetration. If yes, explore further.
- Did your mother pick you up enough when you were crying? Did you have enough physical attention, bonding or acknowledgement?
- Trauma related to feeling empty, lonely and always searching for more inner fulfillment. If yes, then explore why? Explore ancestral trauma. Did your mother feel this way when she was pregnant?
- Explore the ancestry line. Was there war, slavery or imprisonment trauma? Have there been any situations that could have left an emotional scar on the ancestors? If yes, explore this. Explore how it affects you in your life. Which emotions have surfaced again? The trauma might not be similar, however, the emotional reactions and consequences of the certain traumas, could be the same as in the ancestry line.
- Trauma related to loss of territory.
- Explore similarities between your emotions, habits, and your mother's. Patterns copied from the mother often set in during fetal stages while the stomach, nervous system and heart developed. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, overwhelm, self-esteem and personal strength is reinforced.

- Avoid excessive sugar, alcohol, caffeine and refined foods, as this seems to worsen the condition.
- It has been said that certain proteins such as poultry, dark meats and cashew nuts can increase the mood.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Dermatitis

See Eczema, Itching, Rashes, Skin Problems

Emotions

This condition is often brought on by stress that could be work or family related. You may feel overly responsible for the tasks or burdens of others. You are often in a role where people rely on you too much. You are often part of a family where members may emotionally rely on you.

You feel that you have to be the foundation for others to lean on because if you don't do it, no one else will.

You often accept extra responsibilities as the acknowledgement and praise that follow is emotionally rewarding and fulfilling—you take pride in being someone other's put their trust in. Working hard means that you can avoid being on the receiving end of insults, being ridiculed, or attacked (either verbally or physically). Your role means that others rely on you instead of seeing you as target or threat. People may take advantage of your giving nature; your poor boundaries cause you to feel invaded, powerless or taken advantage of. You may begin to feel increasingly unhappy with life and even resentful as a result of the position that you are in.

You are often afraid that others will not like the “real you.” Your lifestyle causes you to feel that there is very little personal space and time for you. Your need to be responsible overrides any unmet personal needs.

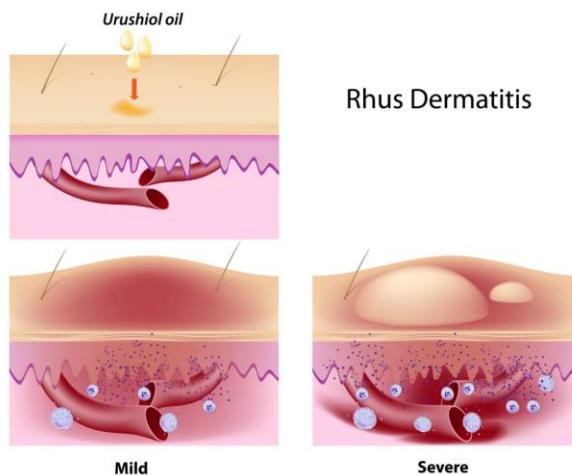
There is an underlying fear that everything could come tumbling down if you lose face in front of others. You feel that someone has to be responsible and you have dedicated yourself to filling that role. You feel very angry and resentful for unconsciously attracting irritating circumstances. You often feel conflicted by your desire to be needed by others and wanting to escape and break free from responsibilities.

Influential people may have manipulated or bullied you, getting you to follow their agenda, causing you a great deal of frustration.

This could also be related to anger toward an unfaithful partner. If the client is a child, then the conflict could be between the parents.

Another form of Dermatitis is Pompholyx

This condition often starts on the hands and feet. This is often work related: you may have a big responsibility toward someone or a group. Excessive alcohol intake could make the symptoms worse as it weakens an already challenged immune system. This is a result of longterm personal and work related stress and strain. There is a tendency to believe that if you are not overly stressed or don't have too many responsibilities then you are being irresponsible, ineffective or not valuable enough to society. It is important for you to learn that it's safe to live your own life and to leave some responsibilities to others. You often feel irritated by always giving and not receiving. Influential people whom you respect do not respect your goals and decisions. This could also be related to ancestors working with chemicals or in cold weather.



Key Points

- When does the condition flare-up? What happened? How did it make you feel?
- What is causing you great stress? What is a pressing issue in your life? How does it make you feel?
- Explore the ancestral responsibilities. Did the ancestors work long hours that involved strenuous activities with their hands and feet in warm conditions?
- Stress in this case is often accompanied by feeling rejected, attacked, irritated or unimportant. How does this make you feel?
- What about your job / family or responsibilities is aggravating you? How does that make you feel?
- Intimate relationships are causing you a great deal of stress. How does that make you feel?
- Do you have proper discernment as to what your responsibilities are and what are not? Who gave you too many responsibilities during your childhood? How did that make you feel?
- What is the benefit of taking on so much stress and responsibilities? It may be because you are praised, noticed or acknowledged. In the past, without the extra stress and responsibilities, you often felt overlooked.
- Whom are you resenting in life? Who is taking advantage of you? What stops you from setting boundaries towards this person? Often you have a fear of rejection, abandonment, being alone or attacked. Explore this in fertilization and during womb stages.
- You are in a situation that is triggering and recreating old fears, traumas or experiences that you had during your childhood. Explore further. Are you with a partner that resembles

similar characteristics of a dominant parent? If yes, explore what needs to be learned, such as setting boundaries, feeling worthy, taking better care of yourself, etc.

- How does suppressing your rage and anger toward someone keep you safe? What is the benefit? This often happens if you were emotionally suppressed during childhood. You learned to keep your emotions to yourself, otherwise punishment would follow. Explore further possibilities.
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.

Diabetes Type 1 & 2

See Carpal Tunnel Syndrome, Eye Problems, Hypoglycemia, Nerve Problems, Pancreas Problems

Emotions For Type 1

Now remember that there are two types of diabetes, we have Diabetes Type 1 which can occur at any age, but it seems that a common age for this condition be diagnosed is one's 30s. You have Type 1 then it means that the pancreas produces not enough insulin, AND the body's immune system actually destroys insulin-producing cells in the pancreas. Now with Type 2 the pancreas actually still produces insulin, but the body does not produce enough or is not able to use it effectively.

I have also learned that doctors seem to think that Diabetes are not really a condition that surfaces because there is a history of it in the ancestry line. Now, normally in my theory and language of MA I would say they are wrong, however, in this case I can understand their theory to a certain extent and here is why. This is where it gets really interesting! Remember that diabetes also affects the pancreas, so that means we also need to explore the emotional language of the pancreas in this case and the reason why it's affected and what it is trying to tell us. When the pancreas is affected, it normally means that there was some sort of betrayal in the family OR that there is another child that was conceived outside of the family. Now this does not necessarily mean that cheating was involved, it could also mean that there is a child from another family meaning two people who united in a relationship that had a child with another person form a previous marriage, however the dynamic of this other child or the circumstances between the parents of this other child, is causing problems in the new relationship and the biological child of these parents are picking up on the discord in his / her family foundation and stability.

Now the fact that pancreas produces not enough insulin, AND the body's immune system actually destroys insulin-producing cells in the pancreas which tells me that this person feels greatly challenged to establish who is a friend and who is a foe in their life. They don't trust a soul as the people they once trusted either turned on them, disappointed them or betrayed them in one way or another. The ripple effect of their emotional state often starts in their childhood where they either felt betrayed by a parents in a way that left almost a permanent emotional scar. The ripple effects of this experience in their family dynamic may have escalated into a pattern that they are repeating in their adult life. It could also be that this person is always in conflict in terms of who to believe when two people are stating a case or when they are in the middle of a conflicting situation as perhaps during their childhood both parents wanted to project their own version of what's right and what is wrong and the mother and father in this case has conflicting values and belief systems that also confused the child (in this case the child or teenager that developed the Type 1 diabetes) Because speaking to

you now in the Metaphysical Anatomy sense, the body didn't know how to use the insulin effectively, which represents the conflict between the parents. The child needs the parents (the body needs the insulin) however there a great deal of confusion and stress associated with who to side on or who to believe in, which relates back to the body not using the insulin affectively, meaning the child or younger adult person doesn't feel confident at all to make their decisions and feel safe with the decisions that they had to make in life. Also in this person's life they felt under attack by their circumstances and conflict in the house which might not always necessarily be a direct result from the parents behavior and conflict but more so from external circumstances that they were not able to control, meaning events taking place in their environment that caused them a great deal of distress and they didn't have the coping tools or understanding of the events to communicate how they were feeling at the time and they also didn't know how to deal with their external circumstances effectively.

Now I have also seen a pattern where children or younger people who suffer from this condition witnessed their parent or parents' perhaps going through a traumatic or very stressful time (this could be domestic violence, emotional abuse, accidents, being hospitalized or a serious illness etc.) circumstances that made the younger person feel that they have lost control of their life and the circumstances challenged their trust and faith in their parents ability to cope with the challenges, which ultimately resulted in them feeling completely and utterly helpless. The feeling of helplessness seems to be the dominant feeling here. This could mean feeling helpless to be of support to someone, feeling helpless in terms of not being able to cope with stress in their house, feeling responsible for a parent's happiness or wellbeing. There is also a pattern of taking on too much emotional responsibility that a parent or guardian should be worrying about. Now this does not mean that the parent dumped their problems on this child during their childhood, what this means is that the child is a big empath and they unconsciously took on the stress of the parent.

Also perhaps, someone couldn't process the death of a loved one or feeling helpless to comfort someone who was going through great deal of loss in their life. Something, such as an event or person took the joy right out of their life. If child then ask, "which parent couldn't process the death of someone in their life? Who or what did they lose that was valuable to them? What did they lose that gave them joy?"

Emotions For Type 2

Now the fact that the body does not produce enough insulin or is not able to use it effectively tells me that a person who has Type 2 diabetes perhaps felt stuck in a family or social / work dynamic in their life where he or she was not sure who were healthy people and unhealthy people for them. This could be a result of a conflict in values battle between this person's parents when they were growing up. Perhaps both parents wanted to project their own version of what's right and what is wrong and the mother and father in this case has conflicting values and belief systems that also confused the child (in this case the child or person who developed the Type 2 diabetes) Because in the Metaphysical Anatomy language, the body didn't know how to use the insulin effectively, which represents the conflict between the parents. The child needs the parents (the body needs the insulin) however there a great deal of confusion and stress associated with who to side on or believe, which relates back to the body not using the insulin affectively. Also in this person's life they have felt under attack by their circumstances and conflict in the house which might not always necessarily be a result from the parents direct behavior and conflict but more so from external circumstances that they cannot control, meaning events taking place in their environment that caused them

a great deal of distress and they didn't have the coping tools and understanding to communicate how they were feeling at the time and they also didn't know how to deal with their external circumstances in a healthy and effective way.

I have also seen patterns in students and client who experienced great in their life shock (when I say shock I mean a traumatic event that they didn't heal) and feeling completely out of control. Also once, again this type of ailment someone couldn't process the death of a loved one or feeling helpless to comfort someone who was going through great deal of loss in their life. Something, such as an event or person took the joy right out of their life. If child then ask, "which parent couldn't process the death of someone in their life? Who or what did they lose that was valuable to them? What did they lose that gave them joy?"

They are either being overly controlling in their life and they sabotage their life, meaning they only feel joy when they control everything around them. If they are not in control enough, they sabotage and "sacrifice" their joy to bring others joy and happiness.

Now from what I have also learned when working with my students and clients is that many of them have reported that stress was the main issue in their life when they were diagnosed with diabetes. They also reported that the stress was due to feeling out of control, fighting against someone or circumstances that caused them to experience great stress. This also includes being overwhelmed with responsibility and having a lack of control over certain people and circumstances. Often there is a trauma related to the death of a loved one that has never been processed.

And if you are challenged by this ailment then you may have an unmet need for love and nurturing and feel that if you accept responsibilities on behalf of others, you will receive love (work for love).

You seem to feel unfulfilled with what you have accomplished in life, realizing that you may have missed out on your life's purpose because you were distracted by a fear of success. You feel that you do not always have enough of what you need in life. It is as if you are always lacking and searching for something. This could often be an ancestor who lost a child and they were never able to process the loss of that child and part of them died with the child. This could also be related to someone who lost a whole family; their identity was connected to the family. With no family, they feel they have no identity.

You may only feel joy when you are in control of everything around you. If you are not in control, you may sabotage and sacrifice your joy in order to bring joy and happiness to others. This stems from a deep mistrust of other's abilities and intentions to look after and provide for you. You may feel, "If I am in charge then everything will be fine." Your support structure may have crumbled at a very early age and it was up to you to create your own survival strategies. You often communicate with a defensive tone, as you are always on guard, ready to defend your emotionally vulnerable heart.

You may have been a part of a family that suppressed your freedom to experience life freely. You may feel robbed of your innocence and been pushed into a role that deprived you of joy. You were made to feel guilty for having needs and if your needs were met, it was often with punishment, abuse or criticism.

Did a parent go through a trauma that affected you during childhood? Did a parent experience a period of trauma? This could include a situation that challenged their happiness, such as a death of a loved one or abuse. Was your need for love and comfort met by a parent's depressed state, sadness or anger? This pattern could result in self-punishing cycles in your life where you sabotage goals and relationships. It is important to explore the difference between your identity and the parent who experienced the trauma.

Often a traumatic and stressful incident took place just before the diabetes started,

however, there is another bigger trauma that took place in your life / childhood that needs to be explored first. A more recent issue only added to an earlier existing trauma and may have been the tip of the iceberg that kick-started the onset of diabetes. You may have an ancestry line that has suffered great depression, loss of control or different types of abuse.

Also on a side note, Indigenous people are prone to Diabetes, as their bodies don't have the proper enzymes to digest all the sugar that they received from westerners. Western people suppressed their happiness and security. They attacked the indigenous people's way of life that gave them joy, emotional and physical freedom.

The experiences and learning curves to take from this condition to learn how to have healthy boundaries, not to tolerate people's aggression and even abusive behavior towards you. It's OK to not always be in control. Ask yourself, what will change in my life that I do not want to change if I finally stopped being in control of everything?

And my final message to you is that life is meant to be lived, not controlled, because you control a natural process too much, you sabotage and destroy the joyous essence of it that was created and designed by the laws of nature for you to enjoy.

Key Points

- Trauma related to shock and feeling out of control. Someone couldn't process the death of a loved one. Something took the joy out of your life. If the client is a child then ask, "Which parent couldn't process the death of someone / or big loss in their life?" Who or what did they lose that was valuable to them. What took their joy away?
- What do you feel responsible for? Why? What would happen if you weren't responsible for ____?
- In relationships, do you lack love or nurturing? If yes, how does this make you feel? Do you feel like an outcast in the family? Explore further possibilities.
- Explore trauma related to feeling forced to do things that you didn't want to do in life.
- Explore trauma related to a lack of choices in life. Give yourself permission to make your own decisions in life and not be dictated to by anyone.
- Intense emotions are suppressed. Why do you suppress these feelings? What is the benefit of suppressing them? This may boil down to feeling safe. If this is the case, then what or who do you need to feel safe from? Explore further.
- Indigenous people are prone to Diabetes, as their bodies don't have the proper enzymes to digest all the sugar that they received from westerners. Western people suppressed their happiness and security. They attacked the indigenous people's way of life that gave them joy, emotional and physical freedom.
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during your birthing process.
- Separation at birth from your mother and feeling under attack by medical staff (placing suction tubes down your throat, bathing and washing you). You were taken from a comfort zone and away from your mother's presence, which was familiar. Explore associations formed here. What was your first experience in life like?
- Explore key point emotions such as grief, sadness, sorrow or loss. Key points to explore being separated from umbilical cord, separated from mother, feeling under attack (by whom?), rejection within the family. Were you placed in an incubator after birth? If yes, then how did this make you feel?
- Explore patterns where you had to fight to be heard, appreciated or acknowledged in the family. Is there a pattern going back through your parents and grandparents?

- It is important to explore the ancestry line. Long periods of depression, losses and emotional turmoil. Explore the trauma or emotions that are presently (or were in the past) in your life.
- Explore the womb stages. How did your mother feel during her pregnancy? Did she experience similar feelings? Explore how your mother's emotional state and diet affected you in utero.
- Trauma related to feeling abandoned and like an outcast, not belonging anywhere. How did this make you feel?
- Explore the ancestry line. Was there any kind of abuse patterns? Explore whether there were wars, slavery and imprisonment, sexual or physical abuse. What was the ancestors' diet like? Explore emotions and patterns that could have affected you in this life time and contribute to your physical disorders.
- Trauma related to always being ready to fight. As a result of feeling unsafe during childhood, your masculine side overcompensated. Explore further possibilities.
- Trauma related to loss of territory or identity. The body is overcompensating for an emotional loss. Explore further possibilities.
- Who or what disgusts you in your life / environment? Explore further.
- Conception trauma. Which parent felt resistant to conceive a child? Explore further.

Diarrhea

See Bacteria, Digestive System, Diverticulitis, Intestines, Virus

Emotions

You often feel conflicted between your emotions and what you see in your environment. You do not want to let go of your problems. You do not feel safe and secure and often suffered regular rejection from a parent or other influential people. You are trying to rid yourself of abusive patterns, negative people and unhealthy relationships in an internal, violent way.

Physically the body could be responding to an infection which means that you are irritated and angry with someone or a situation in your life that you want to (but can't) escape. This could also be a long-standing issue that has taken a toll on you, affecting your immune system. This has caused you to be more vulnerable to infections in the intestine.

Diarrhea is often the result of intense fear that is or was experienced during womb stages. You felt threatened or unsafe with a parent. This condition can start whenever you are facing similar upsetting circumstances that you experienced during childhood.

The people who should love and protect you may be the ones that are attacking or abusing you. This creates a conflict between needing safety and experiencing abuse. This is a no win situation for you, creating a great deal of stress. You feel traumatized by an influential person's negative nature.

You often overlook the goodness that life has to offer. You are constantly assessing the environment and people around you with the intent of finding your place of safety and power. You often search for hidden danger in circumstances where danger does not exist, leaving you in a state of fear. As a result of this fear, you often create circumstances that you want to get away from.

You could have experienced a situation that reminded you of an earlier trauma that caused an intense fear (instinctive survival gut reaction).

You are currently experiencing a build-up of emotions such as feeling tremendously exhausted or drained circumstances, feeling fed-up and needing to escape an influential person.

There is fear of what the future might hold, as your life has already been quite challenging. You might feel that things will never get better and you need an escape from this negative, vicious cycle of unhappiness. Your circumstances have become too much to bear.

This condition is telling you to make more time for yourself, to ground yourself and re-evaluate where to take a stand with others. You are experiencing a conflict between your soul mind and the biological mind. Your soul is trying to guide you in one direction and biological fears are pulling you in another direction. You feel incoherent and it is reflected in your personal life and physical body. You quickly want to get rid of something that is no longer serving you.

Key Points

- Whom or what are you scared of? How does ___ make you feel? Explore trauma.
- Explore what happened at the time when the diarrhea started. Was there a situation or person that made you angry? Are you having a hard time getting away from someone or something? How did this person or situation make you feel? Can you remember an earlier memory when something similar happened? Were you aware of the trauma or was there a delayed response to the trauma? Is the body still trying to process a fear or trauma that left you feeling out of control?
- Who or what is offensive in your life? Explore further possibilities.
- By whom or what circumstance do you feel controlled by? How does this make you feel? Explore your relationship with your mother or father. Are there similar issues there? Explore further possibilities.
- By whom or by what do you feel attacked by? You often feel attacked or rejected by a parent (often your mother) at early stages. As a newborn, did you feel nurtured and loved after birth?
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process. Was the child a planned pregnancy? If not, then explore this. How does this situation make you feel? Did your mother try to abort the pregnancy?
- Who or what makes you feel unsafe? Why? How does that make you feel? Explore the womb stages and also the egg just before fertilization.
- Is someone dominating and manipulating you? If yes, how does this make you feel? If you feel controlled by a strong figure, then explore why you feel so controlled.
- What have you had enough of? What stops you from changing it? What are you scared of?
- You often have a fear of change and success. What would happen if you became successful and started changing your life? Explore further possibilities. Explore this fear of change during the womb stages. Did your mother also fear changes that would take place after the birth? Explore this.
- If the diarrhea was brought on due to an illness, then explore the illness first as the diarrhea might only be a symptom, a secondary issue and not the main problem.

Digestive Problems

See Anal Problems, Bloated, Cancer, Colon Cancer, Colon Problems, Constipation, Hypophosphatemia, Intestine Problems, Irritable Bowel Syndrome, Liver, Nausea, Prolapsed Bowel, Stomach, Ulcers, Vomit

Emotions

Issues in this area can arise due a fear of “digesting or stomaching” a current situation or past circumstances. It may also be a refusal or stubbornness to accept what’s happening in reality. You may feel that your ability to feel empowered has been suppressed; therefore you have reverted to stubbornness as a substitute for the loss of power in life.

You often feel emotionally inflexible when adjusting to new routines, plans or changes. You are critical of yourself and are unforgiving of your own mistakes.

You may feel unsafe when others nurture you, as you have associated being nurtured with a past trauma. In the past, your need for love and nurturing may have been met by hostility, rejection, abuse or abandonment. Your unmet needs and regular rejection left you feeling angry, resentful and empty. You are holding on to these emotions yet refuse to express them. You may have been punished as a child whenever you shared your feelings.

You were often made to feel ashamed or guilty for having needs that were time consuming, which has left you feeling that you deserve less in life. You may have given up trying to be happy. Instead, you feel you have become a servant and not an equal member of a community or family.

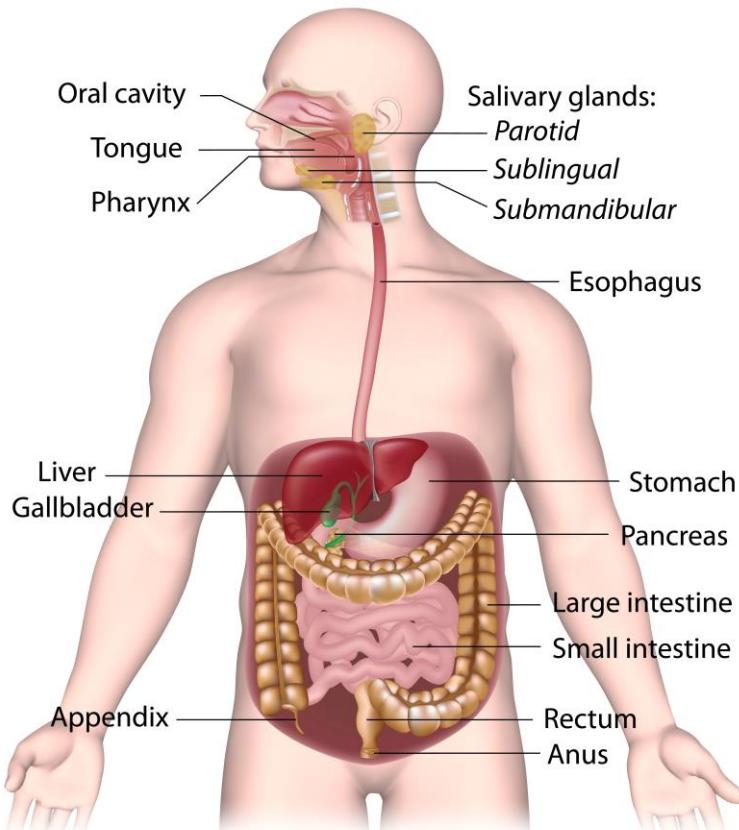
One of the challenges in life is to forgive you. This stubbornness to forgive has you sabotaging your capacity to move forward. This physically takes the form of constipation or ulcers in the intestines or stomach area. You may also feel bloated, unable to digest food properly and unable to absorb all of the essential nutrients from food.

Wheat was often given to slaves for hundreds of years and their digestive system made unhealthy and offensive associations with it. When wheat is digested, it could trigger old ancestral memories related to abuse or violation, etc. Explore your family history and also grandparents (explore times when ancestors were disempowered, humiliated and lacked freedom).

Remember that when there is an opening or sore in the intestines, it's important that food be consumed in a calm state. The emotions that you feel when you consume food can influence the vibration of food and how the body digests it. The emotions you feel can be energetically stored in the food. The intestines will also be tensed due to feeling upset, threatened or scared (often freeze or fight instinct).

Once the food passes through the intestine and passes the opening or sore, the negative emotion stored in the food at the time of consumption can aggravate or worsen the already existing condition. Make a point of meditating briefly before consuming food. Anger often flare-up physically in weak and vulnerable areas in the body (often where trauma was experienced / inflicted in the past).

The Digestive System



Key Points:

- Unresolved emotional abuse (holding on to sadness, sorrow or intense fear). If yes, how does it serve you to hold on to it? How does it keep you safe? Explore trauma related to these emotions.
- Long-term suppressed resentment and anger. Explore this further.
- Feeling challenged to let go of old hurt and move on. What would happen if you had to let go of ____?
- Feeling challenged by reality and digesting the experiences in life that you have had so far.
- Unsafe to be connected to yourself or others. You may have experienced trauma whenever you allowed yourself to be vulnerable. This may stem from a childhood pattern where you expected to be attacked or always feared the worst-case scenario.
- You are holding on to pain from the past perhaps waiting to be acknowledged for what you have been through and have put up with. How would it make you feel if no one acknowledged your hardships in life? Explore further possibilities.
- Feeling betrayed with a need for revenge. Why do you need the revenge? Explore the resentment and trauma of feeling disempowered.
- You may feel your past abuse is now part of your identity. You may fear that if you let go of the abuse then a part of you might die. This could also be a fear of change and feeling uncomfortable with being uncomfortable.

- The stomach area holds fear and guilt. Fear and guilt towards whom? Who or what made you feel this way?
- The solar plexus holds shame. What do you feel ashamed of? Who made you feel shameful?
- The liver and colon holds onto hatred, rage and suppressed anger. This is related to boundary failures, feeling disempowered or giving up – needing to blame others for your pain and mishaps in life. Explore further possibilities.
- Trauma related to abuse is stored in the colon. This is also related to ancestral abuse. Did your mother feel abused while she was pregnant? Explore how this affected you.
- Recreating and attracting abusive relationships – may experience a violent situation as normal due to repetition of the abusive circumstances, it can become something of the norm. Do you feel worthy of healthy relationships? Do you have a fear of being in an intimate relationship? Explore further possibilities.
- You may have developed defenses to avoid being abused: e.g. being quiet, stubborn or angry. As a result, you are pushing people away, making you feel isolated and alone. Explore these cycles.
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.
- Explore the ancestry line. Was there any kind of abuse or above-mentioned patterns? Explore whether there were hardships, wars, slavery and imprisonment, sexual or physical abuse? What was the ancestors' diet like? Explore emotions and patterns that could have affected you from their lifetime and contributes to physical disorders.
- Explore similarities between your emotions, habits and that of your mother. Patterns copied from the mother often set in during fetal stages, while the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.

Dislocation (See Bone Problems – Dislocation)

Diverticulitis

See Colon Problems, Diarrhea, Digestive Problems, Intestines

Emotions

You seem to be reliving past experiences and are only processing small amounts of your trauma while suppressing the rest. You are very self-conscious of your appearance and how others see you.

You feel held back in life, almost as if you are not allowed to have fun and enjoy the good things. You seem to sabotage anything good that comes into your life. You are fearful of accepting love and allowing yourself to feel loved as it may leave you exposed and open to attack. You may have made a negative association with love and nurturing.

You feel immense anger toward influential people that made you feel small, unimportant, controlled or powerless. These past treatments have made it hard for you to blend into all aspects of your life, including personal and professional areas.

You often blame others for your mishaps in life and feel like a victim of circumstance. You need to take charge of your life and take a turn behind the wheel (reclaim your own personal power).

Key Points

- When you relive your past, you often feel out of place in your current circumstances. You may be struggling to fit in with society. How did this make you feel? Explore trauma related to your low self-esteem. When did you start to feel challenged by your self-esteem?
- Who or what held you back from being successful? Explore further possibilities. Explore your birth for similar blocks and emotions; also search during womb stages.
- What past incident(s) are you holding on to? What can you not let go of? Explore why you are still holding on to ___ and how it serves you. What is the benefit? You might have identified too much with the situation and don't know who or what you are without it.
- Who or what controlled you during your childhood? How did that make you feel? Explore fertilization and also birth trauma, see Birth section.
- How do you feel when you are socializing with others? You might say comfortable however, how do you feel about your abilities and how do you think others see you? Explore further possibilities.
- Explore birth trauma. How did you feel when the hospital staff saw you for the first time as you moved out of the birth canal? Explore any associations you made at that moment.
- Who or which circumstances made you feel disempowered? How did that make you feel?
- Explore feelings of frustration. You are often your own worst enemy. How does it make you feel to sabotage yourself?

Dizziness

See Circulation Problems, Concussion, Headache, Nerve Problems, Vertigo

Emotions

Dizziness is often related to self-sabotage as it stops a person from doing certain things that they do not like to do. You might be feeling guilty about doing something instead of setting time aside for yourself.

You might be unconsciously distracting yourself from making personal progress. You feel conflicted with your current circumstances and are dissociating from what is going on. There has been a disruption of the flow of love and support in your life. This may be related to an argument you had with someone or you may be avoiding a situation that might provoke confrontation. You feel challenged when you need to express clear boundaries. You have a deep fear of saying “no” due to the reaction of influential people in the past. Being dizzy keeps you in one place and sabotages your ability to move onto healthier circumstances.

You often push people away who love you, as you may have made a negative association when receiving love in the past. The love you received may not have been healthy. Dizziness is often related to a fear of leaving a partner, job or role.

Key Points

- Explore birth trauma related to the head area. Explore pressure and tension that was placed on the head during a natural birth and emotions that the baby experienced at the time.
- What happened at the time when the dizziness started? What were you trying to avoid or escape from?
- You feel resistant and challenged to compromise in your current circumstances. You do not want to be where you are. Why? Explore further possibilities.
- What do you feel you cannot escape from in your environment? Why? Who made you feel this way during childhood?
- What have you had enough of? Explore further possibilities.

- Where in your life do you feel you have lost control? How does that make you feel? Explore further possibilities.
- What is the conflict in your life? What are you scared of doing? Is there an important decision that you need to make and are trying to avoid it?

Down Syndrome

See Congenital Disorders

Dried Eyes

See Eye Problems – Dried Eyes

Duchenne Muscular Dystrophy

See Cramps, Kennedy's Disease, Muscle Problems, Myofascial Pain Syndrome (MPS), Motor Neuron Disease, Toxins, Tremor

Emotions

This is relevant to the parent that had the dystrophin gene⁴: You may have experienced a great deal of inner suppressed conflict during your child's conception. There may have been a battle between the sexes; perhaps a power struggle over control.

Your mother may have been made to feel insignificant and unimportant. Figuratively speaking, her voice was not allowed to be heard and she were not allowed to be included in the decision making process. This role was for the dominant figure in the house (in some cases this could actually be the woman, which would then reverse the above mentioned roles).

Your need to be in control, rigid and strong in public has taken its toll and it is now physically revealing itself. You may feel great anger as you are giving your power away in situations that have become too challenging. You feel that you could have done better and changed the way things turned out, if only you hadn't been so afraid of losing control. You may also resent the fact that you didn't have the support you needed to keep yourself strong. You may blame these circumstances for your failures, in order to avoid feeling guilty.

Your ability to endure hardships and challenging circumstances has now been challenged in a new way and you may have unconsciously given up as everything in life feels like a fight or uphill battle. You seem to have had enough and the only way out of this is by giving in to your circumstances. You have made an association between conflicting circumstances and having your needs met. You only feel taken care of when you are in a dire situation. This long-term pattern is exhausting and has depleted you spiritually, mentally and physically.

For the parent that didn't have the gene: It is important to explore why these circumstances have surfaced in your life. This is not a punishment; everything is a learning experience in life. It is important that you resolve how you feel about your circumstances and the old traumas that were triggered.

Key Points

- Work with the parents if possible. Always start by exploring the conception. How did the mother and father feel about themselves and toward each other? Explore conflict during conception.

⁴ http://en.wikipedia.org/wiki/Duchenne_muscular_dystrophy

- Who and what have been challenging you? How does this make you feel? Explore further possibilities.
- Your circumstances have left you feeling emotionally and physically weak. What has depleted and exhausted you? How could you have changed it? What stopped you from changing this?
- What happened in your life that made you feel like you have to be in control?
- How does being rigid keep you safe? Explore further possibilities.
- Why do you feel unsafe to walk?
- What do you feel like you've been fighting against? How does this make you feel? Did your mother or father have the same pattern? If yes, then explore this further. Explore this in the fertilization and implantation stages of your parents.
- What are you fighting for? Love, respect, freedom, acceptance, individuality, more or less control?
- Explore the associations made with having your own needs met and having to fight for it. Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.
- Feel very rigid as a result of criticism and judgment.
- Your mother or father could have consumed something that was toxic and challenged their body, immune system and muscle function. If your mother was the carrier of the gene, then explore what her diet was like when she was pregnant. Was she ill and taking medication? Was her environment polluted? Was the water she was drinking polluted?
- If your mother was the carrier of the gene then explore how she was feeling while she was pregnant. Did she feel the same emotions as above mentioned under Emotions? If yes, then explore this and how it could have affected the fetus in utero.
- If your mother was the carrier of the gene then explore what her lifestyle was like before conceiving the baby. This includes drug abuse, alcohol abuse and unhealthy food. Did she smoke? If yes, then explore this and explore how her body's toxicity affected the fetus while it was growing and developing.
- Trauma related to toxicity – also explore this in the ancestry line. Explore associations that the body could have made with toxins. Such as feeling under attack, weakened or invaded by the toxin.
- If your father was the carrier of the gene then explore his womb stages while his was in his mother's womb. Did his mother perhaps experience similar traumas and emotions while she was pregnant with him? Explore how she felt and how her environment, diet and emotions affected the father while he was a fetus.

Dumping Syndrome

See Bloated, Digestive Problems, Nausea, Weight Problems

Emotions

Depression seems to accompany this condition, but bear in mind that the depression is often a secondary condition and not the cause. You feel that the bad and negative patterns in your life will not end, no matter how hard you try to stop or resolve them. You may feel that you are destined to suffer and be unhappy for the rest of your life. There is deep rage and anger that is suppressed due to fear of self-expression. This stems from an abusive and manipulative household (physically or emotionally) where you were afraid of your source of food (which would be the parents) from an early age.

What you wanted and needed was often disregarded. You may have been made to feel that

you are worthless and not important in the family dynamic. You may have felt like an outcast who was responsible for carrying your own burdens. You would often rather die than ask for help or support from others. Asking for support is not even an option.

You ate and digested your food in a stressful environment where conversations were not light and drama may have been brought into every aspect of your life.

You seem to feel terrified of new changes, unable to stomach any changes or new attention that you are attracting. Your condition might be challenging as you are stepping into a new life that will change how people see you. You have a fear of being beautiful and attractive and may sabotage your new journey by eating unhealthy foods. You can't stomach a transition that you are going through, as this transition requires you to let go of everything you once knew. You seem to feel that you don't deserve changes that are or will take place in your life. You may be feeling guilty or disgusted about the circumstances you got yourself into in the past.

It is important to explore also why you are over-eating in the first place. What is really behind the bad eating habits, as gastric surgery will not deal with the underlying causes; it only masks deep scars that need to heal at some point.

If you are feeling nauseous then the body might be rebelling against you, crying out for healthier food. The body might be feeling so toxic from all the unhealthy food that it is now responding to you in a way that gets your attention. The nausea could also be related to lack of nurturing, feeling unprotected or needing to get away from unhealthy circumstances / relationships.

Key Points

- Trauma related to being shamed and made to feel guilty by an influential person. How did this make you feel? Explore further possibilities.
- What new changes are taking place in your life that you cannot digest? How does this make you feel? Explore this further.
- Why did you over-eat in the past? Were you unconsciously trying to insolate and protect yourself from your environment or influential people? If yes, then explore how these people (or person) made you feel? Explore further possibilities.
- Towards whom or what situation do you feel overly sensitive to?
- Association that being beautiful will attract attack, criticism, judgment or insult. Explore further possibilities.
- You seem to be battling feelings such as self-loathing and hatred. Who made you feel like that?
- You don't believe you have a right to make your own choices and decisions in life. Who suppressed or challenged your ability to make decisions?
- You have very poor boundaries. You don't always seem to recognize unhealthy circumstances in time before it is too late. You do not know when to walk away from negative people, as your need to be accepted overrides common logic. Explore further possibilities.
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.
- Explore trauma related to lack of food, love and protection in the ancestral line.
- Did ancestors gain weight to make themselves unattractive with the intention to avoid being sexually assaulted? Explore further possibilities.

Dupuytren's Contracture

See Fingers, Muscle Problems, Myofascia

Emotions

There seems to be unresolved trauma related to your childhood. You were unable to hold on to your mother during a stressful time or when you felt threatened by circumstances. Often your mother was emotionally absent as a result of her stressful circumstances. You felt that no one was paying attention or looking out for you.

You can't seem to attain what you most desire in life. You have a great fear of losing what you achieve, which can be traced back to a past trauma. Others seem to rely on your ability to be successful in order for their needs to be met. This makes you feel like you are responsible for other's happiness and success.

You may have lost something or someone who you dearly loved. This loss still may not be resolved. Recent stress in your life related to circumstances that you cannot control, seems to activate the symptoms of this condition.

Ancestral trauma: possible trauma related to an ancestor who lost a child during a time of violence or the child was taken away as a result of circumstances that were out their control. Families may have been torn apart by means of violence such as wars, harsh government rules, racism or xenophobia.

I suggest exploring issues in your life that you feel unable to control or change. Why don't you ask for support? You may feel like a martyr, having to do everything yourself. You may have strong rigidity patterns. Explore similar trauma incidents in your mother and grandparents' lives.

Key Points

- Did you lose something or someone of great value? This could also be the loss of a spouse or child. If this does not relate to you then explore your mother / father / grandparents trauma. How did it make them feel? What sabotages your ability to heal from this trauma?
- Losing control of ones position within a family or losing family / family member as a result of outside influences.
- Do you regret sacrificing something important to you for the sake of another's happiness? If so, how did it make you feel?
- Trauma related to not being able to control the direction of where your life is headed.
- Does another family member have this condition, such as a parent or grandparent? If so, explore trauma related to the above-mentioned points in their life. Are any similarities being repeated in your life?
- How did your mother feel while she was pregnant? Did she perhaps feel the above-mentioned points or emotional components?
- Explore alcoholism in the ancestry line (as a result causing liver problems or diabetes). Example, did your mother drink alcohol during her pregnancy?

Dyslexia

See Eye Problems, Learning Disability

Emotions

You seem to feel pushed and forced to accomplish and perform certain tasks. You feel unsupported and lack the guidance of influential people. The left and right hemisphere of your

brain does not connect in harmony. You seem to be unable to decide who and what you want to be, including which gender you should be. A parent may have felt this way while you were still in the womb.

You feel that no one is going to rescue you when you are in trouble, so you have to rely on your own acquired survival skills. You may not have had the support you needed to explore life in a way that made you feel safe. You may have experienced trauma while you were educated, making a negative association with learning and reading.

You may have felt resistant, rigid or rebellious towards influential people that were in a teaching role. You may have experienced a trauma that caused you to feel unsafe with adults.

As a result, you refuse to learn or see anything that is given to you by an adult. You are very distrusting of others and their intentions.

Dyslexia can also indicate that a teaching style is inappropriate. Western (and Asian) schooling systems are not appropriate for children who are mentally and spiritually advanced. Dyslexia may just be a sign that an alternative approach to education is required in some instances.

Key Point

- Your ability to handle life, observe and translate your reality and tasks may have been criticized, judged or demeaned by influential people. Explore further possibilities. You might also be expressing your parents' fears. Explore further possibilities.
- Trauma related to feeling unsafe and unprotected. You keep your own council and do not trust the outside world. Why? Explore why you feel unsafe. Did your mother feel unsafe when she was pregnant?
- You may have a deep desire to change what you see as it seems to be traumatizing and upsetting. You are refusing to see the world as it is. How does this make you feel? What do you want to change? Explore further possibilities.
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.
- You may have experienced head trauma during birth when you began to rotate. You could have experienced possible skull damage as you moved past your mother's spine in the cervix.
- You don't want to be present in your life. You seem to be dissociating from your environment and relationships with others. If this is the case then explore why.
- Explore the ancestry line. Has there been any type of abuse? If yes, explore how the consequences and emotional side effects of abuse are taking place in your life. Explore this also during conception and fertilization.
- Did your mother want a child? Did she feel inconsistent with what she wanted? Did your mother's partner want the child? Explore how this affected you.
- Your mother was in conflict with the idea of being pregnant. Her husband kept changing how he felt about the pregnancy, which affected how she felt about it.
- There was often a great deal of conflict between your mother and father during your womb stages or your mother was submissive and fearful of your father during this time, always counting her words before speaking.

Dyspareunia (Painful Sex)

See Inflammation, Candida, Female Problems, Pain

Emotions

You seem to be feeling shame and guilt when you have sexual needs or are being intimate. You have been taught that sex is dirty. Your family may have had strong judgment and opinions about sex and sexuality. The message about sex was negative, which may have left you feeling, "It is wrong."

You may feel that you are not allowed to take pleasure in sex and that it's a one sided activity where you have to attend to the other person's needs. You seem to have a fear of intimacy and may not feel comfortable with your partner, which causes you to emotionally dissociate whenever you are with this person.

You may feel obligated to be with someone, which means that your heart and body are not willingly available to a partner. You might have feelings for someone else or feel that you are with the wrong partner.

Your partner may become very controlling causing you to emotionally withdraw. You may also have an unconscious fear of having an unwanted pregnancy. You may not trust your sexual partner or feel your partner will not be a suitable parent to a child.

Sometimes you do not have enough time, or feel too exhausted or rushed / pressured to please a partner. This may be caused by lack of confidence, feeling ashamed or afraid of exposing yourself. It may be that there is just literally not enough time for the sexual activity.

Alcohol and drug abuse could also cause this condition. You may be suffering from stress, resulting in a suppressed libido. Are you the only alpha female in the house? If not then unconsciously you might feel you are not allowed to procreate as this role is only reserved for the alpha female. This is a very strong instinct that humans still express whether it's conscious or not.

Key Points

- When did this condition start for the first time? How did you feel? Explore further possibilities.
- Explore how your parents educated you in regards to sex. If you had a negative experience, then explore also on an ancestry line.
- Have you been manipulated with a religion? Did your mother and father use their religion to bring fear, shame and guilt into the sex topic? If yes, then explore further.
- Trauma related to sexual activities. Have you ever been forced to participate in sexual activities?
- You may have been taught to make other's needs a priority, which could leave you feeling that the activity is an obligation or responsibility. This deprives you of having a good experience.
- Fear of exposing yourself and feeling vulnerable. Explore this during fertilization. Was sex an obligation? If yes, then what stopped you from asking for your needs to be met? What would happen? Explore further possibilities.
- How do you feel during sexual activities? Explore further possibilities. Explore any sexual trauma related to your first sexual encounter.
- Are you sexually attracted to your partner? If not then explore why? Is there a fear towards the partner? Is the partner abusing you? Did your partner cheat on them, leaving you feeling resentful and disconnected?
- Could you be unconsciously punishing your partner for something they did, by withdrawing sexually?
- Trauma and fear around sex. Was there any sexual abuse in the ancestry line? How did your mother feel when you were conceived? Did she feel safe, obligated, stressed, scared, anxious or disempowered?

Dystonia

See Cramps, Muscle Problems, Myofascial Pain Syndrome (MPS), Nerve Problems, Tic, Tremor

Emotions

In the past when you achieved success, you may have been attacked, criticized judged, sabotaged by others or just wiped out by jealous bystanders. You have made an association that when you are noticed or successful; you will be attacked (either verbally or physically).

You may have been in a controlling family environment where a dominant figure kept you in fear. You want to move into the desired direction to reach your goals, yet you feel controlled and pulled back into a different direction chosen by a parent. You often feel great fear and guilt moving in a direction that would benefit you. You may be paralyzed with fear whenever you are faced with a big and important decision. The fear could be related to making a mistake or disappointing people who invested a great deal of energy and time into you.

You may not have had the support that you needed and sabotaged your success as a result. You may have been stopped dead in your tracks whenever you wanted to follow a goal or dream that was not accepted by the family.

You often feel attacked by the universe and nothing feels safe. Your silence serves you well, keeping you out of harm's way. You do not feel safe to express how you really feel.

Birth trauma, infection, toxic poisoning and repetitive stress on the muscles can bring on this condition. It is important to explore how you felt when this condition started and explore these issues further.

Key Points

- It is important to explore the birth stages. See the Birth section. Explore similar emotional trauma that was present during the birthing process. Was your mother given any medication before, during or after birth that could have affected you?
- Did you experience any type of poisoning during childhood that could have affected your central nervous system? Explore this further and also explore the association that the body made with the toxins.
- Were you oxygen starved during or after birth? If yes, then explore this trauma.
- Rigidity as a result of criticism and judgment. How does that make you feel?
- Your mother or father could have consumed something that was toxic that challenged their body, immune system and the muscles. If your mother was the carrier of the gene, then explore what her diet was like when she was pregnant. Was she ill and taking medication? Was her environment polluted? Was the water she was drinking polluted?
- Trauma that was caused by toxicity – also explore this on ancestry line. Explore associations that the body could have made with toxins. Such as feeling under attack, weakened or invaded by the toxin.
- Explore suppressed anger and rage. What anger blocks do you have? Who made you feel this way?
- Explore trauma related to suppression, disempowerment or being overly controlled. Explore this during your conception and fertilization.
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.

Ear Problems

See Acoustic Neuroma, Hearing Impairment, Nerve Problems

Eclampsia

See Female Problems, Hypertension, Hysterectomy, Pregnancy, Seizures

Emotions

Your relationship with your mother has left you feeling vulnerable, raw and rejected. There seems to be a deep unconscious fear that you may end-up being the same mother as she was. You know how much emptiness and pain your past has left you with and you do not want to recreate similar circumstances with your own child.

You may fear that you cannot change the outcome of your relationship with your future child, the only tools you have are what you learned from your mother.

Your partner might be indecisive about having a baby. One day they feel they want a child and then later in time they change their mind. This could be related to an ancestral trauma such as fear of losing a child or fear of more responsibilities.

You want to be a mother, it is important for you to process and let go of the stress and tension you experienced during your life.

Key Points

- Explore trauma related to your relationship with your mother or other feminine influential person. How did that relationship make you feel? List all the emotions and rate them individually, 1 out of 10. Work with the one that had the highest score and then take it from there. Explore these traumas. Your mother may have resented you as young baby for being so dependent and demanding of her time. Explore feelings of rejection, abandonment and feeling unwelcome or like an intruder.
- You may have a fear of being a failure and not being good enough to be a mother and rise above your own mother's mistakes. This fear could also be related to your maternal grandmother.
- You may have fallen pregnant for all the wrong reasons. This could include saving a failing marriage or to feel as if you have a purpose.
- Trauma related to feeling out of control and not being able to control circumstances or their outcome. When have you been in similar situations? How does this make you feel? Explore this during fertilization, implantation and your own birth. Explore similar traumas such as feeling out of control, losing sight of reality, feeling constricted or being horrified.
- Your emotions have built-up, as you seem to be in denial as to how much emotional pain you are really in. Explore what you are suppressing and how it keeps you safe. What does it keep you safe from? Explore further possibilities.

E.Coli

See Bacteria, Bloated, Digestive Problems, Intestines, Stomach Problems

Emotions

You may be feeling angry and resentful toward the self-sabotaging behavior of influential people who are holding you back. You feel that you're not allowed to do what you want, causing you to feel guilty for not living out your life's purpose. You regret not taking action when you should have in past circumstances. You are now unconsciously repeating influential

people's self-sabotaging patterns and it's slowing down your personal progress.

You have reached a turn around point where you may feel ready to take charge of your life. The resentment you've been feeling as a result of missed opportunities has sabotaged your personal and spiritual progress; however this resentment serves to remind you to follow your heart instead of giving into people's demands and agendas.

You are only now discovering how much anger, turmoil and resentment you have been suppressing. You've experienced an awakening, an in-depth insight as to how you really feel about certain influential people. You now feel that a change is in order.

You may feel your stomach and intestines flare-up or feel uncomfortable when you are in the presence of certain people. This may be a good indication of what you need to work on and what relationship issues to explore and resolve.

Key Points

- Explore feelings of regret. What do you regret? How does it make you feel?
- Explore your relationships. By whom did you feel challenged during your childhood and adolescent years? Explore suppressed resentment and anger. Explore what would happen if you voiced your feelings to this person.
- Explore self-punishment patterns such as depriving yourself of certain pleasures and privileges in life. Why do you feel you have to do this? Explore further possibilities.
- Explore your suppressed anger, resentment or possible feelings of vengeance. Explore further possibilities. Why did you suppress your emotions? How did it keep you safe?
- Trauma related to feeling rejected by your family. Explore this also during your womb stages, fertilization and implantation and also after birth.

Eczema

See Dermatitis, Inflammation, Itching, Rashes, Skin Problems

Emotions

You seem to feel controlled, judged or manipulated. You feel aggravated by those around you, as you realize that certain people are unhealthy to be around. You are too scared to move away from these people. You have a fear of losing your identity if these people aren't in your life. It may be a destructive environment but it feels familiar.

You often feel bullied and held back by influential people in your life. You may have learned that you are not allowed to challenge those who are more powerful than you are. You often revert back to a victim state whenever you feel dominated or challenged. When you feel like a victim, you do not pose to be a threat anyone and avoid further attack.

You seem to resent the people you love as you've made negative and traumatic associations with them in the past. You are unaware of these negative associations causing you to sabotage your success in personal and professional relationships.

You are holding onto a great deal of resentment, fighting against people and circumstances that control and restrict your freedom. You continually attract controlling people and circumstances into your life, reinforcing feelings of being attacked and scrutinized. You are irritated and angry; yet feel powerless to do anything to change.

You have become stuck in an unhealthy pattern. You may feel that you are destined for a life filled with chaos, meanness and rejection. This has left you feeling helpless and bitter.

You seem to have forgotten that you always have a choice. You may not be able to change the circumstances but you can change how you feel about it. You are unique in your own right. You do not need certain unhealthy and challenging circumstances to test your strength

or give you status and an identity.

There seems to be a power struggle between you and someone else. This could also be an internal conflict.

You feel very irritated by intense emotions and are trying hard to keep those feelings out of sight. You fear that your emotions could destroy relationships; causing you to lose the people you love. You seem to be attracted to toxic people who are not for your highest and best.

Key Points

- Trauma related to feeling controlled and manipulated. Who and what made you feel like this? Is there a sexist issue? Explore trauma of feeling controlled and manipulated by others and giving your power away.
- Explore how giving your power away kept you safe. Explore relationships that you had and explore the one that stands out the most (the one that was most upsetting / traumatic).
- You feel angry and even venomous toward your circumstances and the lack of emotional freedom. How does this make you feel? Explore these emotions during the womb stages. How did your mother feel while she was pregnant?
- Who or what is getting under your skin and causing irritation? What stops you from expressing boundaries toward this person or circumstances? You may have a fear of being attacked and rejected. Explore this.
- If you are a female then you might feel suppressed in the face of influential males, as women have been immensely suppressed in the past.
- If you are male, then explore your relationship with your mother and father. Is history repeating itself in your personal relationships?
- Pattern related to self-punishment. Explore further possibilities.
- Feeling powerless and as a result you give power away. Explore fertilization stages and your birth (see Birth section).
- Fear of being alone. Explore rejection and abandonment trauma. You seem to tolerate negative and unhealthy circumstances due to a high tolerance for abusive circumstances and fear of rejection. You may feel that it's safer to be in unhealthy circumstances than to be alone. You may have had only bad experiences with relationships thus far, hence why you feel safe in these different yet, similar and familiar circumstances.
- You are painfully sensitive to how others view you. What is the worst thing that could happen if people don't like what they see? Explore your self-loathing, past trauma of rejection and hostility down the ancestry line.
- Stubbornness and refusal to let go of your anger. Explore the secondary gains. There might also be an unconscious secondary gain. You might unconsciously use this condition to set boundaries with others. You might use the condition as an excuse to avoid certain situations because you feel safer using the condition as an excuse rather than saying "no" and facing possible consequences when saying "no" or expressing boundaries.
- You are irritated with yourself as you feel you have to control your behavior otherwise you might provoke confrontations or be rejected.
- Trauma related to being attractive. It is safer to be unattractive. Why? Who made you feel this way? What happens when you feel unattractive? Explore further possibilities.
- Fear of judgment and being judged incorrectly. Who made you feel this way in the past?
- This condition is often related to a person who had a bad or challenging relationship with their mother. Any unresolved issues with your mother may be repeating in your relationships. You seem to keep avoiding these issues, which only makes them grow out of control. Explore further possibilities.

- See which area is affected the most and then refer to the Quick Reference Guide for more info.
- This condition often surfaces in a person who had an alcoholic parent. Your parent's inconsistent or hostile parenting style caused you to feel unsafe or even traumatized.

Edema

See Allergies, Alcoholism, Cirrhosis, Heart Problems, Kidney Problems, Liver Problems

Emotions

You may feel under attack (either verbally or physically) by influential people that were supposed to love you. You don't feel safe receiving love and feel that it should be avoided and rejected at all cost. You are holding onto pain from the past as a reminder that others may hurt you if you allow yourself to be vulnerable and open to love. Love is toxic.

You often feel responsible for the way you were treated in the past. You took on many responsibilities to overcompensate for feeling rejected and in the way. You are hoping that by carrying so many burdens and responsibilities, you will earn acceptance and acknowledgement from influential people.

You are holding on to as many emotions as you can in order to fill a void within. In your experience, every gain comes with a loss. It often feels safer to hold onto trauma, as letting go might also mean you have to change, or lose something. You access and use your stubborn nature to endure stressful situations. Your emotional baggage has become a companion and source of comfort. When you finally receive the love you've been searching for, you become overly attached to it. You feel it's only a matter of time before new and positive experiences will come to an abrupt end.

Key Points

- Lack of love and acceptance. Explore the associations you've made with love, nurturing and being accepted.
- Whom did you rely on as a source of comfort and love? What was your relationship like with this person? Explore patterns of relationships in ancestry line as well.
- How does it keep you safe to hold on to past trauma? You may be identifying with your trauma too much. You may have a fear that if you let go of the past then you will be nothing and no one. Explore further possibilities.
- Trauma related to financial loss. This could also be related to ancestral trauma.
- Feeling overwhelmed as a result of losing someone. You are taking on too much in life to compensate for the loss that you've experienced. Explore feeling overwhelmed just before fertilization, womb stages and also during your own birth.
- You are feeling a great deal of sadness due to unmet needs. Explore further possibilities.
- Feeling blamed for something you had no part in. How did this make you feel?
- From whom or what do you need to protect yourself from? Why? How does this make you feel? Explore feelings of resentment.
- What in your life do you know you need to let go of, yet feel too scared to do so? Explore further possibilities.
- Explore which area is affected and then also refer to the Quick Reference Guide for more info.

Elbow Problems

See Joint Problems, Pain Tennis Elbow

Emotions

Elbow problems are related to feeling very indecisive. Not knowing whether to leave or continue a project, job or relationship. Feeling obligated to see things through however there is no benefit in doing so for you. Your loyalty and devotion to a project or person is holding you back. You don't necessarily need to move away from current circumstances however; you do need to change how you feel about it. You are growing and moving into a different direction in your life. Current circumstances may not be fulfilling enough to support the new changes that need to take place within yourself and your environment.

Key Points

- What do you need to change in your personal or professional life? Something or someone in your life is out of date and no longer serves you.
- Where in your life do you feel inflexible or unable to make a necessary decision?
- What stops you from making an important decision in your life? What is the fear? Is the fear superficial or related to a past trauma? Explore further.

Elephantiasis

See Lymphatic Filariasis

Emphysema

See Addictions, Inflammation, Lung Problems, Pain, Smoking

Emotions

You seem to be feeling a great deal of guilt and regret due to past actions. You may have caused others a great deal of pain or stress and are afraid of being punished for making poor choices. You feel a great deal of stress, as you couldn't live up to the expectations of influential people. This results from a childhood where you may have been blamed for problems and stress in the family that was not your fault. You are unconsciously taking out your old hurt and pain on loved ones. There is a tendency to pull people into your depressed state so that others can see how deep the emotional wounds are. You often feel that others will never be able to understand to what extent you've had to endure stress.

You are grieving for a lost loved one (or a relationship with someone that made you feel safe and secure). You could never find what you were searching for, no matter how hard and sincere your efforts. The void within has now grown bigger and it is consuming you.

You may have been at the receiving end of abuse, manipulation and angry fits of influential people. You may have been a verbal punching bag for others and had to withstand whatever attack, abuse or criticism was projected at you. As a result, you have great difficulty communicating your emotions and it is a challenge for you to communicate in general.

There is an unseen threat in your life. This is only an echo from an unresolved past trauma that greatly affected you. You may have been punished to a great extent during childhood or early adult life. This caused you to feel on guard and always ready to defend yourself from a possible verbal or physical attack. It's as if you are holding your breath until the danger passes.

You are suppressing a great deal of grief for fear of losing control. You do not know how to protect yourself from the harshness of another's actions.

This condition could also be related to an ancestral trauma, such as a near death experience e.g. near drowning, suffocating (suffocating due to asthma attack, smoke from a fire, etc.). An ancestor may also have had a near death experience during fire (in the field or house). The physical symptoms of the ancestral trauma may have been triggered in your life and as a result, the physical symptoms of Emphysema may have been activated. Smoking, high levels of stress, feeling in danger and threatened may also have triggered the physical symptoms of the Emphysema.

Key Points

- Trauma related to feeling rejected by a source that was supposed to provide you with love, safety and comfort. How did being rejected make you feel? Explore further possibilities.
- Feeling as if you are always in danger. Explore this trauma especially during your womb stages.
- Who or what threatened your emotional and physical survival?
- Do you feel guilt and regret over past actions or decisions? If yes, towards who? How does the situation make you feel? Explore further possibilities. Explore whether you are able to forgive yourself.
- Which emotion is overwhelming? Explore further possibilities. Why does it overwhelm you?
- Trauma related to feeling under attack by those who were supposed to protect you.
- Trauma related to a near drowning experience. This could also be related to ancestral trauma.
- Trauma related suffocation. This could also be related to ancestral trauma.
- Self-loathing. Your parents or influential people did not accept you. This left you feeling unimportant, unlovable and like a discarded object.
- It is unsafe to cry and express your emotions. Why? What happened when you did? You may have been abused / punished as a baby or young child whenever you cried.
- Place your hands on the chest area. Imagine that the lungs had a voice. If they did, what would it say? Explore the blocks and issues that arise from this question.
- Are you a smoker? If yes, then explore why you smoke. When did you start to smoke? Why? What do you get out of smoking? Explore hidden benefits and reasons why you started to smoke.

Encephalitis

See Inflammation, Meningitis

Endometriosis

See Bleeding, Blood Problems, Cyst, Fallopian Tube Problems, Polyps, Uterus Problems

Emotions

You have suppressed your creativity and passion in life. You might have a fear of having children, as your own childhood experiences may have been traumatic. You have a fear your childhood history will repeat itself. You may also be attached to your independence, as this is where you feel most powerful. Bearing a child might challenge your ability to be independent of others. You might feel that being dependent on others will inevitably invite circumstances that will make you feel controlled and trapped. Your life has been consumed by responsibilities, a lack of guidance and having to fend for yourself. You need a break from

this strenuous and challenging cycle.

You seem to feel quite resentful of being a female, always pulling the short end of the rope in society. You have seen women being treated unfairly, abused or disrespected, causing you to try and avoid experiencing the same treatment.

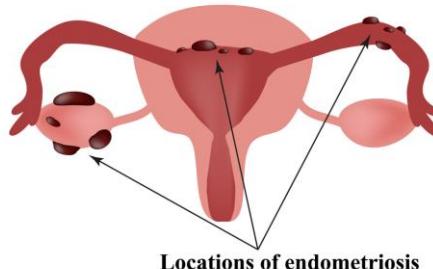
You feel unable to access your feminine power. You feel that your foundation is brittle; there is no solid ground to fall back on whenever you are faced with challenges. This may cause you to feel very insecure, scared or unsure of your ability to cope with life. Everything up until this point has been hostile and traumatizing. You often revert to an aggressive state to keep yourself safe and to establish clear boundaries.

You might feel under attack (either verbally or physically) by influential females in your life. Your experience with love may have been intensely traumatic, destructive and left a deep emotional scar. You want to be creative yet feel controlled, attacked or judged. You don't feel safe to truly express yourself or be loved by the people you should feel safe with.

Communicating your emotions, concerns or fears was never an option. You may have been ridiculed, rejected or taken advantage of whenever you opened yourself up and reached out for comfort and support. You had to toughen up very early in life. If you didn't then your circumstances would have mentally and emotionally consumed you.

There is often a big conflict between what you see, how you feel and how you should express it. Often you choose to suppress yourself, as you have been introduced to the collective consciousness that women cannot speak-up.

Endometriosis



Key Points

- What was happening in your life when this condition started? Explore further possibilities.
- Explore trauma related to being taken advantage off, lied to or abandoned. How did this make you feel?
- Explore sexual abuse trauma in the ancestry line and how the trauma may be affecting you. This could include molestation, rape or ritual abuse.
- Your past has left you stuck in a fighting instinct. You feel stuck in the fight or flight mode and the only way to feel safe is to be in control of every aspect of your life.
- Did a significant female pass away in your life? If yes, then explore how this loss made you feel. Explore grief in the ancestry line as well and trauma of feeling punished for not being good enough.

- Do you have a fear of being a mother? If yes, then what does you fear? Why? How does that make you feel?
- When did this condition start? What was happening in your life at that time? Was there an emotional build-up just before this condition started? Explore further possibilities.
- Fear of communicating yourself as a strong feminine figure. Explore this further.
- Trauma related to miscarriages. This could also be related to ancestral trauma.
- Was your own birth traumatic? Did your mother have difficulty giving birth? If yes, then explore how this affected you. See the Birth section.
- Trauma and fear of being out of control. Explore this further. Explore further during fertilization, cell division, implantation and birth.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Epilepsy

See Catalepsy, Hysteria, Nerve Problems, Pineal Gland Problems, Seizures, Schizophrenia

Emotions

You have piled all of your emotions into one bag and that bag is now overflowing. The more emotions you suppress, the more explosive the outpour of emotions are when provoked. You may have been pushed too hard during childhood; there was no room for error. You are painfully sensitive to criticism; the slightest disagreements strike you in the heart, leaving you upset, angry or resentful. You have become overly sensitive to criticism and may even lash out as a result of frustration and not having a clear discernment about how you should communicate personal boundaries. If you start to accept / believe the regular criticism of others, you often become your own worst critic.

You may have been overloaded with drama and high expectations during childhood, leaving you with a sense that you are set up for failure. You resent the people that have pushed you too hard, leaving you unable to enjoy life.

You may have suffered trauma as a result of influential people losing control of their circumstances and emotions. There could also be trauma related to sexual abuse or emotional abuse in the immediate family or ancestry. You turn violent emotions inward.

You may feel that you have to punish yourself for not being good enough and unable to behave in a way that is pleasing to influential people.

If the client is a child, then explore how the mother felt giving birth. It is also important to explore the womb stages and what the reaction was to the mother's emotions.

You may have suffered a great deal of rejection and abandonment during a time when you needed love and support. This could be especially true for your mother while she was pregnant. These circumstances have left you feeling lost, out of control, unsafe and alone.

During womb stages, you were often aware of your mother's anxiety. She could have pressed down on her womb hoping it would settle down the baby's movement. This may have caused the fetus to feel uncomfortable and too controlled to move around freely as a result of her hostile response. Your mother may have experienced traumatic times while pregnant. She may have had relationship problems that challenged her security and future, her partner may also have betrayed her.

A previously inactive trauma has recently been triggered. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. You may have been born overly sensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later activated. It is important to understand that this does not mean that it is anyone's fault within the family that this condition was triggered.

Key Points

- If the client is a child, then explore how the mother felt before the pregnancy and while she was pregnant. What was going on in her life? The mother felt out of control and unable to make important and urgent decisions that needed to be made. Explore how this affected the client.
- Explore the trauma that your mother could have experienced before she fell pregnant that could have made things worse after she became pregnant.
- Acknowledge the difference between the infant's emotions and the mother's emotions and trauma. Explore womb stages for this exercise.
- Trauma related to high levels of stress and anxiety that your mother felt that could have affected you in utero. Explore further possibilities.
- Feeling caught up in a situation that made you feel out of control, anxious, scared or unable to ask for support. Explore further possibilities. Explore this possibility down the ancestry line.
- Is there any alcohol abuse in the ancestry line? If yes, then explore how it affected you.
- Did your mother consume alcohol while she was pregnant in order to cope with stress? If yes, then explore how this affected the fetal development. This may have caused the fetus to feel under attack, drunk, confused, numb or out of control. If you are not sure then explore this further. Approach this as if it did happen. Your mother also could have used medication or breathed in toxins that may have affected you. This could also be an ancestral trauma.
- Did your mother experience any poisoning, illness or severe pollution while she was pregnant? If yes, then explore how it affected your brain development during womb stages.
- Always explore the birth trauma and see the Birth section. Explore trauma to your head.
- You often feel overwhelmed with too much pressure, faced with expectations or responsibilities that may have made you feel unable to cope.
- Was your mother told to try and delay giving birth until doctors arrive? If yes, explore trauma related to feeling out of control, explore further.
- There is an ancestral pattern, "life has to be hard." Why? Nothing can be achieved or learned in an easy way. How does this make you feel? Explore further possibilities.
- Ancestral trauma related to the head. This could include severe trauma to the head as a result of an accident. This trauma can be triggered during the birth or a trauma to the head. Explore further.

- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.
- Explore similarities between your emotions, habits, and your mother's. Patterns copied from the mother often set in during the fetal stages when the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.
- Did your mother feel out of control during this time? If yes, then explore how it affected you.

Esophagus

See Muscle Problems, Throat Problems

Emotions

You seem to find it challenging to digest and process your reality. You thought you were living a good life, until unexpected changes took place that began to alter the picture perfect reality.

You find yourself in the unsatisfactory position of having gained and lost something at the same time. You are not sure what to make of these changing circumstances. You may have deep-seated secrets / emotions that are being triggered however you do not have anyone you trust to confide in. Your suppressed emotions are often accompanied with denial and a refusal to see that there is a problem that needs to be addressed.

You have become stagnant and stuck in your circumstances and feel that there is no way out. You are trying your best to be strong in conversation and social gatherings while struggling to fit in. You have been dictated to for far too long and are tired of swallowing other's demands, opinions or judgments.

You are trying to shut yourself off from everyone as you feel personal battles must be fought alone. You feel powerless to make changes, so you are defeated and act like a victim of your circumstances. You may feel obligated to endure unfair treatment projected by influential people. You are always pulling the short end of the rope as a result of poor personal boundaries.

Your gentle side has been taken advantage of. You allow emotional abuse to take place in your life with the intention of keeping the peace. The reward of coping the abuse gives you the illusion that influential people validate you.

Often there was sexual abuse in the grandparents' history. Emotional symptoms of the abuse may have been triggered in your life by unrelated traumas and stress that made you feel invaded, out of control or unable to digest emotions.

Key Points

- You may have been exposed to a childhood where drama and stress ruled the family's mood, affecting everyone from every angle and corner. You may be in a situation that is triggering this old type of trauma. You felt that you couldn't swallow all the nonsense that was taking place in your life. Explore more possibilities.
- Explore when the doctor placed the suction tube down your throat after birth to clear out excess amniotic fluid. How did it make you feel? Are the same emotions that were present

during the mucus clearing also present in your life now, or in the past? How did those current events make you feel?

- During early infant stages, did you feel wrapped too tightly in a blanket? If yes, then how did this make you feel? Explore reactions such as, “I can’t breathe, I can’t take a deep breath.” Suffocation, restraint, feeling trapped or stuck and overwhelmed due to the lack of movement.
- Trauma related to losing something that you wanted. Explore further possibilities.
- How do you feel when you consume food? Explore further possibilities.
- You may have experienced a childhood where dinnertime was stressful and you swallowed your food while feeling tense, stressed out, anxious and controlled. You may have also felt controlled over what you ate.
- Were you forced to eat certain foods that you didn’t like? If yes, how did that make you feel? What association did you make with eating your food? Did you eat similar food types that may have triggered this emotional trauma or negative association?

Estrogen / Oestrogen

See Depression, Hot Flushes, Fallopian Tube Problems, Female Problems, Hysterectomy, Menopause, Ovary Problems, Pregnancy, Weight Problems

Emotions

You may feel uncomfortable in your own skin. You are not sure what is expected of you as a female or male in your environment. You have had a challenging or confusing relationship with your mother or other influential female figure(s). In your opinion, feminine figures, or being feminine is perceived as being weak and more prone to being attacked or used by people.

You may have witnessed women or people’s femininity being demeaned and disregarded, which may have left you questioning your own value as an individual.

How and when you project your feminine qualities may have been controlled by your environment, influential people around you and childhood circumstances.

You may have experienced trauma whenever you were too feminine or too butch during childhood. Your mother and father may have wanted a child of a different gender, causing you to overcompensate to makeup for not being the “right” gender. You may have copied your mother’s values in regards to sexuality, which may be out of balance with today’s views on sex or feminine sexuality.

Too much Estrogen

You may feel unsafe to explore your feminine side for fear of being attacked (either verbally or physically) by others. You may have experienced a childhood where your mother projected jealousy toward you. You seem to be quite sensitive and can become very emotional. Others might think of you as being weak and vulnerable. You often just accept what others want and expect of you, allowing other to define and shape you. You often have a low self-esteem and exercise poor personal boundaries. You might fear that you will be rejected if you do not compromise for others.

Too little Estrogen

You are often more masculine than feminine. You have an influential person in your life that

was very masculine. You may have tried too hard to follow in their footsteps with the hope of being accepted. It could be that you've experienced sexual abuse or physical abuse that left you afraid to be feminine. Your hormones and body overcompensated as a result of a challenging childhood or womb stages. You may have seen male figures being judgmental of people who were too feminine. You have overcompensated your masculine side to avoid being on the receiving end of judgment, abuse or bad treatment.

Key Points

- What was your relationship like with your mother and father? Which relationship was the most challenging? Explore further.
- When did this condition start? What was happening in your life at that time?
- Explore how your mother felt while she was pregnant. What were her estrogen levels like? How did it affect you during her womb stages?
- You may have experienced sexual abuse that could have greatly influenced how you feel about your sexuality and being feminine. Being feminine or vulnerable is dangerous. Explore this possibility further.

Note to practitioners: Never ask a client directly if they were sexually abused, always explore this down the ancestry line.

- Do you feel confident with your sexuality? If not then, then why? How does it make you feel? Can you recall a traumatic moment that took place that influenced how you feel about your sexuality? Explore further possibilities.
- Explore possibility of sexual abuse in the ancestral history. This includes sexual abuse towards men as well. Explore during fertilization stages as well during birth (mothers have reported that giving birth to their child felt like they were being raped – this could have been an ancestral trauma that was triggered during the birthing process). Explore further possibilities.
- Do you explore your femininity? If not, then why? What stops you? Explore further possibilities.
- What gender did your parents want you to be? Explore how this may have affected you during womb stages.
- Did your mother feel that she had to defend and protect herself from danger while pregnant? Explore more possibilities.

Eye Problems

See Astigmatism, Blindness, Bloodshot Eyes, Cataracts, Conjunctivitis, Diabetes, Far-Sighted, Macula, Maxillary Sinus, Myasthenia Gravis, Muscle Problems, Near-Sighted, Paget's Disease, Pinguecula, Pink Eye, Pterygium, Retina

Emotions

Eyesight can be challenged by pregnancy and diabetes. People with eye problems often find it challenging to accept support from others.

You are often rigid about certain aspects of your life that you do not want to consciously become aware of, whether it is an abusive family history or current issues. This could include a failing marriage as well as not wanting to be seen by others.

The more stress, anxiety and abuse you have experienced, the more contracted and rigid the muscles behind the eyes become, resulting in bad eyesight. This rigidity could also be related

to an ancestry where people had to be emotionally hard and rigid in order to survive challenging times.

You often lose sight of what you want in life and how you are going to attract it. Sometimes you need to be pushed or rescued from your own destructive circumstances. As a result of a stressful and even abusive childhood, you tolerate being abused or punished by others. Stressful and abusive circumstances have become a way of life. You feel comfortable with being uncomfortable.

People with eye problems often have / had a religious background. You want to believe in what you cannot see however, as a result of a hostile childhood and lack of trust, you cannot trust what you cannot see. The family line may have been dominated by religion and you suffered because of your faith. In many cases, faith has been forced on you. Your ancestors were punished for their beliefs and values, especially if it was not the same as their community.

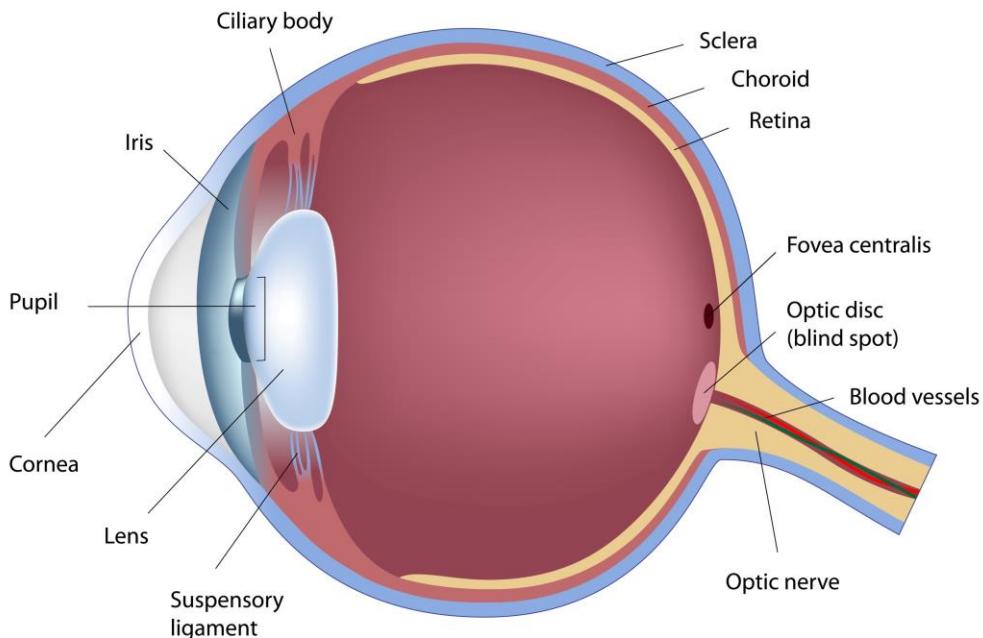
The eye is not necessarily related to issues that you do not want to see. How can you see what you don't want to see? You don't see it because your "filters" have been adjusted to block out certain images or behaviors of people as a result of trauma or womb trauma. The earlier the trauma took place, the harder it will be to figure out what you do not want to see. This is not a helpful question. Focus on the areas in your life that cause you stress. What do you see that causes stress, sadness or fear? This is often related to how certain events in your past made you feel.

Eye problems are often related to separation trauma, this could mean being separated from friends in school, from a parent, caretaker or circumstances that made you feel safe.

The eye goes hand in hand with muscles. It is important to explore issues that made you feel anxious, stressed or out of control.

It is also important to explore how influential people responded to your emotional needs. You have a fear of being seen because if you are seen, you may be attacked or punished. You have made a negative association with being noticed by people. This can stem from a family where anger and resentment was always present, creating a great deal of stress for you.

Human Eye Anatomy



Right Eye

Your grandfather's history and how responsibility and leadership affected you.

Left Eye

Your grandmother's history, it's always worth exploring these options as well as religious trauma.

Inflammation of the eye

This is often related to injustice. You know what you are seeing is not what should be. You lack certain coping and social “tools” to fit into society and feel resentful towards others that have had it easy so far in life.

Key Points

- Lacking discernment about what is right / wrong / good or bad, especially when it concerns your own values and need to make judgment calls. Why? Explore further possibilities. Trauma related to seeing the truth about someone you love. How did that make you feel?
- Fear of seeing how brilliant and amazing you are. Why? Explore further possibilities. You may have an association with seeing the truth as painful and traumatizing. It is safer to block out everything just in case something bad happens again.

- Life is too harsh for you as a result of childhood trauma. You may try to avoid and block out seeing the anger on a parent's face.
- Trauma to the optic nerve. Nervous system – communication, lack of flow of love, feeling safe, connection to life's purpose, release old regrets.
- Trauma of feeling inadequate during times of stress and family chaos.
- You felt stressed by what was happening in your environment. Conflict between your parents that may have been directed at you. Explore further possibilities.
- You may have felt deeply ashamed of your identity / family and want to be invisible. Who made you feel this way?
- Trauma related to feeling forced to deal with people / circumstances that left you feeling powerless. How did this make you feel?
- When did you start wearing glasses? What was the worst thing that happened to you during or before that time? If there was not a one off incident then what emotions have been building up over time and why? Work with the answers until you get to the core issue(s).
- What would happen if you could see without your glasses right now? Is there something in your life that caused you a great deal of stress? You might have a fear of coming face to face with something that you have been avoiding. What would happen if the undesired circumstances took place in your life? How would it you feel? Explore further possibilities.
- There is often a pattern where people with eye problems were bullied, teased or rejected. How did this make you feel?
- What was your relationship like with your mother? A mother is the source, the god during childhood. She gives you food, warmth, shelter and love when you need it. You can associate a mother / father / caregiver with a god like presence, as your survival is in the hands of the caretaker. When there is hostility, resentment and rejection in this relationship it can inevitably cause rigidity in the relationship with God / yourself and your ability to love others. It will affect the ability to feel safe in your environment and in relationships with others. Explore any kind of tension in the relationship with your mother / father / caregiver (the one that was present the most and it does not matter if you were adopted, it still applies to the person that looked after you).
- You may have experienced head trauma during birth when you started to rotate. While moving through the cervix, you could have possibly damaged your skull as you moved past your mother's spine, causing orientation, depth perception and directional issues. Damage might not necessarily be evident at the time; a head trauma later in life could trigger symptoms from the birth trauma.
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that were present during the birthing process.
- Explore the ancestry line. Was there any kind of abuse or above-mentioned patterns? Explore whether there were hardships, wars, slavery and imprisonment, sexual or physical abuse?
- Explore similarities between your emotions, habits, and your mother's. Patterns that are copied from the mother often set in during the fetal stages when the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced. What could the mother not see in her life? What was the mother avoiding? How did this affect the fetus?
- Changes that took place in your life left you feeling out of control. This may have resulted in feeling resistant to changes taking place in your life. Explore further possibilities.

- Eye problems are also related to hearing. You are tired of hearing and seeing someone that is angry, mean or abusive. Who made you feel this way? Did either of the parents feel this way as well? Explore further.

Astigmatism

See Eye Problems, Far Sighted, Muscle Problems, Near Sighted, Retina

Emotions

You are trying to see things the way others see it however, your rigid opinions alter and control your way of thinking. You were pushed to think in a certain way that did not resonate with your values and opinions.

You now feel conflicted with what you learned as a child versus what you now feel and see in your life. This creates an inner conflict. You can feel the truth however, you were programmed to do and say something else. You may feel disappointed in a role model who was once admired.

You often find it challenging to bond with others, as you do not always see eye to eye with other people. You can be quite straightforward in your approach, especially when it concerns goals or opinions. You do not feel you can reach your goals, which leaves you feeling rigid. Your stubbornness and rigidity creates a fair bit of strain in the upper body. A lot of your focus and awareness is in the head mind. Your posture is also often rigid, as you need to learn to physically relax more.

Key Points

- Explore fetal development stages for stubbornness, rigidity, feeling controlled and manipulated, with no room for mistakes or judgment. Did your mother feel the above emotions while she was pregnant? Explore further possibilities.
- Do you feel robbed of being able to see things the way you choose to without outside influences? How did that make you feel?
- Ancestral trauma. Refusal to see the bad things that were happening around you.
- Wanting to be like someone else. Why? What is the benefit of not being yourself?
- Who forced their point of view on you during childhood? How did that make you feel?
- Always explore the birth trauma and see the Birth section. If you had a natural birth, how did the eyes feel (painful or pressured?) while you were being pushed out of the birth canal?
- You are often stuck in a fight or flight mode. Explore this further. This often stems from not wanting to be living the life that you currently have, your dreams and goals feel out of reach. Explore further possibilities.

Blurred Eyes

See Astigmatism, Eye Problems

Emotions

You want to dissociate from what is taking place in your life. Your responsibilities, work and family issues are exhausting. You want to withdraw from your environment, yet you feel guilty because of your strong sense of loyalty to projects and people. This leaves you feeling obligated to continue with a certain role that brings no joy. You will do better with more structured time management.

You are often faced with circumstances that you don't want or are not yet ready to deal

with. You want to withdraw into your own cave where no one can give you any orders. You do not want to face circumstances or people that make you feel guilty. This is a result of poor boundaries that have not been expressed. Blurry eyes are often an unconscious way of expressing a boundary between yourself, your environment and your obligations.

Key Points

- Lack of firm boundaries in your life. What would happen if you did say “no” or express clear boundaries?
- Why do you feel obligated to give so much of yourself? Explore feelings of guilt. If you feel guilt, explore why you feel that way.
- What situation has come to the surface that you do not want to see or deal with? What was the main emotion that it triggered?
- Why do you feel like withdrawing yourself? From who or what?
- Are you overworking? If yes, why? What is the benefit of that?
- What are you seeing in life that is in conflict with your values and needs? How does it make you feel?
- What you want in life is not what you are attracting. How does this make you feel?

Bloodshot Eyes

Emotions

You seem to be overworked and have pushed yourself to the brink of exhaustion. You may have delved deep into your workload to either avoid an issue that has surfaced or to suppress an old simmering trauma related to anger. You may be experiencing a whirlwind of emotions and are trying to process it by keeping busy. You often find it challenging to ask for support. You may be using your job or responsibilities as a way to heal or process emotions, as it feels safer to keep your own counsel.

Key Points

- Is there something in your life that you are scared/feel too challenged to deal with?
- Explore why you have this fear. Explore the trauma that caused the fear to surface.
- Why did you feel unsafe to voice how you were feeling in the past when your boundaries were overstepped during a project or important transition in your life? What would happen?
- Explore any unprocessed grief, such as: lack of love, missed opportunities that greatly affected you, the passing of someone close, feeling rejected, alone or abandoned. Explore this also during the birth stages.
- What is the benefit of working so hard? Explore further possibilities.

Dried Eyes

Emotions

You have been under the impression that everything is OK in your life. You are slowly coming to realize how stagnant and unhappy you feel. This could be related to a relationship, environment or new changes that occurred.

You feel fed-up and exhausted (literally). You may be realizing that a past decision has come back to bite you due to a lack of structure and planning. It is safer and better to deny what you are seeing for the time being, as the ramifications are going to cause further stress.

You often walk into situations, realizing later that it is not where you want to be at that point in time. The people around you are changing and this is causing your comfort zone to also

change shape. These changes may be triggering old suppressed emotions that you are not ready to deal with. You may be faced with circumstances and influential people that could be intimidating. You are still searching for a balance between your deep-seated anger and the ability to empathize with others.

You may also feel that you are not reaching your goals and you feel unhappy about your current position in life.

You have a fear of crying, as you do not want others to see your vulnerable side. You want to express yourself, yet fear that you might cry and expose your vulnerabilities.

Key Points

- Trauma of having a hostile family relationship. Has this pattern overlapped into your personal relationships? How does this make you feel?
- How does it keep you safe to keep suppressing old emotional baggage?
- You dislike rapid change. How does change make you feel?
- Trauma related to feeling out of control in terms of your personal relationship and how others make you feel.
- Trauma related to being exposed to a love-hate relationship. How did this make you feel? Explore feeling confused and dissociating from your emotions.
- How does it make you feel when you have made the wrong decision?
- Trauma related to crying – fear of crying. Why? Who made you feel this way? Explore further possibilities.
- Feeling challenged by unpleasant situations. How do these situations or circumstances make you feel?
- Do you have a fear of success? You may feel that you have not achieved your goals. How does this make you feel? How do you feel about your current position?

Eye Twitching

See Muscle Problems, Myofascial Pain Syndrome (MPS)

Emotions

You may have overworked yourself, feeling tired and exhausted. You may also have experienced trauma in your life when you were exhausted. As a result, you may not have had sufficient resources and energy to fend off people that were invasive and disrespectful. You may have felt under attack (either verbally or physically) and dominated during such a time. You feel rigid toward your environment as it adds to your stress and leaves you emotionally depleted. You may not want to see the negative affect that certain people have on you because you rely on those people for support. The left eye is often related to the feminine aspects and spiritual aspects about oneself, compassion, patience and discernment. The right eye is related masculine aspects, leadership, authority, pressure and motivation.

Key Points

- Do you have too many responsibilities? How do you feel when you see your workload and the people you have to work with?
- By who or what did you feel either physically or energetically invaded by during a time when you felt flat, tired or did not exercise clear boundaries?
- You seem to be pushing yourself too hard and giving too much of yourself. Explore why? What is the benefit of doing this?

- You need a break from people or objects you have been looking at for long periods of time. What stops you from making time for your own needs? Explore further possibilities.

Far Sighted

See Eye Problems, Muscle Problems, Retina

Emotions

You may have found your immediate environment to be stressful and full of conflict. There may have been an individual that bullied or intimidated you, leaving you with a desire not to see the things that are right in front of you or about to happen.

Key Points

- When did the eye problem start? What was happening in your life at that time? How did that make you feel?
- Rigidity related to truth. "My truth is the only truth." You didn't want to see or acknowledge the truth about someone or a situation.
- Fear of seeing the future or incidents that may cause harm. Fear of the unknown. Explore why.
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.

Glaucoma

See Eye Problems, Muscle Problems

Emotions

What you are seeing is causing a great deal of stress, anger and resentment. You feel as if, "Everything should have already happened yesterday." You are impatient when you start projects, causing anxiety and stress.

You often feel resistant to conform to society and want to do things your way. Your rigidity and values are causing a rift between you and others, leaving others feeling that they cannot keep up with your standards and expectations.

Key Points

- Trauma related to being pushed too hard to achieve success. This has now developed in a different way in your adult life. You are now pushing yourself, with a sense of urgency in everything you do.
- Your focus has been set in one direction for such a long time that you have lost sight of the real meaning of life and what your desires are. You may have abandoned your life purpose for the sake of acknowledgement and praise of influential people.
- Explore your birth. Was there any pressure on the head and eyes? If so, what were the emotions at that time? Explore further possibilities.
- Feeling controlled and a need to punish others for what you had to endure. What is the benefit of needing revenge? Explore resentment and then explore this further.

Keratoconus

Emotions

You feel unsafe and threatened by your environment and by what you are seeing. You don't want others to see how you are feeling. There is a great need to hide and stay out of danger. You seem to experience your emotions and anger in the head mind. You have dissociated from the other minds as a result of past trauma. You feel safe exploring life from an analytical point of view. It is less emotional for you and makes you feel less vulnerable.

There is often a deep need to protect yourself from what you are seeing. You want to move away from your circumstances and suppress how you truly feel. It feels safer to be invisible as then no one can hurt or attack you.

Key Points

- What in your life is upsetting, threatening or making you angry?
- How does it keep you safe to analyze everything instead of connecting more to the heart mind?
- Birth trauma. Did you experience trauma to your head during birth such as pressure and being stuck?
- Did the pressure affect your eyes? Explore what you were feeling at the time. See the Birth section for more information and possibilities.
- After birth trauma. How did you feel after birth seeing the bright lights, blurred figures, cold room temperature and also being separated from your mother? Can you sense pressure or stress on / around the eyes as a result of all the stress related to new changes taking place?

Lazy Eyes

Emotions

You seem to be drama avoidant. If you don't acknowledge the trauma then it doesn't exist. You will not be disappointed or upset by anything or anyone as nothing can trigger your trauma. You may have experienced a trauma that resulted in not wanting to engage with your environment and the people that are part of it. You do not want to be seen by the world as it might attract drama, abuse or unpleasant circumstances that you might not be able to control.

Stressful circumstances in your life have been dominating and affecting your personal progress. You may feel that you cannot physically escape from your current circumstances so you choose to look the other way.

You want to move away from the only values and beliefs that you have ever known, however you seem to fear being punished or judged by the family. Who in the family line looked the other way as they felt too challenged and confronted by what they saw?

You may have experienced anger to such an extent that you had to look the other way otherwise you have may done things that you would not be able to take back. This could also be related to ancestral trauma.

Key Points

- Who or what are you trying to avoid? How do these circumstances or people make you feel? Explore further possibilities.
- Did you experience a trauma that may have caused you to actively avoid someone or some situation? Explore further possibilities.
- What was or is your relationships like with the family? Explore further possibilities.
- What would happen if you allowed the world to see the real you? Explore further possibilities.
- From whom or what do you feel you cannot escape? How does this make you feel?

- Trauma related to parents going through a separation or divorce. Explore ancestral trauma as well.

Macula

See Eye Problems

Emotions

You experienced an upbringing that was filled with lies and deceit. There are regular misunderstandings about what is and what should be the final truth. There always seems to be a “blurred” opinion in regards to what is going on around you, about how you feel toward life and yourself. Influential people that only believed in their own rigid beliefs controlled your fragile state of mind as a child.

You felt obligated to see things the same way as the rest of the family. Any foreign point of view would be seen as a direct challenge to the family’s values. You have taken a new turn in life and are beginning to make your own decisions even if they’re in conflict with what you learned as a child. You are hesitant to compromise because in the past that may have left you in a situation where your emotional needs were unmet. You often feel, “It’s always my fault when things don’t work out.”

Key Points

- Trauma related to feeling overly controlled and manipulated to see things in a different way has only left you feeling rigid. Which parent / guardian controlled you in such a way? How did this make you feel?
- Ancestral trauma related to witnessing the death of someone or something dear to you. Explore further possibilities.
- Do you have a fear of making of your own independent decisions? If so, what would happen if you did? How does that make you feel?
- Trauma related to being deprived of the finer things in life. How does that make you feel?
- How does it keep you safe to avoid or deny your gifts and hidden abilities? Explore further possibilities.
- Is there a fear of breaking away from a certain rigid way of thinking, seeing things and accomplishing things? Explore further possibilities.

Near-Sighted

See Muscle Problems

Emotions

You have many hidden talents that are not supported by those you rely on. People closest to you may have sabotaged your confidence. This caused conflict, tension and rigidity related to moving forward in a different direction. You seem to be resentful and even bitter due to the lack of support. You feel that others have robbed you of opportunities and you are concerned that new chances are limited and you will lose any ability of finding success.

Key Points

- Explore resentment toward someone or a situation that robbed you of golden opportunities or your talents. How did this make you feel?

- Rigidity or tension related to your truth and another's truth. For example, it might be a rigid attachment to one version of the truth ("my truth, not their truth").
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.

Night Blindness

Emotions

You may have experienced a trauma during the nighttime, resulting in a negative association with darkness. Darkness is dangerous, unsafe, scary and horrifying, causing you immense fear.

Key Points

- Feeling unprotected and unsafe during a time when you needed to be protected. Why? Who made you feel this way?
- Did you experience a trauma during the nighttime that may have formed a negative association with darkness? Explore further possibilities.
- Ancestral trauma related to being attacked during night time and not able to see the enemy. Explore further possibilities.
- You are dissociating from your environment and those around you. This may be the result of an influential person that caused you great stress. Explore further possibilities.

Pinguecula

Emotions

You cannot process what you are seeing and the way you are being treated. The eye perceives a scattered message about what is really going on. You feel invaded and controlled by influential people, often the dominant figure in the family.

You feel that you are not allowed / it is unsafe to be noticed by people. You have lost the ability to keep it all together under your challenging circumstances. Your childhood has proven to be quite stressful and filled with tension. You often feel as if you are not allowed to be more attractive or successful than the main breadwinner in the family and you cannot attract the attention from the opposite sex. You may have been made to feel unworthy of being loved and ashamed for being noticed by others.

There seems to be a hidden jealousy or hostility from influential people that were projected onto you. You kept yourself small and out of sight. You often feel guilty when you want to move into a new direction because new changes may take you away from the family. You feel the best way to show your loyalty to family is to mirror their values. Ancestral pattern - you feel you have to be loyal to the family, no matter what. This fear is sabotaging your personal progress and stops you from accelerating in your professional life. You feel attacked by those who should be protecting you. In response, you have hardened your personality.

Key Points

- There may also be alcohol abuse in the family line and children of the alcoholic parent(s) took the full brunt of their parent's actions/decisions. Fear of seeing how brutal someone can be that should love you and instead controlled or abused you. Explore possible repeating patterns in your life.

- There is a deep ancestral pattern of not being allowed to be better, more beautiful or successful than a senior person in your life. What would happen if you were more successful than these people?
- Trauma related to the behavior of an influential person such as the dominant figure of the family. Explore how this made you feel. Did it sabotage your personal growth, career, success or goals?
- Trauma related to feeling out of control as to what you experienced and saw as a child. How did this make you feel?
- Trauma related to feeling vulnerable, exposed or punished. By who? How did that make you feel?
- Trauma related to being deliberately held back by taunts, insults, intimidation, threats or deceiving behavior. How did this make you feel? Explore further possibilities.
- Trauma related to feeling invaded and out of control. Explore fertilization.
- Trauma related to feeling disgust, shame and having had enough of someone's behavior in your environment.
- Fear of being attacked if you venture too far from the family values. Explore further possibilities.
- Explore possible trauma related to physical abuse. Explore further possibilities.
- Too much exposure to the sun. Explore ancestry line and especially trauma to the eyes. Explore what the ancestor's circumstances were like.
- Imagine that you could speak to the eye and the pinguecula on the eye. What would it say? What is the message there? Explore further possibilities.

Pterigium

Emotions

You have unconsciously started to withdraw from life and have had enough of seeing and dealing with circumstances that are in conflict with your own values. These conflicting perspectives may have caused you to feel very angry and confused.

You often feel you have no right to express what you see and how it makes you feel. You have trouble ignoring and looking past your painful history.

You feel that you are carrying burdens and emotional scars everywhere you go. You don't understand how the world can be so cruel and are resentful of the way things turned out in your life. You can see a way out, but often get caught up in sabotaging your personal progress in relationships and goals.

You feel a great deal of resentment toward a parent that held you back. You were not given the necessary coping skills so you often throw in the towel when things become too hard. You feel stuck with no way out.

Key Points

- Discuss your relationship with your parents. How did it make you feel?
- When did the eye condition start? What was happening in your life at that time?
- Trauma related to feeling unable to escape in life when you needed to. How does it make you feel to be stuck in this ___ situation? How does it keep you safe to leave it unchanged?
- Trauma related to feeling dominated, disempowered or helpless. How did that make you feel? Explore further possibilities.
- How does giving up keep you safe? Explore further possibilities.

- Trauma related to feeling like a victim and helpless. Explore ancestral trauma as well as womb stages; did your mother also feel these emotions that could have reinforced this collectiveness in you?

Retina

Emotions

Trauma related to an image or act you may have witnessed that deeply affected you. You want to retreat and hide within yourself.

You may have learned that being noticed by people attracts conflict and possibly even abuse. You are deeply disgusted and disturbed by what has been going on in your life. No one is taking the time to stop and understand your opinion or position.

There is a deep and intense level of suppression that caused you to avoid taking action relating to what you are seeing. If the client is a child, then ask the mother if she witnessed something that was traumatic or stressful while pregnant with the client. The child has eye problems and it's often related to a parent who suppressed their own trauma.

Retina problems could also be caused by toxicity. Explore what your mother's environment was like and how it affected you in the developmental stages in utero.

The retina is connected to the heart mind; it gives you a visual perspective about what life is about. It also relates to how you see and feel about life. It transforms what you see into emotions.

You may be overcompensating for times when you could not get what you wanted. Now, you are rigid and controlling about your goals and may even possibly sabotage them.

Key Points

- When did the problem with your retina start? What happened at that point in time in your life? Explore this further.
- What was your childhood like? Explore and see if you can find any signs of abuse.
- What did you see that traumatized you? Explore further possibilities.
- What do you feel rigid about in your life? Was it work, relationships or injustice related to past failures?
- Do you have toxic relationships in your life? If yes, explore this and find out how it's affecting you.

Failed Back Syndrome (Post-Laminectomy Syndrome)

See Back Problems, Pain

Emotions

You may feel that life has failed you. Your physical body is caving in from all the responsibilities you are holding on to. You seem to be feeling responsible for everything and everyone else's happiness and health, while you put your emotional and physical needs last. You may have been taught to serve and always look after other people's needs before attending to your own. People may not always have appreciated your efforts and strain you went through to support and help others.

You may have been taught to live and think in a certain way, following the example of an influential person. This may have kept you from following your own journey. You may have chosen a career that did not resonate with you in order to please your parents. You now feel resentful and angry, sensing that you will always pull the short end of the rope.

You may be grieving for what could have been if you shifted your attention onto achieving your own goals. It is now time for you to make time for yourself, to look after your needs and reassess your personal goals.

Key Points

- Feeling resentful about past choices you made in life. How does that make you feel?
- Your suppressed anger and feelings of injustice are coming to the surface. You have suppressed it far too long and now you are in a painful situation that might push you to be more expressive.
- What burdens and responsibilities have you been carrying? What have you had enough of? What stops you from changing this? What is the benefit of carrying the weight of the world on your back?
- You had a rigid pattern and way of life that has now failed, as it was not for your highest best. Explore this further. Why did you abandon your own needs?
- How does feeling forced to slow down make you feel? Explore this further.
- You might have secondary gain related to this problem. You may feel that you finally have permission and a legitimate reason to relax and delegate. You would never have been able to relax and rest as much as you have without this condition. Why do you feel unworthy of resting and taking a break from your responsibilities? Who made you feel guilty for taking a break in the past? Explore further possibilities.
- How does it make you feel to have so many responsibilities or people relying on you? Who made you feel this way in the past? Explore further possibilities.
- You have a need to nurture and look after others. Your unmet needs are met by fulfilling others unmet needs. You may be fulfilling your own emotional unmet needs by doing tasks, work or giving attention to others. What do you need in your own life that you feel you are not getting?
- You may have been avoiding emotions and the pattern related to suppression has now come to a halt. This condition will force you to explore and feel the emotions you have been avoiding. How did avoiding emotions keep you safe?
- Place your hand on the back and imagine that the back could talk. What would it say? What is the suppressed message? Explore this further.

Fallopian Tube Problems

See Birth, Cancer, Cyst, Estrogen Problems, Female Problems, Hysterectomy, Miscarriage, Ovary Problems, Pregnancy

Emotions

You feel a great deal of anger and frustration when developing new ideas that would compliment your creativity. What you want is within reach. You think too far ahead causing yourself to sabotage your present life and goals. Often your creativity and passion is accompanied with frustration and stress, as a direct result of feeling pressured and controlled by a dominant figure. You felt that all your goals were controlled by influential people's hidden agendas. You may feel that you have no choice other than to abandon your goals and fulfill the expectations of others. Your dreams and goals always come at a price and that price is often related to time and support, which you seem to lack.

You may have experienced a childhood that lacked in love, nurturing or protection. You may have used aggression (the fighting instinct) to keep your head above water during childhood. You often associate motivation with anger. You draw power from anger and use

it as a means to establish firm boundaries. You often think, “I will show you what I am worth and I can do this!”

You may have experienced a great deal of pressure from an influential male figure and have a strenuous relationship with your mother. You were pressured by your mother to perform and succeed, just as she was pressured or abused by her partner. She may have projected her stress and trauma onto you. Perhaps she wanted you to compensate for her shortcomings. It was harder for women to be successful and it always required more effort, extra hard work and being placed under more pressure.

Your creativity might not be utilized in a way that connects you to your life purpose. Now you are trying to follow your heart. As a result, you feel conflicted between what you want to do and what you have been told to do. When you do follow your heart you feel guilty with a sense that, “I am not allowed to do this. Bad things will happen to me if I follow my own journey.”

This may be the result of a family dynamic where influential people used manipulation, shame, guilt or fear to push you into a direction of their choice. You feel controlled by the opposite sex.

Key Points

- Who traumatized or challenged you when you wanted to follow your own path and make choices in life? Explore further possibilities.
- You sabotage your success and creativity as you may have been pushed into a different direction in life that didn’t resonate with you. Self-sabotage is the end result of an unconscious need to rebel against influential people. This pattern however starts when you are finally on the desired path.
- Did your father betray your mother while she was pregnant? Explore further possibilities.
- Ancestral trauma related to sexual abuse, such as rape and incest. Explore further possibilities.
- Associating anger with motivation, drive and success. You unconsciously tap into suppressed anger and resentment from childhood to accomplish your goals and to achieve success. What other benefits are there when you feel anger? It’s easier for you to express boundaries, like saying “no.”
- You may have been belittled and demeaned by influential people during your childhood. As a result, you suffer from a low self-esteem. Who made you feel this way? Explore further possibilities.
- Ovulation, when the egg was pushed through the fallopian tube and disconnected from the other eggs. Transition and change comes at a price of loneliness, lack of support, guidance and teamwork. Explore how this pattern might be repeating itself in your life or relationships.
- Place your hand on the area where your fallopian tubes are. Imagine they had a voice. What would they say right now? How do they feel? Explore this and the origin of these emotions and explore any hidden benefits (meaning, why are you holding on to it?).

Fatigue (includes Chronic Fatigue Syndrome)

See Adrenal Problems, Fibromyalgia, Hypothalamus, Leaking Heart Valve, Lupus, Malaria, Menstrual Problems, Pineal Gland Problems, Scurvy, Sleep Disorders, Tremor

Emotions
General Overview

There are a few factors, which might help to understand who develops CFS (out of the many with stress and trauma). One simple factor is physical exhaustion and depletion.

People suffering from CFS spent a great deal of their life feeling like they had to be on guard. It is almost as if there is a danger in their life which they cannot identify.

Their adrenals worked over-time, holding them in a constant state of fight or flight. The body can only withstand this behavior for a certain amount of time. In this case, CFS is a symptom of the body's depleted ability to respond to the constant sense of threat. The body is often stuck in survival mode, without the resources to maintain this state. Any energy that the body creates is immediately used by the body's survival system, meaning the benefit from rest is very short-lived.

You feel overwhelmed with life and need a way out. You are still holding on to and investing energy into disappointments. Your resentment serves to remind you that unresolved injustices would need to be corrected one day. You may feel disappointed with yourself as a result of missed opportunities. You do not want to face certain circumstances in your life anymore.

The fatigue unconsciously gives you an alternative option to keeping trauma from surfacing.

You often land yourself in stressful circumstances and pour your whole heart into it, until you don't have any driving force left.

You do not exercise healthy boundaries, either with yourself or with others. You use your fatigue as a way to express boundaries, especially when saying "no" to other's demands. Being tired allows you to turn others down without confrontation. You are a people pleaser and often get yourself overbooked with obligations. This leaves you feeling drained and resentful, as you just give without consideration of your own needs.

You may have been part of a family where a great deal of control and dominance has been projected toward you with the intention of controlling and manipulating you. You know that influential people should never be challenged or questioned. An influential person received all of your power because if not, the punishment of abandonment would follow. This is a cycle that has been repeating itself in every generation.

You often attract partners that resemble dominant and controlling figures from your past. You keep recreating circumstances that make you feel the way an influential person did during childhood. This often relates to feeling intimidated, scared, controlled or suffocated.

Your efforts never felt good enough, causing you to do things over without ever receiving a pay off for your efforts. You have invested a great amount of time attending to an influential person's needs that depletes your energetic resources. You are searching for acknowledgement from a person who regularly rejects and devalues others.

You often feel that you have already failed your goal before even starting it. The more you try, the more you fail. This pattern is only feeding your low self-esteem, guilt and shame of not feeling important enough.

In an effort to please others, you ignore the pursuit of your own passions and goals. Other people's passions have become your passion.

You are trying too hard to control circumstances that are out of your control. You try to control because that makes you feel safe however, the power struggle has taken a toll on you mentally, emotionally and spiritually.

You seem to be stuck in a state of anxiety and stress. This may be as a result of being part of a family where success and your ability to please others, would determine how much love and attention you received.

The anxiety and stress is related to a lack of love and nurturing. As a result of poor personal

boundaries, you inevitably attract unhealthy partners. You have a need for love that often overrides your gut instincts. This state of mind has taken a toll on your immune system, which could cause secondary illnesses to surface.

This condition also surfaces when a person is about to make a big break through in their career or step into a new phase. There a great fear of change and fear of success.

Fatigue often kicks in when you are feeling scared and lacking confidence to step into a new direction in life. The fatigue is an unconscious way of avoiding change.

Key Points

- When did the fatigue start? How did you feel at the time? Explore further possibilities.
- Explore issues related to worthiness (you only feel important if you are responsible for everyone).
- There is an auto-immune (self-sabotage) element here as well. This is related to success. What is your fear of success? Why are you punishing yourself? How does it make you feel? Explore further possibilities.
- What and who do you need to get away from in your personal or professional life? Who is draining you? Why? How does that make you feel?
- Did you ever feel unable to escape a situation in life? If yes, then explore how it made you feel to be trapped or stuck in those circumstances.
- Did you experience sexual abuse as a child or was it present in the ancestry line? If yes, then make this your priority to explore.

Note to practitioners: Never regress clients back to past trauma, especially when abused.

- Holding onto big disappointment. What made feel this way? What long-term resentment do you have in your life? Why?
- If you are a female, then there is often the following collective consciousness, “Women are responsible for everything, they have to work hard, people’s happiness are their responsibility. Women are not allowed to be supported as it makes them look weak, they are not allowed to be successful.” If this is case for you, see if you can find these similar emotions in the womb. Did your mother or father have similar patterns? If yes, then explore this further.
- What is the benefit of having all these responsibilities? The answer is that you feel loved, accepted and, validated; as if you are important and have a place in this world.
- If you are male then there is often a collective consciousness, “Men have to work hard, have to look after the family, have to provide. Everyone’s well being and education depends on me, I have to be strong for everyone, I cannot show fear or weakness.” If this is the case for you, see if you can find these similar emotions in the womb. Did your mother or father have similar patterns? If yes, then explore this.
- You have weak boundaries and allow people to walk over you and suck you dry. What would happen if you had to say “no”? You fear being rejected, abandoned or losing love and acceptance of the others.
- You have to make everyone happy. You are very caring and don’t always know when and how to draw the line when it comes to personal boundaries that are being overstepped.
- You have given up hope on your goals in life. Life has become too hard. You have disconnected from your passion in life. You feel that your only purpose in life is to live for others and serve others. What makes you happy? Do you have a hobby that you’ve abandoned, etc.?

- Explore trauma such as having lost the battle with life and having to give in when things get hard. Explore Birth trauma, can you find similar patterns there?
- Pattern of depriving yourself of the good things in life. Explore whom or what circumstances deprived you of these privileges. Why do you keep attracting circumstances that leave you feeling like you have nothing or no foundation to stand on?
- With whom do you have a bad relationship? Explore mother, father or siblings. Do you get along well? Do you talk regularly? Has your mother / father ever betrayed your feelings?
- People expect too much of you. Why do you feel obligated to meet high standards?
- Do you have a fungus infection such as Candida? If yes, see the Fungus section as well. The fatigue might be a secondary problem.
- You have an unconscious fear of getting better. You feel that if you do get healthy then you will get burned out again -it's safer to be unhealthy. Explore this further and look for patterns in the immediate family and ancestry.
- By whom did you feel controlled and threatened? Do you feel that you have given power away to this person? If yes, then why? What happened and how did that make you feel? Explore this further.
- Did your mother also suffer from the above points as well as fatigue while she was pregnant? If yes, how did this affect you?
- You may feel that it is safer to hold on to the trauma so that it cannot happen again and the cycle of abuse, stress and anxiety will not repeat itself. If you have this fear then know that letting go of this trauma does not mean that you will be vulnerable again. If anything, the experiences may have made you stronger. What do you need to change in your life that no longer serves you? This could include habits, boundaries and patterns. Explore further.
- You have made a negative association interacting with the opposite sex, causing you to have conflicting feelings when you want to be with someone of the opposite sex. For example: you may have been in an abusive relationship and keep attracting them into your life. You may have learned that a parent was cheating on the other parent, resulting in an association between intimacy and betrayal. Explore further possibilities.
- You often suffer from fatigue due to the intensity of stress experienced in the womb. The body's fight or flight instinct did not switch off during womb stages. Explore the womb trauma that contributed to existing stress. Do not stop working on the womb and fetus until it feels calm and you feel balanced and calm.

Here are some practical suggestions for fatigue and fibromyalgia: I encourage and support you to start doing things and being proactive. There's a vicious circle of "just being" and "not doing" as you are tired and are often in pain. It is important to take gentle steps without exhausting yourself. Walking barefoot on grass or sand is an excellent therapy for connecting with the earth. Create hobbies that are not too taxing on the body. Connect and surround yourself with things, hobbies and people that you love, there should be no negative associations attached to the hobby or person / people.

Important questions to ask:

- Does your condition make it easier for you to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?

- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Female Problems

See Abortion, Birth, Estrogen Problems, Eclampsia, Fallopian Tube Problems, Hysterectomy, Mid Life Crisis, Miscarriage, Ovary Problems, Pregnancy, Uterus Problems

Emotions

Women have always been suppressed when the topic of authority and leadership surfaced. This suppression has become evident in many females in the form of resentment, anger, rebellion and feeling controlled. Often women resent the fact that they were born female.

They always had to pull the short end of the rope in society.

Women were slaves that were ordered and bossed around many generations ago and unfortunately, this cycle is still very much alive today. They were also used for entertainment and to please others in the past. Being female came with a great deal of responsibility. With the responsibility came burdens, stress, abuse and isolation. Being a female came with many safety risks as well. Women have always been vulnerable to rape, being physically overpowered by strong influential people, both emotionally and physically. They were manipulated with their religion in the past to stay with abusive men as they made a promise to God to look after him and their family.

Women's rights have been suppressed. They had no chance of achieving success when in competition with a male figure. There were many expectations placed on the shoulders of a woman. You may have had to behave and speak in a certain way that would always hold males in the highest regard. You had to adjust their personalities to fit in with society and to avoid punishment for being too unique.

Women are still used as sex symbols. There was no regard for a woman's safety, as they were abused in more than one way; influential figures believed that it was their right to do with others as they please. Unfortunately, this still happens in many cultures today.

Women began to resent their beauty and sexuality as it brought them nothing but abuse, heartache, terror, pain, isolation, violation, slavery or hostility. As a result, many psychological and physical disorders may have started in the feminine society. When a person's body has had enough of the emotional pain and strain of generation after generation's trauma, it will start to speak up and show physical symptoms.

You may resent your father for the way in which he treated you. Father's may have punished their daughters and wives for saying "no" to them or expressing boundaries. The daughter might have attracted a partner that abuses her. How should the daughter say "no" to a man if she was always punished in the past for doing so? Obedience, abuse, suppression and being belittled have become something of the norm.

A female might have a fear of being more successful than her father, as no one was allowed to be more successful than the dominant figure in the house. If they were, it would cause the dominant figure great shame. Manipulation and guilt was used to keep woman small and in the kitchen.

You have a great deal of confusion related to your sexuality. It was mixed with ancestral trauma related to danger, abuse, incest, rape or being taken advantage of. This can cause a woman to avoid sexuality. You have an immense fear related to sex and being vulnerable. You may have been raised with a great deal of guilt and shame projected at you in regards to sexuality and your own personal power.

Key Points

- Explore trauma related to feeling impure, disgusting, shame, guilt or feeling useless. This is often due to the degrading way women were treated in the past.
- Explore trauma that caused you to think that women are weaker than men.
- It's safe for women to be more successful than men and their father. If there is stress related to this then explore further.
- Explore trauma related to shame and guilt in regards to your sexual needs. Why do you feel this way? Explore further possibilities.
- Explore trauma related to feeling bitter, resentful, angry or feeling the need for revenge towards men.
- Explore feeling like a victim of circumstance. What would happen if you reclaimed your power?
- Explore trauma related to feeling humiliated as a result of being intimate with someone.
- Trauma related to feeling dirty, invaded, shame and degrading.
- Reconnect with your inner Goddess.
- Do you feel safe when you feel attractive? If no, then why?
- Explore the fear of being powerful. What would happen if you were?
- Trauma of slavery and always being the one who carries the family's burdens and responsibility. Sacrificing yourself for the sake of another person's personal growth or wellbeing.
- Explore low self-esteem issues. Who or what circumstances made you feel this way?
- Explore any relationship issues with your father and mother.
- Explore how to feel connected to your femininity without needing anger to keep you safe. As well as how to express boundaries without needing anger.
- Explore conception stages, trauma experienced by the egg.

Fetal Alcohol Syndrome

See Alcoholism, Birth / Womb

Emotions

Child suffering from FAS: The associations that you made with your mother often starts at implantation. Anger, resentment, lack of empathy, violence, rage, hostility, poisoning, toxicity (alcohol and other substances) or feeling attacked (either verbally or physically) may have been present during the conception stages. This may leave the child in an emotional state, creating many future problems for the child and parent. You often rebel against authority and anyone that challenges your free will.

Your ability to be empathetic has been suppressed and you act on impulse, which often lands you in a lot trouble. You blame your mother for your mental and emotional state. You punish innocent people around you, as you feel that, someone has to pay for this! You seem to express your mother's unexpressed trauma and pain in a way that can be violent or emotionally harmful toward others. This may be the result of long-term built-up emotional stress and anxiety that your mother experienced while she was pregnant.

The FAS may affect how coherent you are when you communicate yourself. In addition, you lacked guidance and education about emotional communication because your mother is either unable or unwilling to communicate her own emotions (due to fear and abuse).

Key Points for the mother of the child suffering from Fetal Alcohol Syndrome:

- Explore why you were drinking alcohol? What was so traumatic for you that you chose alcohol above a child's health and quality of life? Explore further possibilities.
- Do you blame others and your circumstances for your actions? Explore this and also see the section "Taking Personal Responsibility."
- What were you exposed to while you were pregnant e.g. abuse, drug abuse and poverty?
- Trauma related to feeling abandoned, isolated, traumatized or terrorized. Explore this and more emotions that might arise.
- What was your mother and father's relationship towards each like? Explore circumstances when you were conceived. Was your mother raped, were you conceived while she was drunk or scared of your father? Explore further possibilities.
- Explore fertilization. Was alcohol present? If yes, then explore trauma that the alcohol caused to the development of the zygote and fetus.
- What was your relationship like with your parent(s)? You may be repeating the treatment you received from your parents towards your own child. This may be a regular pattern throughout the ancestry line. Explore further possibilities.

Key points for the child suffering from Fetal Alcohol Syndrome:

- Explore alcohol and substance abuse in the ancestry line. Why was there alcohol abuse? What were the ancestors trying to suppress? What kind of traumas did they experience? Explore any patterns and emotions that may have started in your mother and also in you.
- What did you need emotionally while your mother was consuming the alcohol? Explore the associations that you made with the alcohol consumed by your mother.
- Explore possibilities of feeling under attack, poisoned, toxic, numb, drunk and dizzy, or out of control, anxious and shocked. Explore further emotions that you can feel. Explore the emotions also during fertilization stages and also when your mother and father were conceived. Explore further possibilities.
- During your womb stages, explore how the central nervous system felt while the fetus was developing. How the alcohol, which your mother consumed, affected you in utero?
- Trauma of feeling under attack by your source of comfort, food, love, safety and nutrition while being in the womb.
- Explore how your mother's emotions affect the fetus while she was pregnant. Was she in a physically abusive relationship? If yes, explore how the abuse affected you.
- Explore why your mother drank alcohol. What was she trying to suppress? Explore those emotions and see if they also surfaced in your life. Explore origin of the trauma.
- Blaming your mother for your condition. Make sure you understand that the problem is between you and your mother and not the rest of society. This starts in the form of abusing others by showing rage, hostility, becoming violent, threatening others or using dominance and manipulation as a way of controlling others.

Fever

See Coxsackie, Inflammation, Malaria, Meningitis, Mercury Poisoning, Lupus Pneumonia, Scarlet Fever, Septicemia, Serum Sickness, Toxins, Virus

Emotions

You are stuck in a situation in which you have had enough. It has caused you to feel blocked in many areas of your life. Your frustration and exhaustion has now physically surfaced. You

are trying to rid yourself of an unhealthy lifestyle, working patterns, friendships or criticism and controlling individuals or unnecessary responsibilities.

You may have overwhelmed your system with the strong emotions you are feeling. You are trying to rid your life of toxic relationships and people who cause you to feel unsafe and under attack.

You may have experienced trauma that resulted in feeling alone, empty, abandoned or rejected. You seem to be feeling overly controlled with not many options to change or escape the circumstances. You often have a strong will and do not want to be dictated to. You are entering a phase in your life where you want to experience more freedom of choice.

Your body is not releasing enough toxins. It is important to explore which circumstances in your life feel toxic. What emotion / person / circumstances have you had enough of? There is a part of the body that feels under attack (either verbally or physically). Is there any other discomfort such as sore throat, swollen glands and stomach or bowel problems and combine the emotional components of all the symptoms together to complete the healing.

It is important to have a good water supply at home. If you do not drink enough water then the body will not be able to detox properly, hence the body begins to create seemingly unrelated problems and symptoms.

Symptoms of an illness experienced by an ancestor might be repeating itself in your life. You might be experiencing similar circumstances or emotional stress as the ill ancestor, possibly triggering similar physical symptoms and not necessarily the actual illness that the ancestor suffered.

Key Points

- Your body could be trying to detox, however due to a block in your system the body is not excreting the necessary toxins out of the body. What toxic or unhealthy situation or person are you holding on to? What would happen if you let go of it? Explore the associations that you made with toxicity and unhealthy relationships.
- Could be due to excessive alcohol intake. The body is trying to detox without success. If this is the case then explore why you drank too much? What were you suppressing? What does the alcohol give you that you cannot find or access in your own life?
- Body prompts a fever to make the lymphatic fluid thinner which would encourage an easier flow so that the body can detox. Whom or what do you need to let go off or change?
- Explore ancestral anger and resentment that has become toxic to your emotional and mental state.
- Abandonment and rejection trauma. Did your mother adjust well after your birth? Was there enough contact between mother and child after birth? Explore further possibilities.
- How does the fever make you feel? Describe this in one or two words; it has to be an emotion not a story. The answer would also be a suppressed emotion that you have been avoiding or denying.
- Feeling controlled, with little, if any emotional freedom to express how you feel. You may be in a situation or family where the tension is high and it is affecting you. How does this circumstance or person make you feel? Explore this during fertilization and womb stages.

Fibroids

See Uterine Fibroid

Fibromyalgia

See Accident, Asthma, Chronic Fatigue Syndrome, Cramps, Gulf War Syndrome, Hyper-Somnia, Inflammation, Muscles Problems, Tendon Problems

Emotions

FM might be a secondary symptom of a different condition that started first. My suspicion is that it could be a secondary symptom of infections, car accidents, traumatic childbirth or even chemical exposure. Muscles resonate with the emotions of having to be right, control issues, ego, guilt and stubbornness.

You may not want to let go of certain circumstances and injustices in your life that are aggravating the FM. You fear that if you let go of your unhealthy habits then you might lose people in your life that resonate with you. What you may not be aware of is that you often resonate with and are attracted to people who share the same self-sabotaging and unhealthy patterns.

Sometimes the stress that occurred around the time the FM started is not the cause. It might be related to issues that have been a problem in your life for a long period of time. This could include childhood abuse, severe emotional suppression, relationship abuse or religious abuse. It can also be one big incident that occurred which triggered and set off suppressed emotions from the past.

You may be trying to suppress explosive emotions. You have a big secondary gain by using your family members as an excuse not to heal. You may blame others for your emotional pain and are not letting go of the injustices in your past, as someone needs to pay for it.

FM is often accompanied with CFS (Chronic Fatigue Syndrome). You may want to avoid your circumstances so that you don't have to deal with the issues that need urgent attention and adjustment.

Anger, guilt and feeling disempowered often triggers the FM symptoms that result in swelling, cramping and discomfort. Explore issues that caused you to feel angry, suppressed, rigid or resentful. Incidents that started a long time ago in your childhood are often the problem. The anger you are feeling at present is just a secondary problem or a result from what had happened in the past.

You feel controlled, like you don't have any freedom to make mistakes. You feel like you have to be quiet to avoid criticism or judgment, yet your emotions have become explosive. A layer of deep grief and disappointment towards past circumstances often covers your anger and rage. You feel very guilty for moving away from something that could result in being punished.

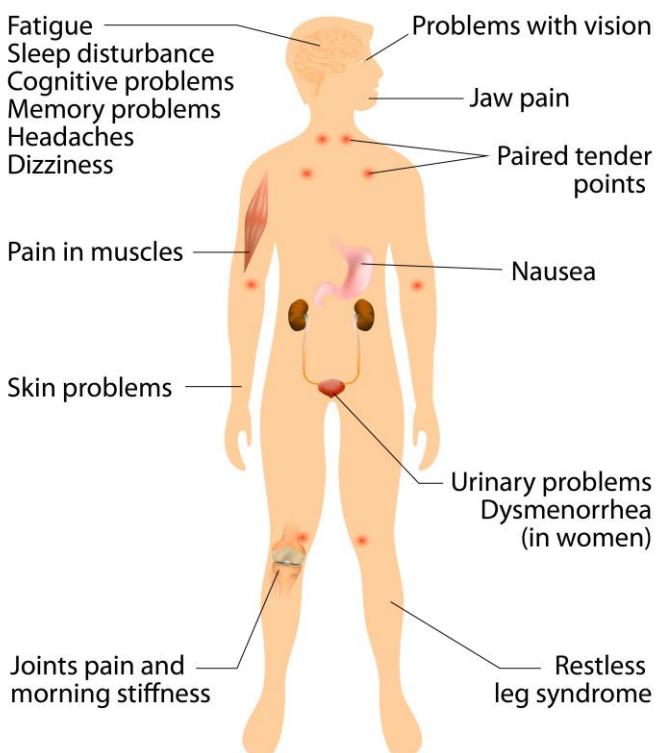
If the client is a child then the above options should be explored during the client's womb stages.

There is often trauma related to an ancestor feeling stuck between two family members that were in conflict. A great deal of responsibility was placed on the ancestor to keep the peace. There is also trauma related to war, torment and concentration camps in the ancestry line.

As a result of the pain you experience, you may have completely dissociated from your physical body—the body has become a separate entity. It is important that you work on the relationship with your body. You feel a lot of anger and resentment toward your body, fighting against it mentally and emotionally. It's as if you are punishing your body for failing you. This could be the result of an ancestral trauma related to self-punishment and suffering. Your body never failed; it's trying its best to support you. The body does not have an intellectual brain to understand how to psychologically support you, it simply responds and supports you in a way that it is capable of.

If the condition is caused by a virus, then remember that it is often linked to issues of self-worth. You get too emotionally involved with the people in your life, allowing only a thin line between your issues and someone else's problem.

Fibromyalgia



Key Points

- Feeling like a victim of circumstance. Deep anger, rage and resentment towards a person or situation that caused you to feel controlled, trapped or abused. Explore during the ancestor line.
- You may have made an association that pain = attention. You have suffered long enough and now want the attention to be directed at you (making up for a lack of love and suppressed emotional needs).

- It's time for you to change how you feel about yourself and how you think the world sees you.
- You want to be loved in a certain way. If love, according to your specific expectations, is not met then you feel unloved. Your language of love is different than loved ones.
- Was your mother told to try and delay giving birth until doctors arrive? If yes, then explore how this affected the body, movements, pressure, tension, and stress levels.
- You may have been very sensitive toward your mother's anxiety while you were in the womb. You could have been pushed down on by your mother's hand when you moved around too much in the womb. This may have caused you to feel uncomfortable, controlled or trapped moving around freely due to the hostile response from your mother.
- You might not have had enough space to move around in the womb due to lack of space as you were developing. You may have not moved enough and stayed in one position for long periods of time. This may have possibly caused different parts of your body to be in painful and uncomfortable positions. This caused physical and soft tissue tension in your adult life and even childhood. How did this limited ability to move make you feel? The answers that arise from this question may be the same issue that always arises when you are experiencing pain or a problem (or when it started the first time). It's important to find the association you made in the womb when you didn't have enough space.
- You have worked hard in your life and experienced intense emotions. You might now want to be the one that is on the receiving end of love, support, safety and nurturing.
- You may have felt disempowered and dominated by someone in your life. Explore this further. What was the gender of the person? Are you experiencing similar issues with others of the same gender? Explore trauma.
- You are holding on to deep-seated guilt, grief or suppressed anger and disappointment. Why? What made you feel this way?
- You feel valued and important whenever you are being superwoman or mum / dad, by carrying other's burdens and responsibilities. What is the benefit of this?
- There is an autoimmune element, so work on issues of self-sabotage. Procrastination is also a key word, as you procrastinate in order to be still and not experience too much pain.
- Always explore the birth trauma and see the Birth section.
- If you are a mother who bared children, then explore what your experience was during the birth process and explore trauma.
- You feel unsure of what to do next in your life and all alternative options have failed you. How does this make you feel?
- Your survival instincts have been triggered and you may feel safer not moving or changing your life. You feel safe with familiar patterns, ideas and habits.
- Explore the amniotic sac and amniotic water. How does it feel? Was there any toxicity present? If yes, how did this make you feel? You may respond with feeling stuck, unable to escape, disempowered, angry or irritated.

Step 1

Long-term abuse, anxiety, pressure, tension, rigidity and feeling controlled in your childhood?

If yes, then how did that make you feel? What was your relationship like with your mother or father? What is your ancestral history? Explore how ancestral trauma is affecting you. Have you ever experienced severe trauma?

Step 2

Religious abuse Y / N Traumatic divorce Y / N
Birth difficulty Y / N Death of loved one Y / N
Toxic exposure Y / N Had pneumonia Y / N
Sexual, physical, emotional Abuse Y / N
Rejection, abandonment, control, feeling trapped trauma Y / N
Major infections Y / N Car accident Y / N

If you experienced trauma and anxiety during your childhood and you never dealt with it, it can become an even bigger issue in adult life, affecting you in more than one way. If you answered “yes” to any of the above suggestions, then establish if you can identify similar emotional traumas during childhood. You are searching for a pattern.

Note to practitioners: With Step two, where the client answered yes; assist the client to release the emotional trauma along with any physical trauma.

This might be a long winding process; however, I have learned from clients that suffer from FM that they respond easier once their personal pain has been acknowledged. Note that FM sufferers are often good at denying traumatic events in their life and this structure often helps them to see it and process it. There are so many different ways of approaching this condition; it's a process of finding the best approach that works for you.

When were you diagnosed with FM?

What was happening in your environment when the FM was triggered?

How did you feel during that time?

Incident(s) What was happening in your life?

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Fingers

See Arthritis, Dupuytren's Contracture, Joint Problems, Inflammation, Muscles Problems, Nail Biting, Tendon Problems

General remarks: You may feel unprotected and lack enough resources and support in order to move forward in life feeling safe. You may have been the buffer between family members, coping the consequences of confrontation as a result. You don't believe in your own ability to be successful without the support of selfish / emotionally unavailable influential people. It is time for you to stop waiting for the approval or permission of someone to make progress in your life and to take action on your goals.

Thumb

Often related to our relationship with authority. Feeling betrayed, controlled or taken advantage of by authority figures or someone who is triggering old unresolved trauma / issues with an authority figure. You may feel that you cannot take hold of a project due to fear of failure and attacking criticism. You may feel incompetent when executing tasks and important goals.

Point finger

You may feel suppressed by authority figures and the direction you want to head in is being controlled by someone else's agenda. You seem to feel held back by past mistakes and overcompensate by being too careful with new goals, projects or relationships. You often struggle with self-sabotaging patterns that cause a great of self-destruction, which could be avoided if you allow yourself to be supported. You often fail to recognize the difference between healthy support and unhealthy support. Support in the past may have come at an emotional price or obligation that you could not fulfill. Stubbornness served you in the past but this pattern is now out of date, as your life has changed. Stubbornness is often your downfall if not dealt with.

Middle finger

You often feel self-disgust which may be related to past actions you now regret. This could be related to sexuality, losing a child or conflict with a child. There is often conflict between you and your father. You may feel that you are not masculine, important or valued enough in the eyes of your father. Often related to sexual abuse / sexual disgust.

Ring finger

This could be related to separation trauma, either with a partner or parent. You identified too much with an important person in your life and this person may have moved away, leaving you with no identity. There may be abuse or destructive patterns in your life that is affecting or repeating itself in your relationships. You seem to feel attacked by the people you love. You often associate love with abuse / fear / powerlessness or feeling helpless. Are you married? Explore trauma / stress related to engagement or wedding.

Pinky

You feel ashamed of your family and the conflict that is now becoming visible to the outside world. You feel burdened by the secrets you have had to keep from a young age. This could be related to secrets that your parents/grandparents had to keep in order to be safe and out of harm's way. It also related to how you feel about your family. Do you feel abused, attacked or isolated by your family? What is the conflict within your relationship with your mother and father?

Flesh Eating Disease

See Necrotizing Fasciitis

Flu

See Congestion, Fever, Sinus

Emotions

You are feeling under the weather and also under someone's thumb. You may be feeling trapped and controlled in your life, as if your sacred space is violated. Your need for a change and a bit of freedom with less responsibilities has become more desirable. You may have developed the flu to give a valid reason to make time for yourself without feeling guilty.

You may have been focusing on the future too much. Your overwhelming fear of the unknown future may have caused you a great deal of stress. You feel resistant to change and are afraid of the consequences these changes may bring. You have been rigid and inflexible with an influential person, which is taking a toll on your body, mind and spirit. You are taking people and life way too seriously. What would happen if you allowed yourself to be more in the flow and stopped trying to control everything?

You cannot change everything and sometimes life requires you to just be part of it. You may have become too stagnant and feel safe in your comfort zone. This has an effect on your ability to make personal progress, as you resist moving forward.

Key Points

- By whom or what circumstance do you feel controlled or trapped by? Explore further possibilities. Who or what caused you to feel this every time you wanted to change, grow or explore life?
- Feeling under attack and tired. Explore what your current circumstances are and how it makes you feel. Explore this during fertilization.
- Fear of change. Explore why. You might be worried that you won't have sufficient support due to past experiences and fear of success or exposure. Change in the past may have been traumatic, stressful, abusive or exhausting.
- What stops you from expressing your boundaries and making time for yourself without needing the flu as an excuse? Explore further possibilities.
- Why do you have so many burdens or responsibilities? Explore how you may have created these circumstances. This is often unconscious sabotage. If so, what are you sabotaging and why? Is it fear of failure / fear of success?
- Trauma related to lack of support and not feeling protected when you felt vulnerable, scared or confused. Explore this also during the fertilization stages and womb stages.
- Your need for love has been met by challenges / control / manipulation / rejection. Explore further possibilities.
- You feel safe when you are sick and feeling vulnerable, as you are not a threat to anyone. You feel safe from any attacks and feel you can withdraw without feeling guilty. You feel unworthy of making time for yourself when they need it. Illness=Freedom.
- Sabotaging personal growth keeps you safe. Explore further possibilities.

Food Poisoning

See Poisoning

Foot Problems (includes Ankles)

See Back Problems, Bone Problems, Bursitis, Hip Problems, Knee Problems, Neck Problems, Pelvic Problems, Plantar Fasciitis, Skeletal System, Spine Problems, Tendon, Toes

Emotions

People use this part of their body to physically and emotionally move forward. If there are issues with the feet then it's a clear indication that the person often fears consequences related to change. This is related to moving forward, reaching success, commitment or a fear of losing control.

You may have had a shortage of guidance and support in the past when going through different stages. You fear losing control of your destiny and the outcome of any new changes you manifest. You have had negative experiences in the past when you tried to change the direction of the journey. You may have been punished or abused by controlling influential people when you made changes.

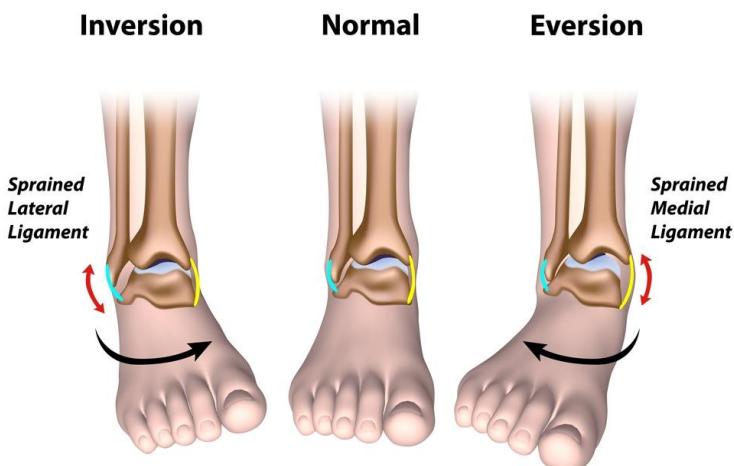
Your ability to make decisions may have been suppressed, as influential people were too busy dictating to you. This may have caused you to doubt your ability to be successful and make changes easily.

You may have a fear of standing your ground. Your values and integrity have been greatly challenged by influential people that took the joy right out of your life. Now you want to move forward however it is hard for you to accept and live the good life that you deserve.

Sprained Ankle

You are moving too fast in a direction that you consciously feel is right for you, however deep down in your heart you know that it's not the right move, direction or decision that you made. Evaluation why you made a change or want to make a change in a way that might not support your intended or existing goals. Your goals could relate to relationships, business, friends and family dynamics. You have a fear of losing your sense of self if you continue to move forward in with a decision or direction. It's time for you to find your true identity, who you truly are without your past. You have a fear being accepted if and when you make a change. Ultimately that change has to make you happy. When you are happy then everyone else would benefit.

Ankle Sprains



Key Points

- Foot problems might be a secondary symptom of a different issue. Do you have back issues and spine issues? Did you have pain in your upper body before the foot problems started?

If yes, explore which area was affected first, as this may be the source of the foot problems. The foot problem might be a secondary symptom of a completely different issue in the body.

- Explore trauma related to feeling unsafe to make changes. Fear of the future, if yes, why? Feeling unsupported or unsafe to make changes. Explore further possibilities.
- Making changes is dangerous, who in your life had this fear? Did your parent(s) have this block? Explore how your parent(s) fear affected and influenced your ability to make changes.
- Is it not safe to move forward in my life. Why? What would happen?
- Fear of being out of control. Explore cell division and birth trauma (see Birth section).
- Feeling stubborn, rigid and inflexible in regards to changes, moving forward and being flexible with authority. Explore issues related to the mentioned emotions.
- Explore fear of being physically and mentally still. What would happen? Explore further possibilities.
- Explore trauma related to your relationship with your mother and feeling betrayed. How did this make you feel?
- When did the foot problem start? What happened in your life during that time? How did that make you feel?
- Clients have reported that untreated diabetes can cause foot problems. Small and large blood vessels may become damaged including the nerves, which makes it harder to fight any infections. If this is the case then explore the diabetes conditions first.
- Swollen ankles can be caused due to suppressed resentment and feeling frozen and stuck in your trauma. It could also be related to alcohol abuse in your life or ancestry. Explore further possibilities.
- Always explore the birth trauma and see the Birth section for similar emotional patterns.
- Fear of standing your ground. You may feel unworthy or not allowed to do so. Explore further possibilities.
- Your stubbornness serves you in a positive way and helps to endure many conflicting and emotional situations. What would happen if you let go of the stubbornness? How would that make you feel?
- Trauma and frustration related to being controlled by a feminine figure. It might be a work colleague that is triggering unresolved issues that you had with your mother, for example.

Frost Bite

See Blood, Skin Problems

Emotions

You may be feeling very challenged by your self-sabotaging patterns as you feel unable to break unhealthy patterns. This self-sabotaging pattern has kept you out of the spotlight. You seem to overcompensate for the lack of acknowledgement you received during childhood, by often keeping yourself small. You have learned that when you put yourself out in the world, you are vulnerable to attack.

You seem to be aware that your circumstances (in your private life) are dangerous, unhealthy, hostile or abusive, yet you may be too scared to change. In the past, change provoked even more volatile reactions from influential people.

You often have a fear of communication, as this would often cause you problems and possible trauma. You've made an association that love could be dangerous so it should be avoided. The love in your life has been very unfulfilling. There is lack of circulation in the

area that was affected by the frostbite.

You often find yourself in circumstances that challenge your ability to cope, mentally, spiritually or physically. You often underestimate your strength and talents, landing yourself in awkward circumstances.

You often fail to attend to your own needs, as your focus always seems to be elsewhere.

Key Points

- How did you feel when you had frostbite? How did you feel before the frostbite started? Why and how did you place yourself in circumstances that would make you vulnerable to the frostbite? Explore further.
- Trauma related to feeling alone, isolated, empty, unprotected or fearful of your environment. Who made you feel this way? Explore further possibilities.
- Were you abused in any way? Is there a pattern of abuse in the family? If yes, then explore how this affected you.
- Fear of communicating any of your feelings as you may have been taught that children are to be seen and not heard.
- Your past or more recent circumstances may have caused you to freeze in your tracks and become still and stagnant. You avoided being on the receiving end of a negative experience that would include an influential person who challenged you.
- What area on the body has been affected? Refer to the Quick Reference Guide to get more information about the part of the body that was affected.

Frozen Shoulder

See Accidents, Back Problems, Cramps, Muscle Problems, Myofascial Pain Syndrome (MPS), Shoulder Problems

Emotions

Frozen shoulder may be the result of fearing being out of control. You feel a great deal of regret over bad decisions that influenced the quality of life for you and your family. This may have included the loss of a job, a failed marriage or missed opportunities.

You may also be going through a phase where you don't feel as empowered, powerful, respected or admired anymore. This could be related to menopause, mid-life crisis, change of jobs or a failed marriage. You may feel stuck between two romantic partners or have a desire to be with someone else. However, due to obligations to the family, you stick around. The key here is to find what happened when the frozen shoulder started. What emotions were present and how did those emotions make you feel?

The secondary gain or hidden benefit of the frozen shoulder is that it forces one to slow down and make time for relaxation, instead of looking after everyone else. It gives you a red card that says "time-out." You often use this condition as an excuse to say "no" to certain activities or just take a break. In the past, you would have felt too guilty to say "no."

You have worked hard and felt deprived of the good things in life. Others had the opportunities to explore and live their life while you felt robbed of your freedom.

Key Points

- When did the frozen shoulder start? What was happening in your life around that time? Explore this.

- Trauma related to making the wrong decision. If this is the case, then how did that make you feel? This could include choosing the wrong partner, financial loss, transitioning from one career to another or feeling unsupported.
- What is the biggest regret in your life? When did it happen? How did it make you feel?
- Disappointment: Do you have a failed marriage, job, responsibility or career, etc.? Explore further.
- What is the rigidity in your life? What are you being stubborn about? It is related to ageing and not wanting to miss out or be left behind?
- You may feel that it is safer to hold on to trauma so that history cannot repeat the cycle of pain, abuse, stress or anxiety. Letting go of this trauma will not make you vulnerable again. If anything, the experiences may make you stronger. What do you need to change in your life (habits, boundaries, patterns) to avoid having to go through similar circumstances again? Explore this.
- You seem to be stubborn and rigid by nature. How do these traits serve you?
- You feel challenged when you need to say “no” without feeling guilty or regretting it later. You may fear rejection if you say “no” and so you feel safer hiding behind a stubborn façade. Your rigidity is how you establish your boundaries. Explore the hidden benefits.
- Ancestor experienced a trauma to their arm or gunshot wound. Explore further.

Fungus

See Candida, Intestines, Rash, Skin Problems

Emotions

You are holding on to trauma that you can't let go of. You often feel that someone has to pay and take responsibility for the pain and injustice that was inflicted upon you. Your resentment has become more than a familiar old feeling—it is almost a part of you and you don't know who you are without your feelings of betrayal, injustice or disappointment.

You often dwell in the past, unconsciously triggering and recreating old hurt and turmoil from the past. You may have a fear of letting go of the familiar feelings and patterns that helped you cope in the past. Your resentment was like a protective shield that blocked more emotional upset. Feeling and projecting resentment is your way of expressing boundaries and compensating for the deep fear you feel.

You are holding on to suppressed resentment toward an influential person that abandoned or rejected you as a way of punishment. This resentment and hurt may surface again in your partnerships and relationships. You allowed yourself to feel vulnerable within unhealthy and even toxic relationships.

In the past, when you opened yourself up to receive love, you were (either physically or verbally) attacked, rejected or abandoned instead of receiving and inviting in love. This caused you to relive feelings of resentment, anger or frustration.

Funguses are attracted to people that are holding on to long-term resentment and grief. There is often a conflict between the running away and freeze instinct.

Funguses on the toe are often related to trauma with the mother. Did you experience trauma related to your mother or influential female figure? This will also be related to the ancestry line, where ancestors had very challenging relationships with their mothers. It could also be related to ancestors working in very moist conditions, such as water.

Key Points

- When did the fungus start? How did you feel at the time? What pressing issue, emotion or relationship was irritating you the most? Explore further possibilities.
- What area on the body has been affected? Refer to the Quick Reference Guide to get more information about the part of the body that was affected.
- What is the benefit of holding on to the trauma? You may feel that if you let go of it then worse things will happen. Holding on to the pain serves as a reminder of how painful life can be. If you allow yourself to let go of old hurt, you are afraid that you will attract new people into your life that will create new painful situations. This is also related to a boundary failure. What happened in the past when you said “no” to others? Explore trauma related to expressing boundaries as well.
- Explore trauma related to feeling over burdened by your emotions and unjust feelings. How does it make you feel?
- Explore trauma of feeling disappointment, often towards a mother figure. Who or what caused the disappointment? How did that make you feel?
- Explore trauma that caused you to associate change with danger. What happened during times of change, such as changing a job, relationships, changing patterns etc.? Explore further possibilities.
- Trauma related to resentment during conception, womb stages and ancestral line. You might be reluctant to let it go, explore how it's serving you. What would happen if you had to let go of the resentment? Who would you be without the resentment?
- Who or what offended you in the past? Explore further possibilities.
- Were there any wars, slavery, poverty or life-threatening trauma in your ancestor line? If yes, explore how certain emotional aspects of this are repeating itself in your life. Explore further possibilities.
- Discuss taking personal responsibility for your future. See the Taking Responsibility section in the book. It is time for you to reclaim your power and take charge of the future.
- Explore forgiveness. See the Forgiveness section in the book. What would happen if you forgave people who have hurt you? What is the benefit of holding onto the resentment? Explore further possibilities.

Gall Bladder

See Digestive Problems, Liver Problems

Emotions

You feel very challenged when faced with harsh relationships. This is often related to the harshness of a father figure. You are a timid and gentle person who feels a great need to overcorrect personal boundaries. This is a result of feeling taken advantage of in the past and a fear of establishing clear boundaries.

You are suppressing a great deal of bitterness and holding grudges. You seem to feel that life is just plain unpleasant with no room for joy and peace. You are judgmental of the things you cannot change within yourself or your environment and express this frustration through resentment.

You often feel blocked whenever you need to express yourself, especially when it comes to sharing your dislike of someone or something. You attract people who project negative attitudes onto you, causing you to feel like you deserve to be treated poorly.

You feel conflicted when challenged with circumstances that would prompt you to stand your ground. You often revert to an aggressive-pattern, which has served you well in the past.

You may also be overly dramatic at times as a result of a childhood that included a mother

who was stressed, anxious and always worried about everything and everyone. Your mother handled a crisis by means of panic, blame or even running away and this pattern has rubbed off on you.

You communicate at arm's length. You feel conflicted, as you desire closeness and love from another, however, you also fear love and intimacy. As a result, you often push people away and sabotage personal relationships. This recreates patterns of isolation and loneliness.

You can't let go of past images that were highly stressful and traumatic. These images play on an endless loop in your mind. You suffer in silence and will very rarely open up to others. You choose instead, to release your pain and anger through sarcasm. This way you can safely disagree with others and express boundaries. You may indulge in alcohol and substances to suppress your emotions and anxiety due to never knowing what is going to happen next.

You are known for your stubbornness and ability to resist and fight against highly stressful circumstances. Pain is your foundation; it makes you unique. You take pride in what you have achieved despite the circumstances and rightfully so. There does come a time though, when you need to start letting go of the story of your life and begin a new life free of emotional pain and trauma. Your life has been stale, joyless and bitter for too long. It is important to know that who you are will always be good enough for the people that love you.

Key Points

- When did the gall bladder problems start? How did you feel during that time? What pressing issue was in your life? Back track to about a year before this condition started and explore trauma and stress that took place. Explore further possibilities.
- Explore anger behind your self-expression. There is anger present in your voice when you express yourself. Why?
- What was your relationship like with your mother? Explore this further. Explore associations made with love, acceptance and feeling safe. Trauma related to the relationship with your mother.
- What is the benefit of pushing people away? How does it keep you safe? What does it keep you safe from? What happened that made you feel that way?
- Explore trauma related to being so hard on yourself and others.
- What would happen if you had to tell people how you really felt? Why? How would that make you feel? You may fear that it will cause you to be vulnerable. Your pain and emotions are all that you have left and you do not want to expose yourself. Trauma related to feeling exposed. Explore birth trauma and see the Birth section.
- How is your stubbornness serving you? What would happen if you let go of it? Explore further possibilities.
- You have experienced a childhood where people on the other side of the family line were looked down on. Do you feel this way? If yes, how does it make you feel? Explore further possibilities.
- What is the benefit of holding onto grudges? How is it serving you or keeping you safe? What or who does it keep you safe from? Did your parents have similar patterns? If yes, explore the difference between your habits and your parents' habits. You no longer need to express your parents' trauma.
- Your achievements were closely monitored and scrutinized as a way of motivation. How did this make you feel? Punishment = success.
- Explore your womb stages. How did your mother feel towards you during the fetal stages? How was she feeling towards her environment? Explore how it affected you.

- Are you abusing alcohol or substances? If yes, then explore why. What does the alcohol give you that cannot be found without it? Explore further possibilities.

Gallstones

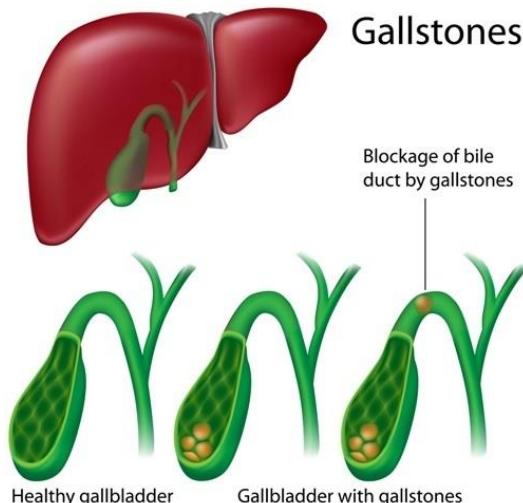
See Gall Bladder, Inflammation,

Emotions

Bitterness and resentment seems to be main key issues here. Past trauma and pain cannot be pushed aside anymore. The need for vengeance, an apology and justice are blocking you from moving forward. You analyze your emotions instead of feeling them in the heart mind. This method has served you well until now.

You are feeling a great deal of anger toward someone that caused you harm. You want justice but know that no one else will take responsibility. This causes you more anger and frustration. Your body is trying to compensate for the emotionally vulnerable state it is in. As a result, you have hardened your attitude and emotions.

You are holding on to traumatic and bitter circumstances that took place, letting your anger mask your emotional pain. You may be afraid to let go of the anger, as you would then have to deal with the full extent of your suppression. Experiencing anger, bitterness and resentment for long periods of time have caused you to become cold, distant and emotionally hard towards your environment. Your anger has become your source of boundaries and power.



Key Points

- Explore trauma related to rejection and abandonment. Which influential person made you feel like this? How did that make you feel?
- Explore the birth stages, especially after birth. Were you taken away too early from your mother for long periods of time? If yes, then explore further. How did it make you feel?
- Did you feel rejected by your mother or father? Was there hostility in your relationship? Did you feel nurtured enough by your mother?
- Whom do you feel bitter and resentful toward? Explore further possibilities. Explore also which parent had similar qualities and explore the difference between your emotions and the parent's emotions.

- You become stuck in self-sabotaging patterns that alter the ability to become successful in many areas of your life. Explore self-sabotage.
- Feeling under attack for long periods of time may result in attacking yourself by abusing drugs, medication, food or alcohol. What did you need emotionally whenever you felt under attack?
- Explore the associations you made under those circumstances.
- Trauma related to being punished, causing you to punish yourself with an unhealthy lifestyle. Why? How does it make you feel? What is the benefit of punishing yourself?
- What is the benefit of hardening your attitude toward people and life? Explore further possibilities.
- Trauma related to an ancestor losing their house or territory that caused them to feel bitter and angry. Explore further possibilities.
- Trauma related to an ancestor who had an affair with someone else and had a child outside of his/her marriage. Explore further possibilities.
- Who is projecting anger toward you? How does that make you feel? Do you feel responsible for it? If yes, why? Explore further possibilities.
- When you expressed a need for love, security and comfort, how were your emotional needs met? How did that make you feel? Explore further possibilities.

Gangrene

See Accident, Bacteria, Blood, Diabetes, Inflammation

Emotions

Your past has left you reeling with anger and as a result, you feel shame and guilt for feeling so vengeful. Your past and more recent circumstances have made you feel that you do not deserve to experience joyful moments. You were made to feel guilty for feeling happy while the rest of the world was suffering and experiencing hardships.

You may have abandoned your goals in order to be of service to others, but you carry out your obligations with a great deal of anger and bitterness. You resent the fact that you are not allowed to have the lifestyle you so desperately want.

You feel unsafe and always need something outside of you in order to feel fulfilled and secure. You didn't have sufficient love in your life mentally, spiritually or emotionally. This caused you to doubt your self-worth, making you feel undeserving of love. You are always in search of validation and praise from influential people.

You may feel that your source of love (mother, father or influential person), nurturance and protection was out to demean, attack or shame you. You may have succumbed to the idea that no one wants you and you deserve to be punished for taking up space in the world.

Your stubbornness to communicate your emotions only causes more problems. Your life to this point has left you feeling cold, empty, unloved, abandoned or deprived of the richness that life has to offer. This may cause you to work very hard, as you are overcompensating for the lack love, security and acknowledgement you received in childhood.

Key Points

- Why are you holding yourself back from receiving joy? This may stem from a family pattern where only those who worked hard and dedicated their life to success would be happy and successful. What happened in the past when you did feel happy? Did you experience a trauma or were you criticized too much, etc.? Explore further possibilities.

- Feeling shame and guilt. Who made you feel this way? Why? There was no time for fun, joy and happiness and you may have expressed your needs during a tense, chaotic time. The family made you feel that, “Life is serious business.”
- Did you abuse food or alcohol? If yes, why? What did the food or alcohol give you that you didn’t already have? There is a part of you that wants to revert back to a childlike state, to a moment when you felt safe, care free, with no responsibilities. What responsibilities in your life are weighing you down?
- When your mother was pregnant, did she abuse any drugs, medication or alcohol? Explore the associations that you made with these substances and how it affected your developmental stages.
- Your future, success and ability to cope with life feels threatened and under attack. Why? Who made you question your talents and ability to be successful?
- Explore the relationship with your parents. How did that affect you? Explore further possibilities.
- Fear of communication. What happened in the past whenever you expressed yourself? Explore also in the ancestral line.

Gas

See Allergies, Colon Problems, Cramps, Digestive Problems

Emotions

You may be feeling many different emotions at the same time, especially a great deal of fear toward circumstances that do not have a firm foundation. You often take on too much and then end up with too many responsibilities and burdens. This leaves you feeling overwhelmed, out of control and burned out.

You seem to have a fear of saying “no” and this only causes more work or responsibilities being added to your plate. Your sense of responsibility is accompanied by anxiety from the overload and feelings that you will never have enough time. You have a great fear of the consequences that might follow if you don’t follow the instructions of influential people.

You are holding on to old fears and trauma that is triggered by your current lifestyle. You struggle with interpreting these feelings and end up holding onto the emotions. You desperately need to enforce boundaries, as others have not respected your personal space.

Key Points

- Your intentions and individuality seem to be misunderstood. How does it make you feel to be wrongfully judged by others?
- Trauma related to saying “no.” Explore further possibilities.
- Which circumstances are causing you to feel fearful? How does this make you feel?
- What or who were you scared of during childhood? Explore things that you couldn’t control, express or emotionally digest. How did it make you feel? Explore this during conception. During womb stages, how did your mother feel? What was she scared of? What couldn’t she express or emotionally digest in her environment?
- How does it make you feel when others disrespect your territory? Why do you allow it? Explore further possibilities.
- Explore the ancestral line for slavery or poverty trauma where they only had access to limited food, such as starch. The ancestors experienced many negative emotions while digesting their food, resulting in their body making offensive associations with the food and their circumstances that were passed down generations.

Genital Warts

See Immune System, Virus

Emotions

You feel ashamed and disgusting for having sexual needs. Your sexual needs and feelings are in conflict with the family values and beliefs. The sex topic was only meant for adults in your family because children have no business understanding what is going on in the adult world, as it was too disgusting and shameful to talk about. As a result, the parent(s) projected their guilt and shame toward sexuality onto you.

You may have felt useless and like a nuisance in the family, as though you do not deserve any better than what you've already have been given. You feel disgusted with your existence and your body. This is often related to an ancestral memory or a memory from your mother. This could be related to some sort of abuse.

You seem to have negative thoughts about yourself and your appearance. You are very sensitive and the hardships in life have become an emotional topic. Your experience in life thus far has left a bitter taste in your mouth and you are angry that this has happened to you.

Your family was focused on other matters, leaving you to feel you didn't get the attention or compliments you should have.

You always seem to feel unsure of yourself and how to behave around others, not sure where you fit in. Your childhood may have left you feeling incompetent as everyone was always on high stress alert and you often felt in the way, never knowing what to do or say to make things better.

As a result of your low self-esteem, you often settle for less than what you are worth. This includes finding yourself in circumstances and relationships that are often not worthy of your company, time and effort.

Key Points

- Explore what you feel guilty, ashamed or disgusted about. Explore this during the fertilization stages, especially on your mother's side.
- How were you introduced to the sex topic? How did that make you feel? How did your parents' reaction and behavior toward the topic make you feel?
- Why do you feel the need to punish yourself? This pattern often surfaces when you have made an incorrect association with love and punishment. The only time when you may have experienced and received attention from the family was during punishment. Love = punishment.
- How do you feel during sex? Explore this also during the conception and fertilization stages.
- Who or what made you doubt your beauty; your feminine and masculine qualities? How did that make you feel?
- Feeling incompetent. Who or what situation caused you to feel this way?
- Feeling unsure of how to express sexuality without demeaning yourself. Is this a family pattern? Explore this.
- Feeling unworthy of love, attention or protection. Why? Who made you feel this way? Explore further possibilities. This is often an ancestral trauma. Always explore the fertilization stages if in doubt.
- Always explore the birth trauma and see the Birth section.
- Genital warts in children should raise the question and concern of possible sexual abuse.

Gingivitis

See Gum Problems

Glaucoma

See Eye Problems – Glaucoma

Goiter

See Cancer, Graves's Disease, Hashimoto's, Hypothyroidism, Inflammation, Immune System, Pituitary Problems

Emotions

Your truth has become a heavy burden to suppress. No one is listening but what you need to say is becoming an urgent matter. You always seem to wait for the right moment to speak, however that moment never takes place.

You often hold onto angry words. As a result of long-term suppression and being overly controlled by influential people, you refrain from speaking up. You seem to need permission to move beyond rules that have been laid out for you by influential people.

You feel as though your power has been taken away and you are not allowed to have it back. However, you fear being powerful, as powerful women were wiped flat on the earth. There is a lot of injustice and unfairness in your life.

You are keeping the peace by keeping your own counsel and by being silent. Unfortunately, this silence is also enabling an abusive person to continue their bad behavior. You may have come from a family where too many words would rock the boat, adding to the existing tension and stress.

You feel unsafe and exposed, as if though you are missing an invisible safety layer. You keep yourself scarce and small, as it keeps you out of harm's way and out of the firing line.

Key Points

- Who suppressed your voice and truth? How did that make you feel? Explore this and make sure to address any anger, resentment, grief or fear towards the person that suppressed you. Explore this pattern during the ancestry line and explore how it may have started in past generations.
- How does it make you feel not to be able to say what needs to be said? Explore the frustration and despair.
- Explore feelings of anger and rage. Toward whom? What circumstances made you feel like this? Explore this during fertilization and also during birth (see Birth section for more information). Explore the difference between your anger and your mother's anger, especially during womb stages. You often unconsciously express your mother's anger.
- By whom do you feel disempowered? Is this an ancestral pattern? If yes, then also explore during the ancestry line. Explore the moment when sperms surrounded the egg. How did the egg feel when the sperm entered it?
- You feel that silence, suppression and being small will provide safety. When in your life has this pattern served you? Explore the hiding instinct and explore the trauma.
- Trauma related to feeling unsafe and exposed. This is an ancestral trauma that repeated itself in your life. Explore further possibilities.
- Sadness and grief related to blocks and power struggles you are facing. How does it make you feel? Explore further possibilities.

- Explore trauma related to times when you've expressed personal boundaries.
- Ancestral trauma related to someone having to keep a secret, if they leaked it, then it would cost them their life. Explore further possibilities.

Gonad Problems

See Female Problems, Infertility, Male Problems, Ovary Problems, Penis Problems, Prostate Problems, Testosterone Problems

Gonorrhea

See Bacteria, Female Problems, Male Problems, Pelvic Problems

Emotions

You do not respect your body, your sexuality or gender. This may be as a result of being treated in a way that reinforced your vulnerable low self-esteem. You seem to have been in a family where there was a lack of respect, support, compassion or love. Hostility, coldness and unpredictable moods often dominated the household. You may have been manipulated with shame and made to feel guilty for who and what you are. You sense that your family does not fit in with society, nor are you good enough to fit in with the rest of the world. You often regret your choice of partner, which may be because you sabotage relationships and feel that you don't deserve any better.

Key Points

- How did you feel before contracting this condition? Explore long-term emotional trauma or issues that have been bothering you.
- Lack of respect. By whom? How did this make you feel?
- Feeling guilty and ashamed. Why? By whom? How did that make you feel? Explore this also in the ancestral line. Explore during conception and fertilization.
- Guilt, disgust and shame related to your identity and sexuality, as well as sexual needs.
- You feel as though your arrival in the family was not welcomed. This resulted in more burdens for an already anxious, angry or stressed family. Do you feel this way? If yes, then how do these circumstances make you feel?
- Your need for safety and love was met by disrespect, guilt or hostility. Explore this further.
- What regret are you stewing over? Explore this further.
- Ancestors who were forced into the sex industry. Explore further possibilities.

Gout

See Arthritis, Joint Problems, Pain

Emotions

People affected by gout often have very strong control issues. You may feel immensely out of control and disempowered. This is a result of not being able to exercise healthy boundaries during childhood. You are overcompensating for the lack of control in your life by being overly controlling. When you need to be in control, you often exhibit a passive-aggressive streak. This passive-aggressive pattern has now come to a halt, as your emotions are now turning into simmering rage.

Your parents may have been emotionally absent yet their expectations were still high for you to succeed. They may have used a form of bullying, dominance, guilt or shame as a form

of motivation. This may cause you to have a bittersweet victory because the drive behind your success was anger and resentment.

You often find it challenging to face mistakes and take responsibility for any part you may have played. You often need to blame others for how you are feeling and the consequences of your emotional state. You have a need to get it right every time and are overly critical of any mistakes. You are often very impatient with people's shortcomings as you were shown very little patience by your parents. This condition often starts as a result of binge eating, drinking and abusing substances. Your diet and emotions have become too acidic. You feel under attack by influential people that results in feeling unsupported by those who should be supporting you.

Key Points

- Explore suppressed anger. What is the anger about? How did that make you feel?
- What would happen if a situation were out of your control? How does that make you feel?
- What is the benefit of being in control of everything and others? How does it serve you?
- You worry about the things in the future that don't exist yet. What is the benefit of worrying about something that has not yet taken place? This may stem from a dramatic family where everyone was always on edge and worrying, as the parents were not able to control their relationship and environmental dilemmas. You always saw your parents losing face during stressful times and you are trying to avoid the shame patterns.
- Trauma related to feeling guilt or sorrow. This may be a result of regretting past actions. What is the benefit of holding onto an old regret? Explore grief as well.
- Why do you feel like you have to control and attend to everyone's needs? How does that make you feel? This could make you feel more important in life; having others being dependent on you. It may give you an opportunity to be in control of these people's lives. It still boils down to needing to be in control, which in hindsight is a deep need to feel safe. Good intentions might sometimes have an unconscious agenda.
- What you give and do for others is often what you need, too. What stops you from having your emotional needs met? Explore further possibilities.
- You may have been aware of your mother's anxiety, as she may have pushed down on her womb hoping it would settle down the baby's movement. This may have caused you to feel uncomfortable, trapped or controlled moving around due to the hostile reaction from your mother. Explore further possibilities.
- Feeling under attack and feeling powerless to change it. How does that make you feel? Explore further possibilities.
- Always explore the birth trauma and see the Birth section. Explore control trauma feeling out of control or too much in control.
- Was your mother told to try and delay giving birth until doctors arrived? If yes, explore the feeling of being blocked and controlled and how it made you feel.
- Do you drink or eat excessively? If yes, then why? What is the alcohol or food giving you that you can't get without it? Explore alcoholism in ancestral line. Did your mother drink alcohol while she was pregnant?

Granulopenia

See Attack, Agranulocytosis, Blood Problems, Immune System

Graves Disease

See Goiter, Hashimoto's, Hyperthyroidism, Thyroid Problems

Emotions

You feel angered by what you are seeing in your life and environment. Your anger and powerlessness have transformed into frustration.

You have made the association that expression = punishment, abuse, criticism or abandonment. You are desperate to say what needs to be said and will take a verbal blow if necessary. After the consequences of speaking up have subsided, you are still left reeling with anger, as you were unable to have the last word and completely express yourself.

There is a great deal of unresolved trauma; leaving you to stew over what has been said and done. You feel angry over what should have been said and done instead of what the initial outcome was.

You feel unfairly treated by influential people. It angers you to see influential people getting away with bad behavior, as you feel they should be held accountable for their actions.

You are weary of the people that have caused you emotional harm. You've learned to expect the unexpected. You are a firm believer in what is right and wrong and any injustices aggravate and irritate your rigid values and beliefs. There is always urgency to what you need to say; you have a fear of being misunderstood, interrupted or unheard.

You have been left in shock by unexpected attacks and the upsetting behaviors of others. This is often the result of not completing certain tasks properly. You tried very hard to win approval and be as good as the next child during your childhood. You learned that hard work would reward you by fulfilling your unmet emotional needs. Your needs were met in a way that always left you searching for more. Your love cup is always half empty, leaving you in an anxious state that you will never get your share in life.

You often feel rigid and inflexible in life. The more emotionally flexible you are, the more vulnerable you become, risking abuse. Therefore, you revert to a rigid state as a source of strength and boundaries.

Key Points

- Trauma related to a lack of love and fearing that you will never have enough love in life to keep you alive. This results in a lot of anxiety, stress and feelings of desperation.
- Explore your relationship with your mother. What was it like? If you had a challenging relationship with her, then explore how it made you feel. Explore further possibilities.
- You are not expressing your creativity. You are drawing creativity from a place of fear, needing to be competitive in order to ensure you get the fair share of love and attention. Explore the associations that you've made with creativity and what kind of reward you really want from it.
- Explore trauma related to feeling stuck, controlled or being under pressure when you were being creative. How did this make you feel? Explore further possibilities.
- Explore trauma and associations related to self-expression and punishment or being humiliated. Explore for more options.
- Explore how you could listen to and hear what others have to say without feeling under attack, dominated, controlled or pushed around.
- Explore the birth process. See the Birth section. Was there any pressure on the throat and head?
- Explore the ancestral line. Explore being pushed too hard to do certain things (especially if others survival depended on it), punished for speaking up, physical and emotional abuse.

Explore how traces of trauma repeated itself in the client's life. Unexpected death in the family.

- Place your hand on the throat. Imagine it had a voice of its own. What would it say? What is the message? Explore further possibilities.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Gulf War Syndrome

See Attack, Chronic Fatigue, Diarrhea, Fibromyalgia, Lung Problems, Nerve Problems, Post-Traumatic Stress Disorder (PTSD), Radiation, Rashes, Skin Problems, Suicide, Toxins

Emotions

You feel overpowered, invaded, controlled or attacked (either verbally or physically). You feel resentful, as you were not able to protect yourself or loved ones against challenging or threatening circumstances. This has left you feeling powerless, anxious, numb or frozen.

You blame authorities for the injustices that you have had to experience. You feel a great deal of anger toward influential people who controlled the destiny of those who needed protection and security. This caused you to doubt and not trust others. You feel, "No one is looking after my interests," with a sense that you have a bleak future ahead. Your reality has been torn apart and you find it challenging to trust others. You feel threatened by unseen forces such as toxins and poisons you may have experienced during warfare.

You don't sleep, as it feels too dangerous, so you are always on guard and alert for warning signs of danger. Your survival instincts have been activated and you are living a life from a place of sheer fear, terror and lack of control.

Falling asleep could attract a sudden death. Being tensed and feeling the anxiety keeps you alive and aware of what is going on.

Your angry outbursts are an end result of deep suppressed fear and not having anyone to protect you. Your explosive rage and anger keeps you safe while it wards off potential threats and sets boundaries to the outside world. Anger is your only weapon. You feel that there is nothing else to live for and you are mentally, spiritually and emotionally depleted.

You find safety in extremes—either surrounded by people or in complete isolation. Your paranoia may cause you to be overly sensitive to your environment. You often question people's intentions. You often feel suffocated by your emotions, trauma or environment. Yet, you feel stuck and helpless to do or change anything.

Key Points

- It is important to explore issues relating to your anger. Explore how the anger keeps you safe. You need to learn how to feel safe again without needing the anger, fear and rage.
- Trauma related to feeling abandoned by those who should have protected you and looked after your best interest. How does that make you feel?
- Trauma related to feeling unsafe. Nowhere to hide or run to. Feeling trapped and controlled by outside forces. How did that make you feel? Explore further possibilities.
- Feeling challenged to forgive what has happened. See the Forgiveness section for more information.
- Anger and resentment. Feeling abandoned during a time you needed to feel safe and protected. Explore more possibilities and also explore ancestral trauma related to wars, slavery and imprisonment.
- Trauma related to feeling trapped. Explore the birth for similar traumas. See Birth section for more information. See trauma when sperm merged with the egg.
- Feeling attacked by your environment and influential people. Nowhere is safe anymore.
- Explore the womb stages. Did your mother consume drink, food or medication that made you feel under attack or poisoned in utero? Explore trauma and associations with being nurtured.
- Explore the ancestral line. War, slavery, poverty, imprisonment, abuse and attack trauma. Explore how this ancient trauma affected you and how it surfaced in your life by exploring the kind of people and circumstances you attracted.
- Staying awake and alert = safety. Explore association.
- Anger / aggression = boundaries. This may also be your way of expressing grief, disappointment, stress and feeling unsafe. Explore this further.
- Trauma related to feeling suffocated by poisons, toxins along with intense emotions.
- Explore birth. Were you able to breathe properly the first time? What did it feel like when you took your first breath? Explore further options.
- Grief trauma. Explore trauma when sperm was separated from other sperm, also when it lost its tail after merging with the egg. Baby leaving the comfort of the womb. Trauma related to losing someone (in ancestral line). Explore more options.
- Trauma related to suppression. Being still and keeping to yourself makes you feel less vulnerable and exposed. Explore further possibilities.
- Feeling unsafe. Explore the fertilization and birth for safety issues. When and why did the egg / sperm or fetus feel unsafe? Explore traumas experienced. Explore how your mother and father's traumas and fears affected you.

Note to practitioners: Never regress this individual to the actual incident(s) that took place in their life.

Gum Problems

See Anxiety, Bacteria, Bleeding, Scurvy

Emotions

Anger and resentment related to making a decision and expressing yourself seems to be the main focus. This may be as a result of feeling suppressed or threatened by an influential person or partner. You can't decide how you should feel about your life, circumstances and the people that are part of it. You feel unable to make decisions because you are indecisive and feel frustrated about what to do. You may also have a partner that is more dominant with

the decision making process.

You are internalizing your anger but may not always admit that you are holding onto anger. You have dissociated from others. You prefer to isolate yourself. You often get caught up with issues that are self-created. You become stuck in self-sabotaging patterns that add to the self-destructive and self-punishing patterns.

Gingivitis (Bleeding gums)

You seem to feel angry in regards to what you can or cannot say. You regret not saying what needed to be said in the past, as you know it would have changed the outcome of stressful circumstances that took place. When confronted, you feel challenged to communicate your self-worth and personal opinion.

You are feeling overly sensitive due to harsh criticism and fear of causing upset in the immediate family. You are mulling over missed opportunities and feel that the odds are stacked against you. You feel a great deal of inner tension, anxiety and stress. This is as a result of not knowing where you fit into society, family or social circles. It is as if you are a square block trying to fit into a triangular shaped box.

You feel that others are working against you and your inherent mistrust of others makes you feel like you can't ask for support. You feel that people only pretend to be nice to you, so deep down, you feel rejected.

Periodontitis

You seem to feel attacked and poisoned by those that should be supporting you. You don't feel supported by loved ones or by society at large. Promises are empty vessels to you, as people have failed you in so many ways. You do not seem to know how to express your disappointment without provoking confrontation. This may be as a result of others attacking you when you did speak-up. You feel devalued and unimportant. Expressing your self-worth was not acknowledged in a way that was empowering to you. This caused you to feel challenged when faced with circumstances that required you to express boundaries and self-worth. You may feel that communication is poisonous, unsafe and that nothing good ever comes from it.

Key Points

- Feel unsafe when making decisions. Who or what made you doubt your judgment? Explore further possibilities. What would happen if you made a decision by yourself?
- Explore trauma related to feeling unworthy. Who made you feel this way? How did that make you feel? Explore further possibilities.
- Explore trauma related to feeling powerless, "Why am I bending over backwards for others?" How does it make you feel? What is the benefit of this? Explore further possibilities.
- Explore trauma related to feeling like a victim of circumstance. Explore this in the ancestral line as well. Did your mother feel this way whilst she was pregnant?
- Explore trauma related to feeling restricted by authority and dominant partners. What is the benefit of not speaking up? Sometimes people have a genuine fear of taking responsibility as they may have been overwhelmed by it in the past. It may be easier for you to follow others demands instead of being a leader. Explore further possibilities.
- Feeling controlled when you are unable to make your own decisions. How does it make you feel when you are being controlled? Explore further possibilities.

- What type of criticism have you had enough of? Who criticized you? Explore your relationship with this person. Explore how the criticisms made you feel. Explore this pattern in the ancestral line as well.
- Feeling attacked and poisoned by influential people. How did this make you feel? Explore further possibilities.
- What is your biggest regret in life that you cannot process? Explore further possibilities.
- What's the benefit of holding on to this? It is a result of an unconscious belief that you deserve to be punished. This results in self-punishing cycles and self-sabotage.
- Your support system (parents, siblings or family) has completely failed in life. How does this make you feel? Explore grief, anger, rage, abandonment, loneliness or feeling empty. Did your mother feel supported while she was pregnant?
- How do you feel whenever you communicate your needs? If this is a negative experience, why?
- How does that make you feel? Explore communication trauma in the ancestral line, as well as communication patterns that you observed between your parents.
- When did the gum problem start? What was happening in your life during that time? How did (a person or incident) make you feel? Explore further possibilities.
- Ancestral trauma related to the gums. Did an ancestor experience trauma to their face / jaw? Did the gums become infected? Explore gum hygiene and living conditions. Explore further possibilities.

Hands / Arms

See Dislocated Shoulder, Fingers, Humerus, Joint Problems, Muscle Problems, Shoulder Problems, Tendon Problems, Wrist Problems

Emotions

Right hand and Arm problems

Trouble reaching an agreement with someone as there may be a lack of trust. You may have a fear that the other person will not follow through on their agreement (fear of betrayal). You feel that you do not have the personal power or confidence to follow through on agreements you've made with others. You often find it challenging to commit to a project, a person or a goal. Commitment often = feeling controlled or trapped, with nowhere to hide. This triggers the running away instinct.

You may feel conflicted when expressing a strong opinion you feel toward someone or your circumstances. This may be related to a prominent father figure who controlled your ability to make decisions. You have a fear of making a mistake in the eyes of your father.

Left hand and Arm problems

You may feel that you do not have enough personal power and confidence to execute a task. It begs the question, "Who challenged you when you accessed and exercised your talents?" You don't feel supported in your goals and projects. How did your mother behave when she executed tasks? Did she feel unworthy or not good enough and as a result, overcompensated by doing too much for others? Are you copying and expressing your mother or father's pattern? You do not nurture your spirituality, instead you feel dictated to and greatly influenced by the beliefs and values of others.

Key Points

- Explore earlier traumas related to commitment. This could include projects, friendships or relationships.
- What is the conflict in your marriage or intimate relationship? Often issues that took place in previous partnerships are now repeating themselves in current relationships. Explore further.
- Often felt responsible for your mother or father's wellbeing. Why? Were you the buffer or protector of one parent over the other parent? If so, how did this make you feel?
- You do not stand up for yourself during times of conflict, instead you react with anger and often deflect from the actual issue at hand. There is an unresolved fear related to the issue that you are deflecting from. Explore further.
- Your boundaries are not respected by the opposite sex. Why? Which dominant person of the opposite sex challenged your boundaries? How did this make you feel?
- When you needed support and love, you were met with hostile, cold or emotionally unavailable people. Later in life, this may cause you to feel that there is no one to turn to for reliable support, praise and encouragement.
- This could also be related to an injury or a work related role where you may frequently use your arms. How do you feel while using your arms? How do you feel about your job? What emotional issues were activated when you injured your arms? Explore further possibilities.

Hair Loss / Problems

See Aging, Alopecia, Anxiety, Depression, Mercury Poisoning, Tinea Capitis

Emotions

Hair loss is often a secondary symptom of a deeper medical issue. Hair loss can also be related to hormonal problems, cancer, long-term stress or malnutrition. It is also often linked to a person's connection to their spirituality and their relationship with their mother. Hair loss affects a person's ability to feel safe, to communicate and to feel good about their role in life. You may have experienced a relationship with an influential person who gave you very little room to make a mistake. This may have caused you to be too hard on yourself, perhaps even self-inflicting punishment if you feel you have not acted in a way that is pleasing to others.

You are struggling with rejection trauma. Influential people may have rejected you. Authority figures have now triggered a childhood trauma related to rejection. You do not feel important enough to be part of a community or family.

You seem to doubt your ability to fit in, as if you anticipate rejection. All you want is to feel safe and protected from the harshness of the world.

This is also often related to strong control issues that you are not able to exercise, as you feel suppressed by a more domineering figure. You are often a stress-head and worry too much. You may focus all of your energy on worrying instead of proactively addressing the issue(s). Worrying about something causes you to deflect from possibly taking action. This may be related to a fear of failure. Where in your life do you feel out of control?

Key Points

- Why are you so hard on yourself? Explore self-punishment patterns.
- Who or what circumstances made you feel unsafe? Explore how this made you feel.
- You are rejecting yourself. Why? How does it serve you? Who rejected you? How did that make you feel? Self-rejection often stems from self-punishment, which is a result of feeling attacked and punished by others and the environment.

- Do you have any other conditions that may result in hair loss or problems with your hair? Explore the original cause.
- Birth trauma to the head. How did you feel at the time? Similar traumas and emotions that were experienced during birth may have been triggered in your life at the time of hair loss. This may result in head and scalp experiencing tension and stress that affects the growth of the hair.
- Ancestral trauma related to malnutrition.

Hansen's disease

See Leprosy

Hashimoto's

See Graves's Disease, Hypothyroidism, Inflammation

Emotions

You seem to have many self-sabotaging patterns that make you feel like you have to deprive yourself of the goodness in life. You may have experienced a childhood where guilt or abuse was used to control and manipulate you.

You are in fear of making a mistake or doing something that could provoke an influential person, always trying too hard to avoid being punished. Dominant, controlling or influential people, such as a father or authority figure, have disempowered you.

Your gender was seen as a weak link in society and you were suppressed or manipulated into believing that you had a very limited purpose and role.

Throughout the ancestral line and childhood, you may feel that you have endured hardship, strain, isolation, suppression and especially heavy responsibilities. You have had enough and need to live a life in your own way.

You may feel that you need to take a break from circumstances that would create more responsibilities. You seem to have an unconscious fear that more responsibilities will overwhelm and deplete you, provoking old trauma and memories. You have been through many cycles of having other people's involvement cause you great stress, strain, disempowerment or emotional pain. You felt attacked and poisoned by the current environment, the collective consciousness and the history of your environment.

You may have become stuck in blaming influential people and circumstances for causing you pain, stress and upset. You have given power away and are too afraid to regain your place of power and position in life. You have been pushed down and attacked when you expressed yourself or stood your ground and followed a direction of your own choosing. Being small and staying out of the bigger picture kept you safe and out of harm's way.

You may have traumatic ancestral memories that involve a great deal of suppression, life threatening circumstances, slavery, rape, incest and abuse by very powerful and influential people. Your current or past circumstances may have triggered and stirred up these old traumas.

Key Points

- What are you sabotaging in your life? Why? How does that make you feel?
- Rejection and abandonment trauma. Your need for love, acceptance and safety was met by trauma.

- Who made you feel this way? Explore the associations. Explore your ancestry line. Were there war, slavery, suppression, torture, abuse, imprisonment and rape or poverty trauma? How are the emotions that are connected to the traumas surfacing in your life? Remember that the trauma will not always be the same, however circumstances and other traumas could trigger old similar suppressed trauma. Explore the difference between the ancestral trauma and your trauma. You no longer need to express trauma in order to keep your ancestor's memories alive. The ancestral trauma is not part of your identity anymore. It's not the core essence of who you are. Explore attachment to the ancestral traumas.
- Suppression and trauma related to being controlled. Who or what suppressed and controlled you? How does it make you feel? Explore your conception and fertilization stages. The egg feels controlled and overwhelmed. The sperm feels suppressed after entering the egg. Birth trauma -Feeling emotionally and physically pressured, controlled and suppressed as you were being born. Explore further possibilities.
- Trauma related to feeling like a victim of circumstance. You may feel stuck like a victim, as you were traumatized by the past. This may have left you in a state of shock, numbness or feeling frozen.
- Feeling traumatized and burdened by too much responsibility in the past and feeling manipulated into circumstances. How did this make you feel? Did your mother feel this way while she was pregnant? If yes, how did these emotions affect you in utero?
- Trauma related to feeling unprotected. Unprotected by whom? What were the circumstances? How did that make you feel?
- Invasion trauma and not able to speak up about it. Explore stages when sperm entered egg.
- Explore trauma immediately after birth, fluid being sucked out of the windpipe. Explore rape trauma in the ancestral line. Not being able to speak out and holding onto secrets.
- Ancestral trauma related to war or being controlled by authority. Speaking up or voicing their emotions would cost them their lives. Being quiet, fatigued (hiding instinct) kept them safe in the face of danger. Explore further.

Hay Fever

See Under Allergies / Pollen

Headaches

See Atlas Problems, Dizziness, Migraines, Muscle Problems, Nerve Problems, Sinus Problems

Emotions

The environment and circumstances are overwhelming. There are too many things you are trying to do and these activities do not resonate with your actual needs.

You seem to get caught up in other people's stressful circumstances and don't always know when and where to draw the line. You find it difficult to shift the focus back to your own life. It does beg the question, "What will happen if you shift the focus back to you and become fully present?" You might choose to worry about others as this allows you to deflect your own problems.

You seem to doubt your ability to cope with issues in life and have a constant fear of caving in from all the stress. As a result, you feel like a failure, powerless to stage a grand come back. You may have failed under pressure at one time and carry that disappointment with you. You want to show others that you can be successful—that you have what it takes. When past

experiences related to old responsibilities are triggered, it sabotages any current progress.

You may also push yourself too hard. You do not feel equal to others, often entertaining people at your own emotional expense. This stems from a childhood where you were made to feel stupid whenever you expressed needs. You may be overwhelmed with processing too much information. Who are you trying to please? You have a lot of creative ideas but are unsure of how to express them or complete them in a structured way.

There is a popular line, "Not tonight dear, I have a headache." Apart from sex, headaches are a great excuse to avoid work, school or any task that might bring you closer to your goals. This is called a hidden benefit. A person's fear of success or failure can cause them to create circumstances that sabotage the outcome. What would you have to do if you did not have a headache? What are you trying to avoid doing or dealing with? Another emotion to explore is conflict. You are simultaneously processing quite a lot of different thoughts and plans. You feel confused by your own judgment and whether or not you should trust it. You often confuse thoughts with intuition, creating an inner conflict.

You have reached a new phase in life and are holding yourself back from making changes. What is the fear? What would happen if the change(s) took place?

People who experienced abuse often suffer from regular headaches if they are suppressing past trauma. The inner conflict and trauma that is suppressed is taking its toll and at this point, you may begin to experience regular nightmares.

You do not make time for yourself, as there is always something more important happening, always something to do. The headache would force you to slow down. It begs the question, "Why do you feel the need to always be busy?" What would happen if you take a break? Regular, persistent headaches could also indicate a bigger problem requiring a doctor's consult and going for an MRI is always an advisable option.

Headaches are also related to how a person feels in conflict with where they are and what is taking place in their environment. You don't want to be in your current circumstances anymore.

A fear of change and an inability to move forward is holding you back. You feel powerless to resolve conflict in your life.

See the Sinus Problems section; also explore any feelings of grief. You may be in an environment that causes only heartache, abandonment, emptiness or loneliness. Explore why you feel this way. What stops you from changing it if you could?

Key Points

- What is the conflict in your life? How does it make you feel?
- Have you been in any contact where you could have consumed heavy metals? If yes, see Toxins section.
- Why do you internalize your conflicted feelings? How does this keep you safe? What is the benefit of suppressing the anger, frustration or fear? What happened in the past when you expressed yourself? Explore further possibilities.
- What stops you from expressing your needs? What would happen if you did? Do you fear that people might think you are weak?
- Explore your current frustrations. Where does it stem from? Explore the birth and look for similar emotions that might arise.
- How did your parents react when they felt frustrated? Are you repeating this same pattern or are you trying to avoid that pattern?

- You feel like you have to be better than other people and your flaws should not to be seen by others. What would happen if you made a mistake in public and others saw it or became aware of it? How would it make you feel?
- You try to control circumstances that are out of control. It's almost as if you are setting yourself up for failure. Why? How does this pattern make you feel? Explore self-sabotage.
- Were you born with the assistance of forceps? If yes, then heal this trauma to the head and the emotions that were present as well. Explore trauma. See the section Forceps.
- The cervical ring also could have created a lot of pressure on the head and neural system. Explore possibility.
- Explore the neural development in the fetus and what the fetal environment was like.
- What did your mother eat during that time? What did she feel? How did you feel? Was there smoke, toxins, chemicals or heavy pollution in the environment?
- Did you ever experience any physical trauma to the head recently or in the past? If yes, then explore the trauma.
- Was your mother told to try and delay giving birth until doctors arrive? If yes, explore further.
- What is overwhelming you in your life? Did you experience the same feeling during birth? Did your head feel squeezed and pressured during the birth process? What associations did you make with pressure to the head and being born? How did your mother feel? Explore further possibilities.
- What is the benefit of trying to do too many things at once? How does it make you feel?
- Suppressing grief. What do you feel sad about? Why are you suppressing it? What would happen if you did express heart felt emotions? Explore further possibilities.
- Explore feelings related to anger and resentment towards others or the environment.
- What is happening? How did it make you feel? You seem to feel powerless, dominated or controlled. By whom? How does it make you feel? Explore further possibilities.
- By whom do you feel pressured? Why? How does that make you feel? Explore further possibilities.
- Who insulted or challenged your strengths and ability to cope with stressful circumstances?
- Are you experiencing any relationship issues? If yes, how does it make you feel? In order to be validated you have become someone else. This is causing a lot conflict for you and your feelings about yourself. Explore further possibilities.
- Place your hand where the pain is. Imagine that the pain could speak. What would it say? Explore this further.
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints. Issues related to Pelvic Problems, might be the original cause of the headache.

Head Lice

See Parasites

Emotions

You often feel ashamed about yourself and exercise poor boundaries. You may feel used, abused, bullied or controlled by others. You have allowed others to take advantage of your goodwill and now seem to feel resentful about your current position and circumstances. This may be as a result of feeling disempowered and unable to stand your ground at this time. You feel fearful when you are in a situation that requires you to say “no” or stand up for yourself.

Your confidence has been challenged in the past.

You doubt your ability to walk away from situations unharmed (either emotionally or physically). You seem to expect an attack. You may feel that given your past experiences, nothing in life can be accomplished with ease and grace.

Your circumstances are starting to eat away at you, leaving you feeling invaded by the words and deeds of others. You feel unable to make yourself heard. If the client is a child then explore how the mother and father are feeling in their life.

When this condition arises, you often feel that you are at the bottom of the ladder; you feel devalued by the same people whose opinion you respect and value.

Key Points

- Trauma related to feeling invaded and disempowered by others. How does this make you feel?
- You may feel that others are trying to change who you are by bullying you or invading your values and beliefs. How does this make you feel? Explore further possibilities.
- What would happen if you said “no” to an influential person? Explore the association that you made with expressing boundaries such as saying “no.” Explore fertilization; how did the egg feel when the sperm started to enter the egg?
- What is eating away at your identity and self-worth? How does that make you feel?
- Who or what made you feel worthless? Did someone unnecessarily punish or bully you? Explore further possibilities.

Hearing Impairment

See Acoustic Neuroma, Ear Problems, Meniere’s Disease, Nerve Problems, Tinnitus

Emotions

You feel frustrated with your surroundings and need to block it out. At the same time, this leaves you deeply conflicted with a desire to know the truth behind the circumstances.

An influential person may have challenged your sharp nature. This authority figure may have suppressed you as he or she challenged your limitations (either mentally or emotionally or both). You may have been on the receiving end of criticism and judgment. This may have left you half broken and feeling as if the wounds are never going to heal. You do not feel understood; you also feel that others do not want to take the time to understand you. This causes you to feel unworthy and like a nuisance.

You feel challenged by loneliness and emptiness; feeling unwanted by the rest of society. You often feel resentful and bitter as a result of unfair treatment you have had to endure.

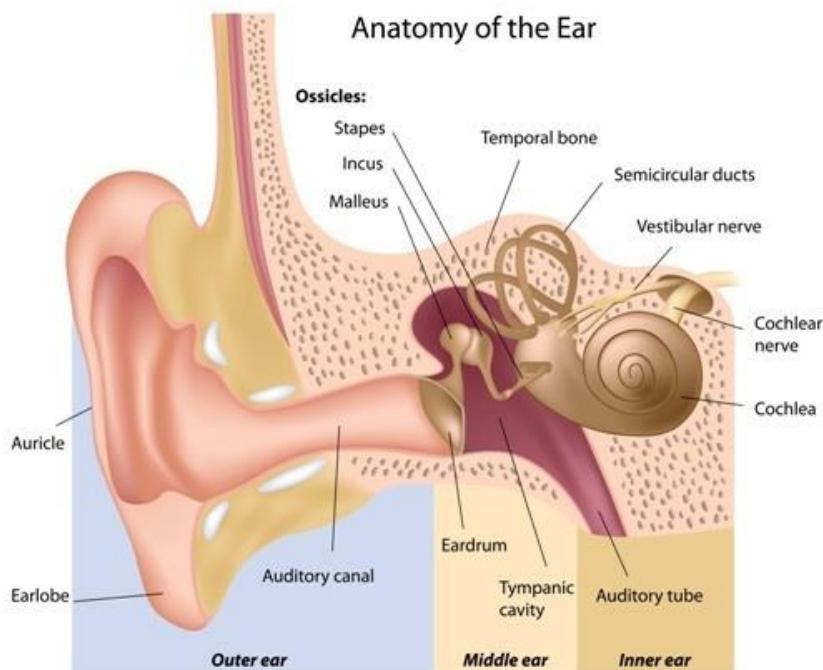
Hearing problems can also take place in the form of selective hearing. People unconsciously block out certain people and sounds that they dislike or have had enough of. This sound may remind them of unpleasant times during their childhood. It could also be a means of blocking someone out who complains a lot or causes a great deal of stress. You have difficulty expressing boundaries in such a way that is respected by others.

What you hear might be in conflict with your rigid way of thinking or beliefs or causes you a great deal of stress. This is especially true if you cannot escape from the circumstances or person that is causing the stress. You may be at a point where your life is stagnant, hostile and nothing is working out.

This only adds to your anxiety, fear of abandonment or being left behind. This causes you to resent your life, often asking the question, “Why me?”

Hearing problems can also be related to prolonged exposure to noisy areas for long periods

of time. If this is the case, then it is important to explore how you felt while working in a noisy environment. Explore the emotions and associations you made with the regular noise as well as how you felt toward your private life and relationships. Hearing problems caused by noisy activities could in some cases begin to serve you. Not being able to hear means you don't have to listen to words and conversations. If this is the case, explore who is irritating you. Who is saying things that cause you to feel angry, irritated and desiring to escape? Who or what are you tired of putting up with?



Born deaf

This might be a genetic problem. Explore the ancestry line and explore if there was war trauma with loud explosions, illnesses or physical abuse to the ear. Explore the womb stages. What was your mother doing while she was pregnant with you? What was your mother's environment like? Was she ill with an impaired immune system during the development of your ears and hearing nerves? What did she not want to hear while she was pregnant? Was your mother in noisy areas during the pregnancy? Did she have trouble communicating herself to her partner while she was pregnant? Was the father cheating on her during the pregnancy and she didn't want to hear the news of the betrayal?

Left side problems

You may have had a controlling and possibly manipulative mother or caretaker that was dramatic, pushy, explosive, angry or full of blame. If you were born with the condition, then explore what your mother's relationship was like with her mother and other influential female figures. Was there stress, strain, trauma, criticism or verbal abuse present in her relationships?

Right side problems

You had a controlling and dominating influential male figure in your life. If you were born with the condition, then explore what your mother's relationship was like with her partner while she was pregnant. Was there a lot of stress, strain, trauma or verbal abuse? This is about your relationship with your spirituality, ability to be a leader and your responsibilities.

Ruptured ear drum

You may have been bullied or exposed to long periods of time, listening to things you didn't want to hear. Your reality and what you have had to listen to has become very painful. You feel rejected by an influential figure, which is often a parent. Your mother may have expected too much of you and your eagerness to please left you pulling the short end of the rope. If you didn't do as you were told, you may have been on the receiving end of much more than what you anticipated. What you heard and are still hearing is emotionally painful and may have left deep emotional scars. You feel disempowered and under a great deal of pressure by the impact of influential people's hurtful words.

Water in ear

You have been suppressing your negative emotions. Influential people may have made you feel weak and embarrassed for having needs. You may feel that you don't have the necessary support to move forward with life. It is as if the foundation will collapse if you follow your own goals and not someone else's. You have taken the back seat in your own life, often feeling bitter and unhappy about how things have panned out.

You feel like you need to block out the complaints of an influential female figure in your life as you are unable to adequately express clear boundaries with this individual. You hold on to the water in your ear as a means of insulating yourself from harsh words. You want to flush out the bitter and cruel words that are projected at you.

Key Points

- Stubborn to other's advice and truth. If yes, why? How does that make you feel?
- Often there is a fear of being famous or fear of success. Why? What is the worst thing that could happen?
- You punish yourself for not hearing the things you want to hear. As a result of childhood trauma, you may have developed a "listening radar" that is only tuned into negative conversations. As a result, positive conversations are blocked out. You expect to hear negative words and projections. Why?
- Explore association that you make when listening to influential people.
- You may feel that if you listen to others then you might feel responsible for their happiness. This is often the result of a childhood where hard work, efforts and responsibilities were rewarded. Only hard work was validated.
- You may feel that a woman or man's truth in their family is unimportant. You may have seen this pattern in one of your parents' behavior.
- Isolation trauma. Egg separated from other eggs after ovulation. Sperm separated from other sperms after fertilization. Being born and separated from your mother. Explore further possibilities.
- What would happen if you had to be still and listen to someone? How would that make you feel? What are you scared of hearing?
- From whom and what do you want to withdraw from? Explore further possibilities.

- Trauma related to feeling unloved and not worthy of taking up others time. You may feel overly sensitive about your condition, like a burden to others. Explore further possibilities.
- You are stubborn. How does your stubbornness serve you or keep you safe? Safe from whom and what?
- When did the hearing problem start? What was going on in your life at that time? Did someone scream at you or were you in a loud environment etc.?
- You may feel that if you hold on to the deafness, you will not get distracted from your passion and journey in life. What would happen if you were distracted? Explore further possibilities.
- You may feel safer being surrounded by silence. You have made a positive association with silence, but in this case, it might now be sabotaging you. The positive association you made with silence has now become a secondary gain. “When there is silence then no one can hurt or control me.” If this is the case, then how did people’s words hurt you in the past? Explore further possibilities.
- Always explore the birth trauma and see the Birth section. Were there loud noises just after your birth? Were you traumatized by the different foreign sounds? Explore further possibilities.
- Was your mother exposed to a loud and noisy environment during the pregnancy? This may have been traumatic for you while the hearing nerves were developing. Explore how sound affected your hearing development in utero.
- Explore ancestral trauma. Trauma related to wars, loud environments. What did the ancestors want to avoid hearing? Not being able to believe what they are hearing, such as bad news. Explore further possibilities.
- Did your mother try to keep the peace with her partner while she was pregnant with the intention of creating a peaceful environment for you in utero? Was she always trying to silence everyone around her? Explore further.
- Who always silenced your mother while she was pregnant? Explore further possibilities.
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system.
- Did ancestors experience trauma to their hearing? Trauma related to wars, working in loud and noisy areas. Was the ancestor yelled constantly or severely abused by a very verbal authority figure?

Heart Problems

See Anxiety, Arrhythmia, Bleeding, Cardio-Vascular Problems, Circulation Problems, Hypertension, Hypoxia, Muscle Problems, Myofascial Pain Syndrome (MPS), Panic Attack

Emotions

Clients have reported that they also struggle with kidney and thyroid issues along with their heart problems. This association makes a lot of sense. When the heart is not expressing feelings and emotions, the kidneys and thyroid can suffer due to the back up caused by the lack of expression, regret, resentment and of control. You may not feel safe expressing emotions or don’t feel worthy of being paid attention to.

Some people say that the connection to the heart is the connection to the world. Once that connection has been disrupted, it influences one’s judgment, of yourself and others. People love and feel from their heart (unless there is trauma relating to this area). When they have

experienced trauma that caused a disruption in the heart mind they have difficulty with their relations. You will find it challenging to establish your identity, role or territory. You may feel very lonely and abandoned, as it can be difficult to identify and establish your uniqueness or safe haven.

You only want to love and be loved. However, you have made a negative association with love during childhood. You may feel that love is hostile; love is dangerous, that receiving love only hurts or is traumatizing. The love you gave may have been used against you with abuse or you may have been made to feel like a nuisance. You have had to fight for your identity and personal space to be respected and acknowledged.

When there are blockages / problems on the left side of the heart it relates to having difficulty receiving love in your life. You have made negative associations when receiving love from influential people. Love came at a price and was very conditional. Receiving love and support meant being obligated to do or give something back that was outside of your ability. You often have people in your life that you feel obligated to take care of and you lack the healthy boundaries to say “no.”

You feel guilt toward someone or some situation and could be trying to make up for it by investing too much of your time and energy.

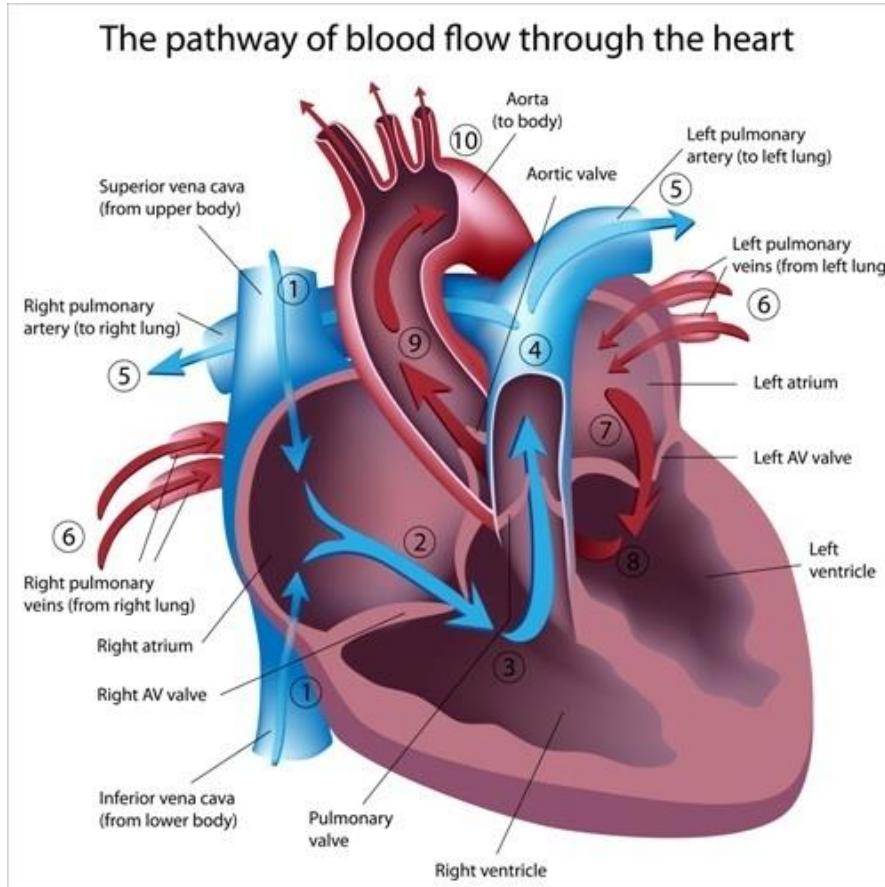
When there are blockages / problems on the right side of the heart it relates to feeling challenged when giving love. You feel that you have to serve others in order to be loved. You may have associated trauma with giving and showing love to others, possibly because of a love-deprived childhood where receiving love was hard to come by. You were raised with a “tough love,” a conditional love that was based on what “was accomplished today” type of love.

Physical heart problems often start when you had a challenging relationship with a mother during infancy. Hostility, feeling smothered or overwhelmed by a mother figure could be related to heart problems. The heart mind creates a memory and association with the mother’s behavior and attitude toward the child (you). This causes you to feel challenged to give or receive love. You are often confused and feel threatened when you do.

If you are female then explore trauma related to betrayal or feeling abandoned by a male figure. This could be a partner or father abandoning you and your mother.

If you are a male then explore what aspect of your life you feel competitive in and why? What are you fighting for or against?

Ancestral trauma related to loss of territory, losing land, farms, war trauma, imprisonment and concentration camps. There is a loss of ___ something valuable to them. Their identity was strongly tied in with ___ that they lost.



Key Points (General)

- When you needed love as a child, how were your needs met? Was it love mixed with negative actions? If yes, with whom did you have this relationship? How did this make you feel?
- Trauma related to feeling lonely, needing love or attention. Did your mother feel like this while she was pregnant? If yes, then explore.
- Do you feel that you are worthy of receiving love? If no, then explore this further.
- Do you feel safe receiving love? If no, then explore this further.
- Do you feel safe giving or expressing love? If no, then explore this further. You would feel taken advantage of or abused whenever you expressed feelings of love, which may have made you feel vulnerable, hurt or possibly traumatized.
- Trauma related to losing a loved one.
- Explore the heart mind of the sperm and egg during conception stages. Explore the conflict.
- Feels obligated to receive love when it's given. You feel imposed on. Explore childhood for similar patterns. Fear of love, love is conditional and only drains me. Feels unable to express boundaries when someone shows you love in a way that does not resonate with you.
- Acknowledge the difference between expressing your personal boundaries and blocking love in the heart mind. This begins when you first associated expressing boundaries with sternness and anger. Boundaries can be expressed with grace and calmness. Explore how

you feel in your heart mind whenever you express boundaries. Explore any fear and trauma related to it.

- Explore the ancestry line. Was there any kind of abuse or patterns established, as listed above?
- Explore whether there were hardships, wars, slavery, imprisonment, and sexual or physical abuse.
- Explore emotions and patterns that could have affected you and contribute to your physical disorders. Did the ancestors lose their territory? Were they defeated during a dispute and as a result lost what was once theirs? Explore further possibilities.
- See section Myofascial Pain Syndrome (MPS), connective tissue around the heart that may have been affected during fetal stages. Explore your mother's stress during her pregnancy and how it may have affected the heart development. Did she experience a great deal of stress? Did she have high blood pressure that may have resulted in unnecessary stress on your developing heart? Explore further possibilities.
- Explore any similarities between your emotions, habits, and your mother's. Patterns copied from the mother often set in during the fetal stages when the stomach, nervous system and heart develop.
- The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced. Was your mother able to give and receive love in her life? How did this affect you?
- Man and woman fighting for control, power and territory. Fear of not having your fair share within a relationship—this will challenge the ability to love another as well. Explore further possibilities.

Heart Attack

Emotions

Heart attacks are often related to feeling challenged around the love topic (heart mind) and territory (home/personal space and role in the family). It also relates to a need to be in charge of your environment. Your ability to step into that role has been challenged by influential people or a partner. You are in conflict with those who are closest to you, feeling like you have to fight to be acknowledged, respected and validated.

You put other's needs before your own, often having trouble finding the balance between meeting your needs and helping others. This can be especially difficult if you are the breadwinner of the family.

This could also surface as the other extreme. You may be suffering from a lack of love and nurturing. As a result, you have become very controlling, demanding, competitive or selfish. You may feel that there is a great deal of scarcity in everything you need. You feel very challenged by low self-worth as you often felt you weren't good enough in childhood. You often blame, criticize and judge others as a result of venting your anger and frustration. You use the same emotional coping "tools" to communicate your truth to others. By projecting judgment towards others, you deflect from your own emotional tension, stress and burdens. What you project at others is often a reflection of how you feel about yourself.

You often take the opinions of others personally, taking criticism to heart; leaving you feeling hurt, vulnerable, angry or resentful.

You unconsciously fight against people who want to give and show you love. This stems from past experiences with love as a child. The love you received was not necessarily healthy

or fulfilling for you.

You may have had a negative experience with your mother during infancy. Your mother may have felt hostile toward you, as she may have felt scared and out of control raising a young child. She could have been fatigued, irritated or felt overwhelmed with her new responsibilities and therefore, became emotionally unavailable. Your heart mind may have created a memory and association with her behavior, emotions and attitude. Your mother may have had a challenging relationship with your father. As a result, she unconsciously projected her stress and hurt onto you.

You need to be in control of everything but are often suppressed by a headstrong partner or influential person. Receiving support from others makes you feel weak and incompetent. You may feel insignificant and work extra hard to be acknowledged and accepted by influential people. You constantly move away from the things that matter to in an endless search for something greater and more gratifying, in order to fill the empty void in the heart mind.

When trauma associated with the heart starts to heal, you will easily overcome disappointments in a more graceful manner. The heart mind will be centered and no more traumas can be triggered. The heart mind will be in harmony with the body mind and you will often be able to give love without feeling obligated to do so. You often feel that you cannot experience love, joy, happiness or freedom along with any success or goals.

Key Points

- Explore patterns related to anger that your mother experienced while she was pregnant. How did her intense emotional outburst affect you in utero?
- What was your relationship like with your mother? Did she love you out of a sense of obligation and duty? If yes, then explore this. How did it make you feel?
- What is your association with love? When you needed love, what did you receive in return from your parent(s)? Explore this further.
- Explore the fetal stages, especially when the first heartbeat started. How did it feel? Was there harmony in the fetal environment?
- Explore feelings of aggression that have been held back. What are the benefits of the aggression? The answer could be that it keeps you safe; it helps you to express personal boundaries and feel confident.
- When you feel loved, you feel controlled and disempowered. Why? Who made you feel this way? Explore further possibilities.
- Trauma related to being punished for being too emotionally needy. How did this make you feel?
- Explore any tension, anxiety and resentment that you may have experienced as a young infant. Explore the conception stages.
- Explore stubborn anger. The anger stems from being rejected and not feeling good enough, not feeling significant or like a failure in life. It is also related to a loss of territory and the need to compete for attention. The people that you relied on for survival did not fulfill your emotional needs. Explore further.
- What is the benefit of being in control of everything? What would happen if you were not in control of a situation? How would that make you feel? Explore ovulation, fertilization and implantation stages.
- Birth trauma. Did you experience any trauma to your chest while moving through the birth canal? See the Birth section.
- The Left side ventricle is related to receiving.
- The Right side ventricle is related to giving.

- Explore the heart minds of the sperm and egg coming together.

Heart By-Pass

Emotions

You have overwhelmed yourself as a result of your need to be in control of everything. Your control issues have been triggered by your family lifestyle in which there was no order, respect or sufficient support. You had to keep it all together as no one could or would. Your childhood foundation was built on feelings of mistrust, guilt or shame and you may have been made to feel incompetent.

You spent a great deal of time searching for validation, wondering if you were capable of being successful. The more you are in control, the more you desire to have your life mapped out. Being in control gives you the illusion that you are keeping it all together emotionally, mentally and spiritually. You feel that you have given a lot to others, which has left you feeling emotionally exhausted. All long-term stress and strain have a physical negative outcome and the heart by-pass is just one more example.

Key Points

- Trauma related to feeling out of control. Explore the blastocyst stages. How would you feel if your ability to control everything is taken away? Explore further possibilities.
- Explore the trauma that shaped your values and beliefs in life.
- Trauma related to injustice. Unfair treatment in the past. Who or what made you feel this way?
- How did it make you feel? Explore further possibilities.
- Trauma related to mistrust, not knowing who and when to trust.
- Who made you feel guilty? Explore the feelings of guilt and shame.
- Living a stressful life / feeling intense emotions. When did this pattern start? What is the benefit of always stressing? The answer could be that it distracts you from dealing with underlying issues and trauma in life. Explore this habit.

Heart Murmur

Emotions

Just a quick personal story that I wanted to share, I was born with a heart murmur and I wanted to heal this condition as it scared the bejesus out of me knowing that I had it. It was a concern and thought in the back of mind that never ever left my consciousness. I am sure that you can relate in one way or another, it's NOT fun to know that you have a medical condition that can in some cases be potentially dangerous. Along my healing journey I realized that this murmur in one strange way or another actually served me as it held the programming of motivation! Meaning the very thing in my life that was driving me and motivating me to do my best, live life to the fullest was this murmur because I was so scared of not completing my life's mission and purpose that I gave it my all, but it also came at an emotional and draining price as I completely overworked myself. My goals were achieved from a place of fear. Fear of not making it and failing the reason why I am here on this planet. When I realized this, I realized that this was the core reason and hidden benefit that kept the heart murmur condition in place. When I addressed this fear and the hidden benefits, to my utmost surprise my body started to heal and shift and so did the murmur, not 100% however, who knows, I think a trip to the doctors' office might be in order. Now, from this, I learned that I can find healthier ways to achieve my goals and healthier ways to motivate me and I did. I reassess my entire life and

the way that I approached it. It was yet one more step onto a more empowered path that was filled with emotional freedom.

Now, having said that, let's look at the psychosomatic patterns for heart murmur if you have one:

You may feel that you have to be low maintenance to those who show you affection. Being too needy or asking for too much may cause you to feel rejected or abandoned. The amount of love you receive is dependent on how much love you give. As a result, you give as much love as you can.

Growing up, you felt belittled, often treated as though it was a privilege for you to be loved by influential people. This typically stems from a family where one parent had a loving nature and the other parent was abusive / distant or emotionally absent. It left you feeling confused as to what love and affection should be. The message and expression of love was scattered and inconsistent. Dissociation often follows when you do not understand or emotionally relate to the environment and expressed emotions.

Your mother felt neglected during her pregnancy. She still had to work hard while pregnant. Your mother may have suspected that her partner was being unfaithful to her while she was pregnant. She may have felt afraid of losing her partner and support.

Your mother may have felt that her family foundation was not strong and could crumble at any point. This may have affected you to a certain extent while you were in the womb.

You do not feel good about yourself; you spend a great deal of time on your appearance and invest in possessions with the intention of expressing your individuality. You do not feel valued and use material possessions to give you the value you deserve. You may search for fulfillment outside of yourself, often having your needs met on a financial and physical level, while the emotional aspect is empty.

Key Points

- What was your mother's emotional experience during the developmental stages of the fetus' heart, adrenals and nervous system development? Your mother may have felt unsupported, with little or no love in her life. She had to be strong and push through unpleasant and stressful circumstances in her environment during her pregnancy. She had to cope with the least in life, whether it was support, love, comfort or security. How did this affect you in utero?
- Do you know what your stress was and what your mother's stress was during the womb stages? Explore further possibilities.
- How did it make you feel to be a part of the stressful / neglected experiences that your mother had? Explore further possibilities.
- Did you feel neglected in life? If yes, how did that make you feel? Feeling neglected becomes a way of life and by now, you may have accepted this as the norm. How does this pattern benefit you? The answer could be that it keeps you safe from being hurt or disappointed.
- Explore the heart minds of the sperm and egg coming together. Explore conflict between the heart minds.
- Was your mother able to ask for support when she needed it? Was it available to her while you were a young infant?
- Did your mother feel betrayed while she was pregnant? If yes, explore how her stress, anger, fears or disappointment affected you during the womb stages.

Heart Overgrowth

Emotions

You felt overwhelmed by your mother's stress. There is a pattern of worrying too much about the welfare of others. This often stems from an ancestral pattern where a person felt overly responsible for others and concerned about the welfare of others.

You often feel confused or unclear as to whom you can and should trust in life. You may have a history of allowing people to manipulate your integrity. You have bottled up emotions as you have a fear of expressing your emotions and desires as you will be seen as mentally and emotionally weak. You want to appear strong for the sake of others and to avoid potential humiliation. You dissociate from your emotions and this pattern has now physically caught up with you.

Your mother experienced a great deal of stress while she was pregnant. Explore what caused the stress. How did her relationships and circumstances make her feel? Did she have high blood pressure? The baby (you) felt calm, however this state was disrupted by your mother's anxiety. You were not able to mentally and physically keep up with the increased blood pressure and heart palpitations that affected your circulatory system.

Key Points

- You find it challenging to let go of deep grief. This is often the case if your mother experienced a great deal of grief, stress and feeling out of control while you were in utero, especially if it occurred while the heart was developing.
- If the client is a child then explore both parents' past trauma and patterns related to losing a loved one or feeling responsible for others.
- Feeling overwhelmed by someone or a situation. How does that make you feel?
- Not loving yourself enough. You feel as though you can only receive love from others. You have stopped loving yourself and are unable to show love to others. This can stem from a co-dependent relationship. The only way you can set clear boundaries is if you withdraw emotionally.
- You feel out of control with your emotions. Why? Who or what made you feel this way?
- Explore the heart mind of the sperm and egg coming together.

Heart Palpitations

Emotions

You do not feel at peace with yourself or the world around you. You seem to be stuck between two instincts, running and feeling frozen.

You often expect the worst, which stems from a parent who used drama to instill fear and manipulate by means of guilt and shame. Your adrenals are often exhausted and react to any given situation that feels remotely threatening by preparing the body to defend itself.

You could have experienced a great deal of anxiety while in utero. You may have felt your mother's anxiety and stress after birth, the first time she held you. You formed a bond with her while she was in an anxious and exhausted state. You may have mimicked your mother's physical and emotional behavior during stressful circumstances, especially after birth.

Your mother's stress levels may have been high during her pregnancy, programming the fetus to always be on alert and aware of what is going on in the environment. The heart beats fast to prepare the body to defend itself from a possible threat, even though the threat never reveals itself. This could be related to abuse or stressful circumstances during childhood.

Giving and showing love caused you to feel like you were losing a part of yourself. It's

easier to love others outside of the family. This is because if you walk away, it will be less painful to lose them, as there is not a strong attachment. You had a love-hate relationship with your parents and /or caretaker, leaving you distrustful and unable to love. Love = hostility.

Key Points:

- When did the palpitations start? Did you experience abuse during childhood? Did something happen that threatened your survival? Explore further possibilities.
- Ancestral trauma related to wars, slavery or circumstances that were a threat to your survival, this could also include domestic abuse or violence.
- Trauma related to expressing one's boundaries. Why? What happened when you expressed boundaries in the past?
- Trauma and pattern related to giving in to other's demands and feeling resentful as a result. How does it make you feel?
- Trauma related to feeling stuck and controlled by circumstances or by someone (loss of freedom). How did that make you feel? Did you have a natural birth? If yes, then explore this.
- Explore points of panic, stress, anxiety, pressure on the heart etc. See the Birth section.
- You may have experienced a situation where you felt out of place and unsure of where you belong. How did that make you feel? Explore your position in the family—did you feel respected or loved etc.?
- What is the unseen danger that you are so scared of? What happened to make you feel this way?
- What would happen if the unknown danger caught up with you? How would that make you feel?
- Ancestral trauma related to running away from danger.
- What was the environment like when your heart started beating for the first time?
- Did a caretaker pick you up during a moment of stress or trauma while the caretaker was also stressed and anxious? If yes, then explore this and the association that you may have made with the person that offered you comfort.
- Explore your personal boundaries. Your ability to say "no," feeling worthy of saying "no." Do you understand what the boundaries are and what it should be? If no, then explore this. Who punished you when you said "no" as a child or if you expressed a boundary? Explore further possibilities.
- Explore the heart minds of the sperm and egg coming together.

Leaking Heart Valve

Emotions

You feel obligated to give love while expecting very little in return. When you do find the love you have been working and searching for, you are not allowed to embrace and accept it. This is as a result of your low self-esteem. You may have been made to feel guilty in the past for seeking attention, without earning it first. You often lack the stability of a healthy functioning family and feel that no one is reliable enough. You've experienced disappointment in the past as people failed you. Therefore, people cannot be trusted and relied upon. You carry too many burdens and do not feel able to delegate. You are hard on yourself when you make a mistake, leaving little room for forgiveness. You often fail to say "no" when you should, leaving you feeling bitter, resentful and used.

Key Points

- You are giving too much of yourself. You feel resentful when others do not support you yet you are the one who rejected the support. How does it benefit you to do everything on your own?
- Trauma related to a parent leaving the house (abandoning the family). Ancestral trauma related to losing a loved one or the breadwinner in the family. Explore further possibilities.
- Your mother may have lost her partner or he left her during the pregnancy. Explore further possibilities.
- You have inner conflict that expresses itself as anger whenever you feel overwhelmed. What do you feel angry about?
- Why is it unsafe to be loved by others? Are you aware of ancestral abuse within a family? If yes, then explore this.
- What was your relationship like with your mother / father or siblings? If it was traumatic (stressful or controlling) then explore this further.
- How does it keep you safe to keep yourself small in society?
- You feel pushed around by people and authority figures. Who made you feel this way?
- Explore your personal boundaries. Your ability to say “no,” feeling worthy of saying “no.” Do you have a clear idea of what your boundaries are and what they should be? If no, then explore this. Who punished you when you said “no” as a child or if you expressed a personal boundary? How did that make you feel? Explore the egg before fertilization.
- Explore the heart minds of the sperm and egg coming together.

Multi Valve Heart Defect

Emotions

You have given too much of yourself and are now depleted. You may not have been able to practice clear boundaries as a child. You were taught to serve, protect, support and help others; often putting your own needs as last priority. You feel unsupported and unable to move forward with life due to a fear of failure. The reserved energy has been used to support everyone else’s emotional or material needs.

You feel conflicted about giving and receiving love, as this has always been bad news for you. You may feel guilty as you didn’t love and support your nearest and dearest. This conflict and stubbornness is often the result of a tightly controlled childhood where you never knew what the mood in the house was going to be. No matter what you did, there was some sort of punishment awaiting you. There was a lack of acknowledgement and praise for any good deeds and achievements. The ability to give and receive love was not welcomed. Your highly stressed family didn’t have time for people who were too emotional.

You have learned how to rely on your own strengths for support, love and comfort. You have closed off all doors that would allow others to become a part of your life. You have deep-seated sorrow and grief as a result of your unmet needs. Your mother may have experienced similar issues before or during her pregnancy.

Key Points

- How does it keep you safe to keep your own counsel? What happened that made you feel this way?
- Explore childhood trauma related to your relationship with your parents. Did your parents separate or fight a lot? How did your parents’ conflict with each other affect your childhood?

- Ancestral trauma related to a person feeling torn between two partners. Explore further possibilities.
- Your mother may have felt torn between two partners. She may regret her choice of partner and long to be with someone else. Explore further possibilities.
- Explore the heart minds of the sperm and egg coming together.
- Trauma related to feeling rejected. Explore the hostile behavior in the family and how it affected you.
- What would happen if you let love in? How would that make you feel?
- There may have been no trust in your life. Why? Who and what circumstances made you feel this way?
- Trauma related to feeling worthless and not worthy of love. Why? Who made you feel this way? Did your mother feel this way while she was pregnant?
- How does holding on to your loneliness and emptiness keep you safe? The answer could be that it stops others from harming you. Emptiness is better than love, because emptiness can't hurt. Emptiness feels familiar and safe. Explore this further.
- When you feel loved, you also feel controlled and disempowered. This is as a result of a negative association you have made with love. Abuse, rejection or abandonment met your need for love.
- Trauma related to being punished for being too greedy and emotionally needy. Explore also during ancestry.

Heart Burn

See Acid Reflux, Nausea, Reflux, Rumination Syndrome

Emotions

You feel that you are always on the run and it is unsafe to be still. You feel overwhelmed by your upbringing, where negative and positive experiences always took place simultaneously.

This only added to the pile of stress. You were taught to live and cope with a lack of love and support, as you would be punished if you asked for more than you were given. You were often made to feel guilty or ashamed whenever you expressed your needs.

Influential people communicated to you in a way that was stressful and made you want to escape. You live your life overcompensating for the lack of love in your life and to fill a void within. You often feel as though you do not deserve love and abundance.

Lack of nurturing during early infancy stages often plays a big role. You may have had breast milk one day and then a different supplement to drink the next day. Your diet and the nutritional value were inconsistent after birth.

Key Points

- Lack of acknowledgement and healthy validation. How did this make you feel?
- Can you easily express your needs? If no, explore this.
- Trauma of feeling unable to cope with reality due to a lack of emotional coping “tools.” How does this make you feel? Explore this further.
- Where does your guilt stem from? The same pattern you mention will be present in either or both parents. Explore further possibilities.
- You overwork yourself as you were taught to work hard for what you want. What would happen if you set aside more time for yourself? Usually you feel safe working hard as it's a way of distracting yourself from your own inner conflict and past trauma.

- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process. Explore pressure that was placed on your diaphragm when you were pushed through the birth canal.
- Communication. The egg became separated from the other eggs during ovulation. How did that feel?
- You are searching for a disruption in communication with other eggs, separation, and journey by itself, uncertainty and lack of direction. Explore trauma related to communicating with people, as well as the way you were communicated to.
- You feel stuck in a situation and unsafe to move away from it. Why? What would happen if you did? Explore this.

Heat Stroke

See Cramps, Edema, Fever, Headache, Rashes

Emotions

You are pushing yourself too hard in an effort to show your determination to be successful in life. You have learned that the more you do for others, the more you are noticed, praised or loved. Because you take on so much, you often get yourself into circumstances where you need help. You are trying to care for too many people without considering the consequences. You were pushed to work hard as a child and had to do things that did not resonate with you. You were often on the receiving end of insults and were treated as the scapegoat in the family, often attacked by loved ones.

Key Points

- Who always blamed you during childhood for problems in the family? Who is repeating this action now in your present life? How does that make you feel?
- How does your stubbornness keep you safe? What would happen if you let go of being stubborn?
- Feeling overwhelmed by dominant people and unable to escape. If this is the case for you, how does it make you feel?
- You were silenced as a child and your wisdom and insight was never validated. How did this make you feel?
- Explore recent anger or suppressed anger and resentment. Who are you angry with? Why?
- How does the anger and resentment keep you safe? The answer could be that it keeps you safe from getting hurt. This is a head mind answer, explore emotions that can be described in one word, otherwise you might get lost in the story of your trauma.
- Self-sabotage. By feeling ill, what can you avoid in life that you couldn't before the heat stroke? Explore further possibilities.

Heel / Heel Spurs

See Achilles Tendon Rupture, Bone Problems, Foot Problems, Inflammation, Pain, Plantar Fasciitis

Emotions

You are digging in your heels and have had enough of a recurring situation. This situation has moved from upsetting to causing irritation.

You have the willingness to break your stubborn patterns however; you cling to it as it

brings you a measure of safety. Your stubbornness has served you well and you have no intention of changing it. You may have learned to fight and fend for yourself and take pride in that. Your stubbornness and refusal to give in to others demands has helped you to move away from challenging circumstances. Like all bad habits and patterns, this takes a toll after a while and begins to surface physically.

You are good at receiving support but need to control the support you receive—your way is the safe way.

You test your strength by becoming involved in circumstances that will challenge your inner strength and endurance. You do this to prove to yourself that you can overcome and survive challenging times and obstacles.

Your childhood may have left you feeling out of control as a result of misunderstandings, abuse or lack of guidance and support. You have learned to cope on your own. Your biggest weakness can be an unwillingness to let go of the past and how it made you feel. You are determined to move forward in life but are often held back by your baggage.

Key Points

- You may have lost someone in your life and are not comfortable grieving or processing these emotions, fearing it will weaken you. Explore also during ancestry.
- Stubbornness kept you safe and has become a way of life. What would happen to you if your stubbornness were taken away from you? Explore the answers to this further.
- What was your relationship like with your parents? When did you start resisting people and changes in your life? What made you feel unsafe? Explore further possibilities.
- You feel that bad luck is on your side. You become stuck feeling like a victim of circumstance, due to a disempowering childhood. You are now overcompensating for the emotions that you weren't able to experience as a child. Explore this further. Explore feeling like a victim during conception stages and womb stages. Explore in the ancestral line.
- Trauma related to being abused or pushed too hard in circumstances you didn't want to be in. Who made you feel this way? What did you need emotionally when you felt dominated and pushed forward? Explore further possibilities.
- Trauma related to rejection when you didn't adhere to your parents' demands. You use your stubbornness to stand strong in the face of an authority figure. What is the benefit of this? How did following instructions make you feel in the past? Explore further possibilities.
- Feeling disgusted with yourself. Lack of self-acceptance ("No one accepted me so how can I accept myself?"). Who made you feel this way? Did either of your parents feel this way? Explore further possibilities.

Hemochromatosis

See Hormone Problems

Emotions

This is a genetic disease so you are almost certainly looking at family history and patterns. Scientific research suggests this condition is extremely widespread because it offered, at certain times, survival benefits or a competitive advantage. For example, during times of famine, when there was a lack of iron in the diet, people who retained too much iron would be more likely to survive and reproduce. The "success" of hemochromatosis is associated with strength and survival during times of hardship and adversity (especially nutritional challenges).

Apply this knowledge to your more recent family history by looking at challenges,

especially nutritional challenges. Did they have enough to eat during a war in the last century, or was there a famine? These ancestral traumas must be cleared.

In your life, look for patterns that relate to a competitive advantage or an ability to find strength in situations when you otherwise might have felt out of control. You may have been confronted with circumstances that caused you to need to be strong for yourself, as influential people were out of control. You needed to turn to others for support, yet these people were emotionally unavailable. This caused you to feel scared, uncertain of your own emotional survival and unprotected, with no safe haven. You would have compensated for this by building up your internal resources (strength, i.e. iron) to survive.

You may feel abandoned by loved ones. Your strengths and talents may not have been supported in a positive and encouraging way, leaving you unfulfilled and always in search of more love. Love from one person is not enough, as your love cup is always half empty. You may feel that the love you give is worth nothing, as those you love often reject it.

You are trying to be strong regardless of the rejection, abandonment or neglect you are facing. There is a deep fear of being left behind. Therefore, you refuse to give in to your challenging circumstances. This is often as a result of not being able to escape or change those situations.

Key Points

- Who or what was burdening you when the condition started? Where in your life did you feel out of control and overwhelmed?
- Trauma related to feeling unprotected. When did you feel this way? How did being unprotected make you feel? Explore further possibilities.
- Do you consume alcohol or use medication that might worsen this condition? If yes, explore why you are turning to alcohol. What does the alcohol give you that you cannot access?
- Being in harsh or traumatic circumstances may have caused you to become emotionally hard. You may live your life from a place of anger, disempowerment or resentment. How do these emotions serve you? What would happen if your anger were taken away from you? Explore further possibilities.
- Did your mother suffer from high blood pressure while she was pregnant? If yes, explore how this affected the fetal developmental stages and hormones.
- You feel and fear rejection when you demonstrate love. By whom? Are you still attracting similar patterns in your relationships or friendships? How does this make you feel? Explore further possibilities.
- Trauma related to abandonment – feel abandoned by the people you loved. Explore ancestral trauma related to this. Did your mother have a fear of being abandoned while she was pregnant? If yes, then know that the conflict is not yours anymore; it's your mother's.
- Explore womb stages. Did your mother feel a need to protect or always defend herself against dominant figures or outside influences while she was pregnant? How did her relationship with her partner or environment affect the fetal development? Explore further possibilities.
- Fear of being left behind. By whom? Explore how this made you feel. Explore in ancestry.
- There is never enough love. Who made you feel this way? Explore further possibilities.
- Explore conception stages. How did your parents feel? Where they exhausted, feeling rushed or overwhelmed etc.?
- Their ancestors may have consumed large amounts of protein along with feeling angry and controlled by outside forces (authority for example). Fridges did not exist many generations

ago, as a result ancestors had to eat as much as they could when they had access to protein. Explore further possibilities.

Hemorrhages

See Alcoholism, Anxiety, Bleeding, Depression, Diabetes, Hysteria

Emotions

Your circumstances left you stuck in a state of fear. You can't seem to find your place within the family and social life. You may feel that your fragile foundation (everything that your life has been built on) is beginning to cave in.

You may feel controlled by an influential person and feel that you cannot break free from this person's controlling grip. You know this individual has a great deal of power over your life, causing you to feel intense anger and rage over the lack of control.

Your situation has altered the intended path of your life. You feel pulled in two directions at once, causing you a lot of stress. You feel unable to mark your territory and reclaim your individuality within a family. Your identity feels challenged by an influential person who disputed your importance and position in the family.

You have never felt in control of your life and your circumstances have been very taxing on your health and wellbeing. The body is on strike, as it does not have enough "storage space" for the all trauma and devastation that you have held on to. You are mentally fighting against an intellectually headstrong individual or group of people. You feel as though it's your journey to suffer.

You may have been exposed to emotional or physical abuse over a long period of time. You are running out of resources and energy to emotionally keep up with the journey. You often feel stuck in your circumstances and there is no way out. Your emotional outbursts are not gratifying enough and you are desperately searching for alternative options to overcome emotional blocks. This often stems from a childhood where you felt "thrown" from one place to another, unable to establish a territory / safe haven. Your anger is evident when you communicate. Your anger has bundled up and comes to the surface in explosive fits. The more anger you experience, the safer and more confident you feel to say what needs to be said.

You have learned how to feel safe within your destructive patterns and environment, causing you to stay in unhealthy circumstances. You feel familiar with these circumstances; you know how to emotionally and mentally survive within the chaos. As a result, you sabotage the progress.

You often unconsciously recreate similar issues that caused you great stress in the past. This causes you to become stuck in unhealthy circumstances with no exit strategy. You end-up feeling controlled and trapped. You find yourself back to square one, where you feel disempowered and unable to reclaim your identity and personal power. You have learned how to feel comfortable feeling uncomfortable. Abuse, hardship, trauma, suffering or an emotional loss has become all too familiar; it has become a way of life.

You often have unfounded fears, which never take place but instead, take an emotional and physical toll on you. You may also have depleted adrenals and suffer from fatigue. You often feel out of control and on the brink of giving up. You feel that your life is joyless, harsh and ruthless. You may need to drastically change your lifestyle and personal boundaries in order that you can experience newfound freedom. You need to create new opportunities and make new decisions that would empower, validate and fulfill your emotional needs.

Key Points

Note to practitioners: They have not resolved their traumatic experiences in life. Do not regress the client to the actual trauma or try to trigger the trauma again.

- What is your biggest trauma? Explore the emotions that come up and find similar traumas or emotions in the Key Developmental Events (KDE).
- Feeling like a victim of circumstance. What made you feel that you could never get away from the trauma or circumstances? Feeling a sense of obligation and responsibility or having a fear of abandonment or fear of loneliness is often the answer here, however keep exploring.
- Feeling as if though there is no way out. Explore the birth and trauma where you felt victimized by circumstances.
- What person or circumstance are you scared of? Who or what do you feel has dominated, controlled or disempowered you? Explore further possibilities.
- Who or what has left you feeling so angry and resentful? How did that make you feel?
- What happens when you try to communicate your needs? Explore the associations you made with communication. Is this a pattern that is evident in your immediate family as well?
- Feeling unable to reclaim your individuality, identity or personal power. Who challenged your individuality, identity or personal power? How did that make you feel? Explore further possibilities.
- Trauma related to suppression. How did suppressing yourself keep you safe? Did your mother feel the same way while she was pregnant? If yes, how did her state of mind affect you in utero? Explore trauma and associations.
- Feeling a strong need to push people away. Why? What is the benefit of pushing people away?
- What happened? Did your mother feel this way when she was pregnant? Explore further possibilities.
- What pattern or habit has been driving you to the brink of emotional and mental exhaustion? When did it start? How does it make you feel? Explore where possible paranoia or fear came from and explore trauma. These are often issues that you have with your immediate environment, family or influential people such as your mother, father or partner.
- It is important that the emotional shock (as a result past traumatic experiences and womb trauma) is addressed without being re-traumatized. Explore further possibilities.
- You learned to suppress your pain and trauma. Does suppressing your emotions and trauma keep you safe? If yes, what would happen if you stopped suppressing your emotions? Explore this further.
- You often take pride in the ability to endure hardships; however, this takes a toll on you at some point. Explore further possibilities.
- Ancestral trauma related to being pressured by authority with no freedom of choice.

Hemorrhoids

See Anal Problems, Bleeding, Rectum Problems, Varicose Veins

Emotions

Your past has become such a part of your identity that you fear letting go of it, as part of you might die. “Who am I without my trauma, anxiety, anger, suffering or rejection?”

You may be fearful of what others might think of you. You have a lot of self-doubt and

trauma related to your failure to express yourself. You feel a great deal of shame related to your sexuality. You may have been humiliated as a result of your sexuality and the way in which you express yourself.

You feel very controlled in everything that you do. You desperately want to escape your circumstances. As a result of being manipulated and controlled, you feel you have no bright future to look forward to.

You may fear that you will be punished or attacked if you move away from family values and beliefs. However, the beliefs and values of influential people are not serving you anymore. You want to move away from an unhealthy circumstance or relationships with influential people (often a mother or father) but your fear of being attacked, rejected or losing your identity is holding you back. Your identity and self-worth are tied up with loyalty to family. You are resentful and angry as a result of feeling stuck in these circumstances. You seem to revert to a self-punishing cycle. You feel safer punishing yourself (by way of sabotaging your success) rather than being punished by someone else.

You may have been manipulated into feeling responsible for other's stress and strain. You feel burdened and overwhelmed while trying to compensate for feeling worthless and in the way.

You may have experienced abuse, which made you feel unsafe, scared or shocked. The trauma related to this has not been resolved. You fear letting go of the trauma as it may attract new abusive circumstances. You feel a great deal of resentment as a result of the situation you are in and opportunities you have missed due to your circumstances.

One parent may have been abusive during your childhood while the other parent was submissive. You often felt stuck or trapped between them, creating a lot of inner conflict. You may not have been able to express how you felt, as both parents were emotionally absent.

Your mother may have experienced a challenging relationship with your father. The stress that stemmed from her relationship with him may have been projected onto you. This caused you to feel that you were not welcome in the family. You feel responsible for all of the conflict within the family. You feel challenged and threatened by the stress and tension that is between your parents, unable to find your place of safety and stability.

Influential people may have emotionally and mentally suppressed you throughout your life. You may not have been allowed to express yourself. If you did, there were consequences. Not being able to speak up has left you with a great deal of anger. You often recycle old emotions, relieving them and unconsciously recreating stressful circumstances.

You hold on to injustices from the past. You are always waiting for the right moment to speak your truth, yet that moment never arrives. You may feel internal pressure as a result of a role change / transition you are going through. The transition may have triggered old traumas related to feeling controlled / shocked and under pressure in circumstances. You feel a lack of respect from others within your territory. What you do is not valued and supported by a partner / parent(s).

You may have been made to feel shame, or disgust when you relieved yourself while visiting the restroom. You may have made a negative association with a natural process.

Key Points

- When did this condition start? How did you feel at that time? What was happening in your life? What emotional issue(s) have been building up in your life, causing a great deal of emotional stress and discomfort? Explore further possibilities.
- Who threatened you during childhood that left you feeling scared and afraid to express yourself? How did that make you feel? Explore further possibilities.

- Feeling unable to reclaim your individuality, identity or personal power. Who challenged your individuality, identity or personal power? How did that make you feel? Explore further possibilities.
- You want to rid yourself of your trauma, yet fear what you will be without your trauma. Explore the difference between your identity and the past trauma. What is the benefit of holding onto it?
- Nothing was consistent in your childhood, you never knew what to expect. This caused a great deal of stress. You have a wobbly emotional foundation or platform to stand on. Trauma related to feeling unstable, unbalanced, scared, afraid or fearful of unpredictable situations. Explore the womb stages and also any ancestral trauma for abuse.
- Letting go is dangerous. Why? What would happen? Explore further possibilities.
- You only feel confident communicating yourself when you feel angry. You have associated communication with anger, which places a lot of physical strain and stress on the intestines and the cleaning out process of the colon. Explore the need to use anger in order to effectively communicate. What is the benefit of using anger and resentment to be heard?
- Feeling pushed and manipulated into feeling responsible for others and obligated to carry burdens as a form of self-punishment. Trauma of feeling overwhelmed and failing. How does feeling overwhelmed and failing make you feel? Who in your life made you feel like this? Explore your relationship with this person, trauma or unhealthy patterns.
- Trauma related to feeling responsible for others. Do overwhelming responsibilities and anxiety distract you from other problems in life? If yes, explore the issues that you are trying to avoid.
- Lack of trust. Who and why? How did that make you feel? Explore feelings of loneliness, emptiness, betrayal or feeling unsupported. Did your mother also feel this way while she was pregnant? Explore trauma and associations.
- Happy people were squashed and punished in the family. There was no time for fun as everything was serious, tense, life or death or very dramatic. How did this make you feel? Explore further possibilities.
- How do you feel when you have to relieve yourself? What emotions start to surface? There seems to be a feeling of urgency, fear, feeling ashamed or scared to move away from what you know (such as abuse, destruction, sadness and unhappy circumstances). Who made you feel ashamed and dirty when you relieved yourself?
- Trauma related to feeling trapped and unable to escape the stressful circumstances. How does being trapped make you feel? This is accompanied by feeling unable to establish your identity and value within the family. Explore further possibilities.
- Feeling unable and unsafe to express boundaries. How does that make you feel? Explore trauma related to saying “no.” Explore this on an ancestral level.
- What is the benefit of controlling and not expressing your true emotions? At what point in your life did this pattern keep you safe?

Hepatitis

See Alcoholism, Blood Problems, Jaundice, Liver Problems, Virus

Emotions

You feel unworthy, ashamed, guilty or disgusting. You were made to feel less than worthy by those who needed to make you feel safe and protected.

You often hold onto old unresolved anger from the past. You feel abused, manipulated or humiliated by loved ones. You felt abandoned, rejected or thrown away whenever you

expressed boundaries within relationships and towards influential people. You deeply need to be loved, protected, nurtured and comforted. You often rely on others to make yourself feel safe and valued, as you cannot do this on your own.

You are angry and fed-up, tired of having your success sabotaged. You may feel that you are not allowed to change the things that need to be changed. This may stem from a controlling family that would not allow you to venture too far outside of the family's morals and values. Now you feel like rebelling against everything that has been shoved down your throat.

You may be experiencing high strung anxiety. You feel like a failure regardless of your success. You may feel as though you're not allowed to be better than others, causing you to push yourself to be more successful than others in your family. You often rebel against everything that you have been taught, refusing to back down when asked to compromise any values and opinions.

You feel that everyone can see your weaknesses. As a result, you overcompensate in every area of your life, in order to make up for unfixable flaws. You seem to have unconsciously challenged the insecurities of others (not always intentional) thus possibly attracting personal attacks and rejection (either verbal or physical) from others.

You have made an association that love and attention is toxic or poisonous. You want love, however it is accompanied with a toxic price, such as abuse or too many challenges.

You feel a great deal of anger toward those who attempted to suppress and control you. You have suppressed your good qualities in an effort to become accepted. You feel rejected when you are being true to yourself and as a result feel, "It is not safe to be myself."

Key Points

- Are you aware of the time of infection, explore issues related that time. How did you feel? Which pressing issue in your life had become too stressful to handle? What were your personal relationships like?
- Trauma related to lack of support from a partner. Explore further possibilities.
- Someone you loved has turned on you. Who? How did that make you feel?
- Sabotaged your success. Are you or others sabotaging it? If you sabotaged it then explore why?
- What do you fear? If it's others, then why do you allow it? Explore this issue.
- Sabotaging your love life, relationships, health or career. This is often the result of a self-punishment pattern. This stems from a childhood where guilt and shame was used to control. You feel shame and guilt when you move outside of the family values.
- What do you feel unworthy of in your life? Why? Who made you feel this way? How does this make you feel? Explore further possibilities.
- If this condition was triggered as a result of alcohol abuse then ask yourself, "What did the alcohol do for me that I could not find in my life without the alcohol?" Explore the relationships with your parents as well. Explore trauma related to alcoholism in the ancestral line.
- What was your mother's diet like while you were in utero? Did she abuse alcohol, medication or other substances that caused you to feel under attack? Explore further possibilities.
- Feeling attacked and angry, as you feel powerless to do anything about it. Explore during conception and fertilization. Did your mother love your father? Was there mistrust, abuse, anger or violation present during the conception? How did the egg feel when all the sperm rushed toward it?

- Alcohol abuse in the ancestry. You may already have been overly sensitive to alcohol and certain environments as a result of your ancestry.

Hernia

See Constipation, Digestive Problems, Intestines, Muscle Problems, Navel Problems, Pain, Rupture, Stomach Problems

Emotions

You often push people away, as you feel challenged whenever you need to express a boundary. You don't have to express clear boundaries when people are not around. You feel a great deal of stress and fear of rejection, when confronted with circumstances that would require you to express your needs. This may cause you to feel safer when pushing others away. In this way, you avoid being abandoned, rejected or manipulated by influential people.

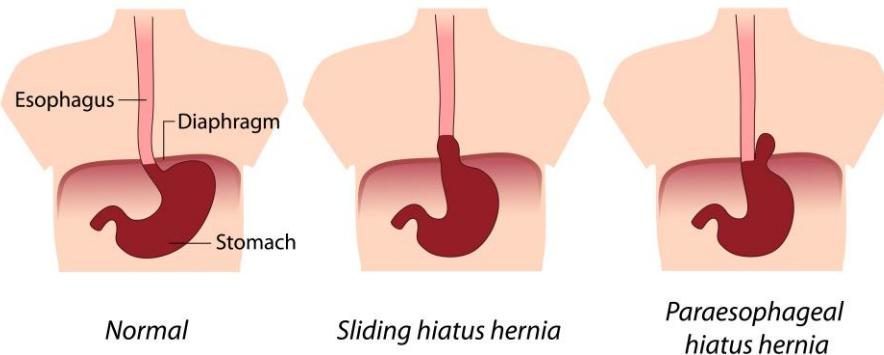
Love is not a safe topic for you because it seems to make you feel inadequate. This is especially true when push comes to shove and you have to show it, receive it, feel it or express it. You have made a negative association with love and as a result, you often push people away that are searching for love and acceptance from you. You may have been pushed away by your parents. You seem to feel that the love that was shown and expressed to you was done with a great deal of effort and possibly even resentment. Your fear of love caused a big block in the heart mind, causing even more emotional stress. This left you feeling deprived, lonely or excluded from the family, especially by your mother. She may have been absent, hostile or emotionally unavailable for you.

You seem to have come from a family where everyone's fears, concerns and tension bounced from one to the other. This affected everyone in the family and triggered everyone's deep-seated fear of showing and expressing their love. You may have been the scapegoat for anything that went wrong.

Influential people left you feeling distorted, angry, disempowered or resentful. You were given the impression that no matter what you did, you couldn't change the situation or how people felt about you. Your experience with love, affection or attention was stressful and disempowering. This caused you to become very rigid, angry and frustrated, as a way of emotionally protecting yourself from further disappointment. In your experience, love sent your way should be kept at arms length, as it may challenge your power, independence or identity.

You do not want to be controlled by influential people anymore. You have made unhealthy associations with love and being cared for.

Hiatus Hernia



Umbilical Hernia

Your arrival into this world may have been met by abrupt, disrespectful or unexpected responses from people. Lack of acceptance and support caused you to feel greatly challenged by your environment.

You felt a great deal of rejection from your mother from an early age, as a result of possible postnatal depression.

Influential people were emotionally absent from your life. Your emotional needs have been met by behavior that was hostile and stressful, therefore, avoiding love and nurturing is a safer option. The downside is that you feel lonely, empty or unsupported. You feel challenged whenever you need to communicate your differences due to your eagerness to please others and avoid being rejected.

Key Points

- When did the hernia start? What was happening in your life at the time? Were circumstances in your present life triggering unresolved issues you had with an influential person in childhood? Explore further possibilities.
- Hernia often forms when a person suffered from a great deal of rejection. Love was shown to you in a way that made you feel uncomfortable and stressed. You felt a need to escape the love that was shown to you. Who made you feel this way? This could also be an ancestral trauma.
- Whom do you feel guilty towards? Why? Explore how holding on to the guilt serves you. Do you feel you deserve to be punished by holding on to guilt? Explore more possibilities.
- What do you still need to express to your mother, yet feel challenged to do so?
- Feel challenged when you have to express a boundary, as you have a fear of being rejected, criticized, punished or abandoned. What happened in the past when you said “no?” How did that make you feel? Explore fear and trauma related to this.
- Explore trauma related to feeling manipulated by influential people, such as feeling manipulated to do things you didn’t want to do. You may also have accepted blame for something that you did not do and feel resentful as a result.
- Feeling rejected by those that should love you. Love has been very conditional, causing you to push it away. Who made you feel this way? How did being rejected make you feel? Explore further possibilities.

- You have a tendency to punish yourself. Who punished you a lot during childhood? Why? How did that make you feel? You may have been punished as a result of your parents needing to blow off steam and you were the target. Explore further possibilities.
- You don't trust in your own abilities as you may have been insulted, challenged or suppressed. Explore further possibilities.
- You feel unsafe and your survival instinct is overcompensating as a result. You feel that everything is life or death, intense and threatening. Explore further possibilities. It is also important to explore how your mother and father were feeling when they conceived you. What instinct can you feel in your gut? Explore how this instinct affects the quality of your life and your behavior.
- What abusive reaction from an influential person caused you to become rigid, stubborn, often pushing others away? Explore further possibilities.
- What association did you make with love, affection or physical contact? Explore further possibilities.
- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.

Herpes

See Spinal Cord, Virus

Emotions

You may not have felt valued, acknowledged or appreciated during childhood. You did not feel welcome in your own space and often felt like you were a nuisance. You are not comfortable in your own skin or in your relationships. Those feelings continue now and you feel misunderstood by your parents and those whose opinions you value. You may have a hostile relationship with your mother, as a result of misplaced trust.

You may have learned to love your family out of fear. These were your only sources of love and you feared them. Your anger is a direct result of feeling powerless. You create arguments and confrontations with an unconscious intention of releasing suppressed fear, anger or resentment. You also recreate arguments that took place in your childhood that you have not processed or resolved. You often feel stuck and stagnant in your personal relationships. There is a communication barrier and it sabotages your ability to express your self-worth.

You find it hard to just enjoy life as you are always on guard for a verbal attack. You have made an association that being happy and content can make you vulnerable to attack. You are always on guard and ready to defend your position. This may be the result of a childhood pattern where stress was high, due to influences from siblings or outside stimuli. There was not enough time to be happy. Showing a positive emotion might attract confrontation, as there may have been an unspoken rule that silence is required during tense moments. You are irritated by your environment and relationships. You feel that the world is against you and there is no safe haven.

You may have been made to feel guilty about your sexuality. You may feel ashamed about the purpose and function of your genitals. You seem to feel that no one wants you, so when someone does, you just accept. The intention is to receive love, nurturing and validation by whatever means possible. You may be going through a phase where your self-esteem is challenged and you accept what you can get from others.

Key Points

- What do you feel guilty about?

- Low self-worth. You may feel that you do not deserve any better than what you already have. Low sexual self-worth. You take what you can get. Who made you feel ashamed of your genitals and sexuality? Explore further possibilities.
- Explore possibilities of sexual abuse in the ancestry line and explore using the fertilization stages. You have an inherited disgust toward your genitalia. You feel guilty for being female / male. You have been made to feel ashamed of your sexuality and how you express it. Explore further possibilities.
- What do you regret in your life (except for contracting the virus)?
- You seem to feel that when you say “no” it will automatically attract a fight, abandonment or ridicule. How does that make you feel? Explore the associations you’ve made when setting boundaries. Is this a pattern that either parent also has / had? Herpes is often a result of trauma related to worthlessness, feeling pathetic and being made to feel ashamed, insignificant or devalued—especially if you are in the company of the opposite sex. This may be a direct result of how the parent of the opposite sex treated you during childhood.
- Your family may have been emotionally absent, leaving you with the feeling that you only got the last bit of energy that your parent had left, after dealing with everything else. How did this make you feel? Explore further possibilities.
- Did you have an older sibling who challenged your self-worth and confidence? Explore further.

Hip Problems

See Arthritis, Bone Problems, Cancer, Cramps, Inflammation, Pelvic Problems

Emotions

You walk with anger and live with great frustration. You are suppressing a childhood trauma in which you had to watch every step and action. You fear making decisions, as you do not know what the consequences will be or how influential people will respond.

You do not trust your own judgment. You seem to feel in opposition with the people you want to reach out to for love and support.

The most common pattern related to a hip problem is invasion trauma. It could either be related to emotional or physical issues. You may feel ashamed and are fighting to be respected in a controlling, suppressed or dominating environment. You are disappointed in your parents or caregivers for not meeting your needs in a way that made you feel valuable. You feel resentful for being part of a family where love was not easily shown. You may have been made to feel obligated to support others regardless of what your needs were at the time.

You may be rigid and resistant to opening yourself up in a sexual way toward your partner, which may be a result of past sexual experiences that were negative. You may feel a great deal of sexual guilt and shame or have been betrayed by a loved one (or could be an ancestral trauma).

You felt attacked by people you trusted. Because your boundaries were not respected, you draw your personal power from your anger. People only seem to hear you when you’re angry.

Hip problems often stem from a difficult, hostile or even abusive relationship with a male figure, often a father figure or male sibling. It is often said, that if the mother of the house is happy, the whole house is happy. In my opinion, if the father is unhappy (if he is the dominant authority figure and primary provider) then it disrupts the whole household and everyone is affected. It influences the mother, which inevitably influences the children. It creates imbalance and throws everything in the family upside down.

Did you have a medical trauma that involved revealing or exposing your genitals? This

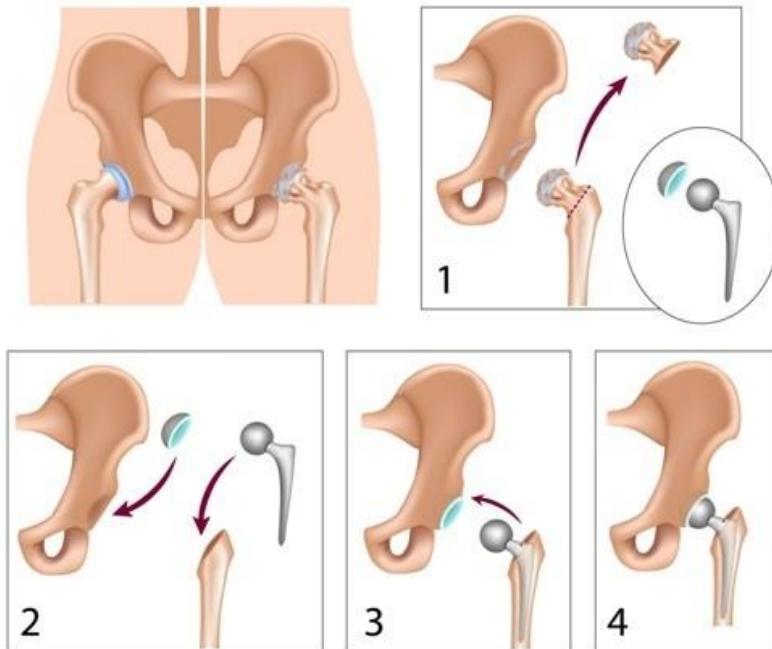
might include a trip to the gynecologist or any surgery (for man or woman) where a catheter was inserted. These procedures may have left you feeling invaded, violated or out of control. The procedure may have triggered deep ancestral abuse such as molestation, rape or incest. It depends on how you experienced trauma and how you felt during certain procedures or circumstances. It might seem like a minor incident because it was a medical procedure. However, this could escalate into much bigger psychological problems, especially if there is a great deal of sexual abuse in the family and ancestry. You may currently be or once have been in a relationship where you felt sexually inadequate, violated or taken advantage of.

Hip Replacement

Emotional consequences of past and current challenges have become too much to handle and process. You have come full circle with many obstacles in your life. Any kind of replacement in a person's body signifies a big turning point. This is a positive sign as it indicates you are moving on from how you used to feel about certain challenging issues in your life.

This is another transition for you; one that has many positive results for your mental, physical and spiritual growth and wellbeing. Even though this is a last resort, the final outcome is mostly positive. If you have long-term pain due to the surgery, explore why you feel angry. What pressing issue in your life have you not been able to process? How did you feel before the surgery? What in your life was unresolved?

Total Hip Replacement



Ischium

There seems to be a conflict between the fight instinct and the desire to run away. There is a part of you that needs to see things through and another part that simply wants to pack up and run away. You often feel that you don't have what it takes to do what you need to do to be successful within a relationship or career.

You may have grown up in a home filled with conflict, unable to escape a stressful environment. You often feel stuck and trapped in circumstances. It feels as if you have given your decision-making power away, but you have forgotten you have control over your decisions. You can change the game at any time. Even if someone makes a decision on your behalf, you have the power to accept or reject it. It's time to reclaim your personal power without using anger as a form of motivation to speak up.

Sacrum

Your mother may have felt obligated to support her partner regardless of how it made her feel. She may have felt that she had no choice and to ensure her security (financial, physical or emotional) she stayed loyal. This decision came with a price, as your mother may have moved away from her passion in life in order to support a partner or meet her family's needs. This may have taken place before and during her pregnancy with you. It begs the question, "What did your mother give up in order gain something or support a decision made by her partner / authority figure?" The key word is often "sacrifice."

You may not feel good enough in the eyes of your partner or father. You may feel that you had to abandon something important in order to make progress.

It's also related to not having the self-esteem to express your needs during a time of change, when vital decisions needed to be made.

This could also be related to an ancestral trauma such as rape or sexual abuse.

Key Points

- Explore ancestral trauma related to sexual abuse, violation, and invasion or feeling out of control or betraying a partner. Explore this during fertilization.
- Who or what situation made you feel guilty, ashamed or angry towards your sexual needs and sexuality? Did you betray a partner? Did your parents betray each other while you were in utero? Explore further possibilities.
- You seem to walk and move through life with anger, frustration or a sense of injustice.
- You harbor feelings of vengeance and resentment.
- Grieving for what could have been. Explore further possibilities.
- You were made to feel unwelcome and devalued in your family. Explore this.
- Having to defend yourself against a dominant influential person. Explore further possibilities.
- Explore fertilization stages and trauma related to invasion, lack of boundaries, feeling disempowered or attacked by dominant forces. How did this make you feel? Explore further possibilities.
- You have a fear of opening up to others. When you do emotionally open up, you project a subtle, hostile and angry façade with the intention of keeping yourself safe. It's as if you are gearing up for the possibility of an attack. It is important that all of your anger and suppressed grief is acknowledged, and then you can work it down to the core issues. You want to understand what is going on with your body and there is a suppressed, almost desperate need to reconnect to your body again. This begs the question, "What happened that caused you to disconnect in the first place?" Explore further possibilities.
- Your sincere efforts may have been met by abuse, feeling controlled or dominated by an influential person. This has greatly affected the way you approach life and the future. Explore further possibilities.
- You were aware of your mother's anxiety as she pushed down on her womb to settle down the baby's movements. This may have resulted in making you uncomfortable, controlled or trapped, with no option to move around freely. How did this make you feel?
- You might not have had enough space to move around in the womb area due to lack of space or just not moving enough and staying still for long periods of time. This may have caused different parts of the body to be stuck in a painful and uncomfortable position. This could have resulted in physical and soft tissue stress during adult life and even childhood. If you didn't have enough space to move around in the womb, how did it make you feel? The answer you find here could be the same issue that arises whenever you are experiencing the pain / problem (or when it started the first time). It's important to find the association that you made and how you felt. The answer you are searching for should not be a superficial answer. You are searching for a much deeper answer. Superficial answers are only secondary issues from the main core problem.
- Always explore the birth trauma and see the Birth section. Change and transition made you feel invaded, exposed or vulnerable. Explore further possibilities.
- Did your mother want a boy instead of a girl? Was she under a great deal of pressure to please her husband and family by delivering a boy? Explore further, this could also be related to ancestral trauma and pressure to conceive a boy. Your mother was desperate to be recognized by the family. Feeling unimportant.

- Could also be related to a fear of having a daughter molested by the family. It is safer to have a boy. Explore sexual abuse in immediate family and ancestry line.

Hives

See Allergies / Shellfish, Inflammation, Rashes, Skin Problems

Emotions

You feel irritated by your environment, family and relationships. You may have been made to feel painfully guilty for nothing. It could be that you've experienced intense fear and stress due an emotionally unpredictable, physically present but emotionally cold parent or family member.

The tension between your mother and father was / is stressful for you. You often feel challenged by your family's behavior toward you.

The bond with your mother may have been hostile. The way in which she met your emotional needs may not have necessarily been what you needed or longed for. This left you feeling emotionally unfulfilled in search of more validation, love or security; feeling abandoned and isolated.

The underlying conflict might relate to an unresolved ancestral trauma. As an adult, the onset of the hives is triggered when you are confronted with unpleasant circumstances (similar to your ancestors), which you made negative associations with during childhood. These triggers might include the environment, objects, people and smells, just to name a few.

You feel invaded by people who are supporting you and challenged to communicate your grievances. Others rely on you, causing you great frustration. You do not know how to get yourself out of draining and stressful commitments.

You may have experienced a physical trauma to the area where the hives surface. The physical trauma could be related to a punishment or being attacked by someone. This could also be related to an ancestor who was physically abused.

Where on the body did the hives surface? Refer to the Quick Reference Guide for more information.

Key Points

- How did it make you feel when you were confronted or told off by your mother or primary caretaker? What did you need at the time when you were confronted by a parent(s)? Explore further possibilities.
- How did the environment in the womb feel from the second trimester until birth? How did your mother feel? How did she respond to you moving around in the womb? How did she respond to her environment? Did she feel angry or resentful? What was her relationship like with your father? Explore further possibilities.
- Trauma related to being separated from your mother after birth. Explore further possibilities.
- Explore implantation. Did you feel welcomed, accepted, or rejected and pushed away? Explore further possibilities.
- Explore amniotic fluid in the womb. Did the water feel stale, dark, hostile, bitter, clean, clear, full of toxins or, acidic? How did it make you feel to be in that environment? Explore trauma stored in the womb and amniotic fluid, such as toxins.
- When was the first time you noticed the rash? What happened that day? How did you feel? Who were you with? Who or what were you thinking of? What was your environment like?

- Which personal relationship did you find challenging during that time? Explore further possibilities.
- What has been a long-standing issue for you, causing anger, resentment or grief? Explore further possibilities.

Hormone Problems

See Estrogen Problems, Female Problems, Hyperthyroidism, Hypothyroidism, Male Problem, Pituitary Gland Problems, Testosterone Problems, Thyroid

Hot Flushes

See Estrogen Problems, Female Problems, Menopause, Pituitary Gland Problems, Prostate Cancer

Emotions

If you are young (teenager, mid twenties) then you may have been going through a very stressful time. Your body is in desperate need of a break as your emotions are causing stress on the body. You have been pushing yourself too hard and endured enough; your stress and anxiety has taken a toll on you mentally, emotionally, physically and spiritually.

Hot flushes are often an expression of unspoken mixed emotions, especially anger. It is also related to not following your passion in life. Stepping into your life purpose is becoming an urgent matter. You feel held back by self-limitations such as doubt or of lack of confidence, as well as having no support.

You feel anger towards people that have stopped supporting, admiring or loving you. Circumstances and people change and as a result of these changes, you feel your role and value changed for the worse.

You have always been a peacemaker, but this role is taking a toll on you. You have been biting your tongue but now feel ready to deal with your emotional stress and anger. You realize you have been enabling a partner's bad behavior or attitude by keeping the peace.

You have become comfortable and familiar with your old routines and are very set in your ways. This is slowly but surely starting to change. You are completing a long strenuous phase in your life and are transitioning into a new phase.

Changes often mean altering, which is something you are not comfortable with. It is important to explore what you're afraid might change and explore the fear related to it.

Key Points

- You feel resistant and angry as to the changes happening. How did that make you feel?
- Whose admiration did you lose? How did that make you feel? Explore further possibilities. Whose love and support do you feel you've lost? How does that make you feel?
- What unexpressed mixed emotions have you been feeling? Discuss the emotions and then rate them 1 of / 10. Take the emotion with the highest score and then start to explore it.
- Do you have a fear of change? If yes, why? How does changing or transitioning make you feel?
- What is your fear? If the fear is superficial then go deeper to find the actual problem – it could be fear of loneliness, abandonment, loss of love or support.
- Always keeping the peace. If yes, then explore. What would happen if you expressed how you feel and stopped being peacemaker? You have a fear of being attacked, abandoned or

rejected. Perhaps you will be seen as a bad person. The deeper issue here is often a need for love and acceptance.

- What in your life is changing that you do not want to change? How does that make you feel? Explore birth trauma, being born -fear of change. Cell division or sperm entering egg. Explore these points for fear of change.
- Possible trauma related to sexual abuse. You may also be suppressing your sexual needs out of fear of humiliation or not feeling good enough and attractive enough. Do you feel intimidated by a sexual partner? Explore further possibilities.
- If you are of a young age then explore what your current or long-term stress has been?
- What has been taxing on your mental and emotional state? Explore further possibilities. Do you need to express clearer boundaries and have better time management?
- Explore the womb stages. Explore the difference between your mother's hormones and your hormones. Explore further possibilities.

Human Papillomavirus (HPV)

See Immune System Compromised, Virus

Emotions

You feel that you are not allowed to take control of your life. You may have given your power away to others, especially influential male figures. Being in the driver's seat was not tolerated during childhood. You observed one parent's submissive and disempowering reactions towards their partner. You may have made an association that emotional survival depends on giving your power away. You are expressing the submissive parent's unexpressed emotions either in the form of aggression, anger or a no-nonsense attitude. You often search for validation from a partner. Your mother or father (the opposite sex) did not meet your need for acknowledgement and acceptance.

You seem to feel stuck in the middle of a never-ending power struggle between your parents. You feel unsafe letting your guard down or showing your true value, as you do not feel worthy.

You take comfort in having a strong façade. This façade has become your identity because you feel challenged to experience any real emotions. You have dissociated from how unloved and unworthy you really feel. Being disconnected from your identity is a big obstacle. You live your life from the head mind and as a result, you tend to analyze your emotions instead of feeling them.

There is often a power struggle between the sexes. You want to be powerful yet you feel challenged by male figures. You want more respect and value than what you have been given and shown by a partner. You may feel invaded (personal space) by a partner who challenges your need to be in control of the home environment.

Key Points

- Explore the relationships that you had with your mother and father. How did these relationships affect you? Focus on being controlled, bullied or abused. Acknowledge your story, but do not get caught up in the words / story, focus on how it made you feel.
- What happens when you say "no" (expressing a boundary) to the opposite sex? How does that make you feel? Can you say "no" without any fear? In your case, boundaries = confrontation.
- Expressing boundaries = no love, no acceptance and a lack of validation.

- Explore invasion trauma. Explore boundaries being disrespected and feeling emotionally or physically invaded by others.
- Explore areas in your life where you feel out of control. How does being out of control you feel? Who made you feel this way?
- Fear of being kicked out of the house, being abandoned or rejected. Explore further possibilities.
- Felt under attack by a dominant parent. What did you emotionally need from this dominant parent?
- What is the benefit of having a strong façade? How would you feel if your strong façade was taken away? Explore the fear and underlying trauma.
- What happened in the past when you allowed yourself to feel vulnerable? Explore further possibilities.
- Explore how you felt the first time you were intimate with someone. How did that make you feel? What did you need emotionally at the time? Explore emotional association made with sex / intimacy.
- You felt disempowered by ____ (mother or father) in the past. How did that make you feel?
- What did you emotionally need when you felt disempowered by ____? Explore further possibilities.
- Explore trauma associated with self-expression (expressing boundaries or self-worth). This trauma is often related to a parent. Which parent had difficulty expressing feelings? How did this affect you? Are you expressing this parent's fear of communicating? Explore further possibilities.
- Who suppressed your ability to freely express yourself? How did that make you feel? How did this affect your personal relationships? Explore patterns.
- Explore trauma associated with sexual expression. How do you feel about your sexuality? How do you feel when you express yourself sexually? Explore further possibilities.

Humerus

See Bone Problems, Elbow Problems, Hands / Arms, Muscle Problems

Emotions

You seem to feel unsure about whether you should proceed with an important decision or not. You may feel that the timing related to the start or end of a project is unclear. You feel that you do not have all the necessary facts / resources / knowledge or support to move into a specific desired direction or goal. There is deep fear of failure. You are afraid of the humiliation and consequences that might occur if you fail to meet goal(s). This is often related to childhood trauma when you intended to reach out to a person or object and were punished / smacked for doing so. "I can't have what I want."

See Hands / Arms for more information and Key Points.

Huntington's Disease

See Alzheimer's Disease, Kennedy's Disease, Multiple Personality Disorder (MPD), Tremor

Emotions

You have a great deal of compassion for the wellbeing of others (this also stems from your own need and yearning to be loved and treated with compassion). You tend to worry a lot and frequently become paranoid.

You feel rigid and resistant to your constantly changing environment. Your first experience in life, such as birth and early childhood, may have been unpleasant or stressful. This may have caused you to become stubborn, angry or resistant in order to protect yourself from others who were seen as a potential threat.

You may have felt unwelcome from the womb stages onwards. Your association with life has been very emotional. You may feel that you were a mistake or not wanted and that there is no place in the world for you. The initial need you had for love, protection and nurture was met with hostile or confused parents. Your mother may have felt out of her depth with a newborn child. Your mother may have battled her own demons such as, depression or feeling out of control.

You may be experiencing familiar childhood trauma in your adult life. This may have triggered old unconscious and suppressed trauma. The older you are, the harder it may be to recognize these patterns.

You can be very set in your ways. Explore how you feel about your past, your relationships, your biggest guilt or any regrets you may have in life. How is being rigid serving you?

You have suppressed your emotions from a young age. These are now being voiced by means of angry fits and bouts of frustration. You seem to feel trapped in your life, unable to move forward. You feel controlled and dominated by influential people or circumstances outside of your control.

Many depend on you, yet you feel that you have no emotional support. You may have experienced a great loss in life such as a financial loss, a loss of a child or an important relationship.

Your stubbornness and suppression has served you well. It may have helped you to endure hardships in life. You may have dissociated from your emotions, yet the more you hold back, the more severe the symptoms are.

You place unrealistic expectations upon yourself, inevitably setting yourself up for failure.

Note to practitioners: This client's interaction with you will depend on how long they've had this condition. Patience is required! If you feel out of control or fearful, take a break rather than forcing the session. If you don't feel comfortable with the client, ask someone who knows him or her to support the client through the sessions. They can also help with any questions you might have about their history and patterns.

Key Points

- Explore ancestral anger and rage that was not expressed or was unable to be expressed due to fear of being attacked or punished. Explore further possibilities.
- Trauma related to feeling out of control. Explore the fertilization stages. Did the egg feel out of control when it was approached by all the sperm cells?
- After fertilization did the cell feel out of control when it divided into smaller cells, growing bigger?
- Explore the journey of the egg as it came out of the fallopian tube. Did it feel out of control as it fell out of the tube?

- Did the blastocyst feel out of control when it tried to connect to the womb wall? Explore trauma related to this key point.
- Lack of expression. Were you able to express yourself in the family? If not, how did that make you feel? Explore this and then explore the points that surface. Explore trauma related to times when you (or your ancestors) couldn't control your temper / emotions as a result of fear or being suppressed by influential people.
- Where and when have you ever felt extremely unsafe? You are searching for traumatic circumstances such as war trauma. Explore further possibilities.
- Ancestral trauma where one needed to forget traumatic circumstances. You were not allowed to move away from family values. Explore further possibilities.
- Old grief and trauma as a result of the grief you suppressed. How did it make you feel to suppress the grief? What would happen if you expressed your grief and grievances? Explore further possibilities.
- There is an autoimmune element in this condition, which is self-sabotage. What is your fear of success? Who or what always sabotaged your success? How did that make you feel?
- From what and whom do you want to get away from? Explore further possibilities.
- Did you ever feel unable to escape from a situation in life? If yes, explore this more. Explore womb stages for similar traumas.
- Was there sexual abuse present in the ancestral line? If yes, then make this your priority to address. Use the key developmental points to explore these traumas.
- What disappointment(s) are you holding on to? These disappointments are often directed at a person. There have been cases when the disappointment was due to circumstances.
- What long-term resentment do you have in life? Why? How does it serve you to hold on to the resentment? You may feel like the abuser will get away with their actions See the Forgiveness section. Explore further possibilities.
- Explore trauma such as having lost the battle with life and having to give in when things get too hard. Explore Birth trauma as well for similar traumas.
- Is there a history of alcohol abuse or drug abuse in the past, the immediate family or ancestry line? If you are unsure, I recommend that you treat the situation as if there was alcohol or drug abuse. Explore the psychological and emotional damage that it caused. What did you need emotionally when you were using the substances? What did the substances give you that you didn't already have or feel in life? Explore further possibilities.

Important questions to ask yourself:

- Does this condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Hyperglycemia

See Auto Immune System, Fatigue, Retina, Seizures, Skin Problems, Weight Problems

Emotions

You are depriving yourself of the goodness and sweetness life has to offer. You may have experienced punishment at times when you were happy. Now there seems to be an association that you do not deserve to have fun and enjoy the good things in life. You feel, "Fun and excitement is taboo for me, I am not allowed to see, feel or have any of it."

You often battle against self-sabotaging patterns, which destroy any efforts to become successful. You feel that no matter how hard you work or how sincere your efforts are, you will end-up being overlooked and feeling inadequate.

You seem to feel you are missing out on your mission in life. You are not sure what it should be, as you have been too busy attending to the rest of the world's needs and demands.

There may be a big part of you that does not feel safe being still as you are always on alert for a possible treat. This may be as a result of being punished or finding yourself at the receiving end of unpredictable moods. You were unable to create a safe haven in your own territory. Nowhere is safe, "I have always to be ready to defend and fight for my right and integrity."

You feel that you are to always serve others and take great joy in exercising these tasks and responsibilities. Being helpful makes you feel needed, valued and validated. It is important to find that perfect balance between personal activities, goals and responsibility.

You may have always been dictated to and not given options and opportunities to choose for yourself. This may have caused you to feel that you must continue activities that give you no joy. You feel a great deal of responsibility toward someone.

Key Points

- Who or what made you feel unworthy of the good things in life? How did that make you feel?
- Did your mother feel the same way while she pregnant? If yes, explore difference between your emotions and your mother's emotions.
- Explore the self-sabotaging patterns. What would happen if you did have fun and enjoy everything that life has to offer? Explore any negative associations made when you did allow yourself to enjoy life. Explore further possibilities.
- Explore the ancestral trauma. Is there evidence of slavery or women that were forced to only work and not have any freedom? Explore times when there was no freedom of choice, forced labor and feeling burdened by responsibilities. Explore emotions and patterns that could have affected you in this life time and contributed to the physical disorders.
- What was your relationship like with your parents? Was one parent a bully? If yes, how did this make you feel?
- What was your relationship like with your partner? Explore domestic abuse (verbal, physical and mental abuse).
- What would happen if you took control of your own life again? What is the fear? What would happen?
- What is your fear in regard to your own success and achieving your own goals instead of another person's goals?
- Explore feeling overwhelmed and strung out due to having too many responsibilities. How did this make you feel? What would have happened if you set healthy boundaries with these people or within these circumstances?
- You seem to draw power from suppressed anxiety that is trying to come out. You may have converted your anxiety and suppressed emotions into a source of power that is being expressed in an endorphin-releasing pattern. You feel gratified by the endorphin release and

become addicted to the feeling, wanting more of it. This causes you to feel exhausted, overwhelmed and stressed out.

- Your value and importance seems to lie in how much you can do for others. How does this make you feel? Explore associations that may have caused you to focus only on others.
- Did your mother experience a stressful time that included attending to another's needs?
- What kind of diet did she have and what was her level of sugar intake during the pregnancy? Explore how her environment, diet and lifestyle affected you in utero.
- You are drawing your personal power from outside of yourself. What stops you from acknowledging how powerful and successful you are and can be? Explore which relationships contributed to making you feel this way.

Hyper-Somnia

See Depression, Chronic Fatigue, Fibromyalgia, Weight Problems

Emotions

You seem to be disconnecting from your environment. You feel overwhelmed by what is going on and feel obligated to take responsibility for other's actions. This may have caused you to experience a mentally, emotionally or spiritually draining past. Your current circumstances are triggering these unresolved issues that you have been trying to avoid. Your fatigue and mental dissociation served you during childhood and are still serving you now. This is often the result of not having opportunities to exercise clear boundaries—you've never felt safe saying "no."

You seem to revert to this dissociative pattern whenever you are faced with dominant, overpowering or challenging individuals and circumstances. You may have shutdown and suppressed your personal boundaries.

Key Points

- When you sleep, what does it keep you safe from? What happened during your life that you need to escape from? What happened between your parents that upset you? Did a partner abuse you? Did people take advantage of you and you didn't know how to say "no"? Explore how it made you feel.
- What happened in the past whenever you said no? Explore the associations made with setting boundaries and the consequences that followed.
- How do you feel when you have too many responsibilities? Is this a pattern? Why? When did it start? Explore further possibilities.
- What happened in childhood that was upsetting, draining or stressful for you? This could also relate to the womb stages. Was your mother under a great deal of pressure, stress and fear while she was pregnant? What was her relationship like with her partner? Explore how it affected you in utero.
- When you needed love and protection, how did your parents (or guardians, teachers) respond? Explore the associations made when expressing your needs and having needs met by influential people.
- You made an association that by withdrawing, becoming numb and tired you can be safe.
- Who disempowered you? What stops you from reclaiming your power and identity? Explore further possibilities.
- Was there ancestral trauma related to war, slavery, poverty or abuse? This may have also resulted in the ancestors sleeping to avoid their trauma and stressful circumstances. Explore further possibilities.

Hypertension

See Anxiety, Arteries, Blood Pressure High, Circulation Problems, Heart Problems

Hyperthyroidism

See Goiter, Graves Disease, Inflammation, Menstrual Problems, Muscle Problems, Pituitary Gland Problems, Thyroid Problems

Emotions

You tried too hard to please others and are left feeling like a failure. Influential people did not acknowledge your efforts in a fulfilling way.

You may have learned that achievement, success and very hard work will earn you the love that you are searching for. Love = work and exhaustion. You are placing a great deal of pressure on yourself to be better than before. You seem to spiral into a self-punishing cycle and panic when you cannot achieve goals or reach the expectations of others. Love in the family was very conditional. The influential people seemed to have been very success driven so any failures were stewed over and dwelled upon. This caused you to work harder in order to avoid consequences and disappointing others. Failure may also have resulted in rejection and abandonment. Your suppressed anger often surfaces when you feel controlled or out of control. You feel your emotions to the core of your soul.

Criticism and pressure has left you feeling vulnerable and raw. Pressure from outside influences has pushed you to work harder and accomplish more than others. You work quickly in order to avoid punishment. You feel you have been set-up for failure by high expectations and the demands of influential people. This causes you to feel compared to others success, making your resentful. You may feel that you have to be someone who is better than who you are right now. You feel as if, "Who I am will never be good enough." You feel that you will only be heard and acknowledged if you are the successful person that everyone wants you to be.

You have lived a life that has left you feeling out of control and guilty. As a result of all your efforts being criticized, you have become very defensive. You fight for the right to be respected and fight against anyone who challenges your abilities. You are always on the look out for potential threats. You feel responsible for keeping the peace in order to avoid challenging circumstances.

You are trying so hard to keep the peace that you end up causing more uproar during challenging circumstances. You may feel that tasks had to be executed quickly in order to avoid punishment, there seems to be an urgency and rush to get things done.

Key Points

- By whom do you feel pressured? How does that make you feel? Explore the ancestry line for similar traumas and stress. What would happen if you failed the person that had high expectations? How does that make you feel? Explore further possibilities.
- How does failing a task or goal make you feel? Love has always felt very conditional. How did this make you feel? Explore grief, rejection and abandonment trauma.
- How does being set up for failure make you feel? Explore your anger and self-punishment. Explore any self-sabotaging patterns.
- What is the benefit of doing everything quickly? What would happen if you slowed down? Explore further possibilities.

- Trauma related to feeling that you are in danger. What is the danger? What would happen if you couldn't escape quickly from danger? Explore this trauma in the ancestry line. How does being compared to others make you feel? Who made you feel this way? How did that make you feel? Explore self-worth blocks as well.
- Feeling pressured and not able to express how you feel. Explore pressure and trauma related to the ancestry line, such as roles that came with a great deal of responsibility and very high expectations.
- Focus on the role of the breadwinner during taxing circumstances and being in a position where someone's success had a great influence.
- Explore the birth. Did you become stuck in the birth canal? How did the pressure in the head, chest and throat make you feel? How did your mother feel? Are you expressing her feelings of being out of control? Explore further possibilities.
- How did the pressure to deliver a healthy child make your mother feel? This could also be related to ancestors who felt this way. There was a lot of pressure for ancestors to deliver a healthy baby, as the death rate for newborn babies was so high. There were many expectations placed on the ancestor. How did her stress influence baby?
- Suppressed seething anger and resentment, towards whom or what? How did this make you feel? What is the benefit of holding on to these emotions? Explore further possibilities.
- Place your hand on the throat. If this condition had a personality and voice, what would it say? How does it feel? Explore this.

Hyperventilation

See Anxiety, Depression, Lactic Acidosis, Panic Attack

Emotions

A current issue has struck a very oversensitive cord in you. Circumstances or an individual in your life triggered an old traumatic ordeal. You do not know how to cope or process this long forgotten suppressed trauma. It is so overwhelming that it has left you gasping for air. You are painfully sensitive to judgment, critiques and the opinion of others. This is a result of a very low self-esteem and feeling unsupported during childhood. You have been under a great deal of pressure and stress. One incident may have triggered many pressing issues in your life.

This is also the result of many, often intense, ancestral traumas that have surfaced all at the same time in your life. What happened in the ancestor's lives that left them gasping for air and feeling overwhelmed? What or by whom did they feel emotionally suffocated by?

Key Points

- Who or what in your current life is emotionally consuming you? How does it make you feel? Explore further possibilities.
- Do you feel guilt or shame that is nagging at you? If yes, then explore this.
- What happened before the hyperventilation started? How did that incident, thought or person make you feel? Explore further possibilities. Explore the trauma during conception and fertilization.
- How did your mother feel when she was giving birth? Was she also consumed by too many emotions and traumas? How did this affect you at the time of birth? Explore further possibilities. Explore the difference between your mother's trauma and your trauma as well.

- Who or what in your life is causing you to feel out of control? Explore further possibilities. Explore feeling out of control during fertilization, egg being penetrated by the sperm, how did the egg feel?
- Sperm losing its tail, how did the sperm feel? Explore cell division, cells multiplying at a rapid phase, how did that feel? Explore further possibilities.
- What in your life is smothering you? Did you feel emotionally smothered by your mother (or guardian) during childhood?
- Trauma related to being sick / flu / sinus problems during your infancy stages and not being able to breathe properly. Explore further possibilities. Trauma related to feeling alone and lack of comfort may trigger this condition.
- What secret is consuming you? This stress may also be related to an ancestor that held onto a deep humiliating secret. Explore further possibilities.
- Why do you feel scared to breathe? What happened in your past that caused you to feel frozen and numb? Explore further possibilities.
- Trauma related to the first breath you took after birth. Did you have a clear airway? Were you able to breathe properly? Explore further possibilities.
- Birth trauma, not able to breath properly after birth, feeling exhausted not supported by the placenta.
- Ancestral trauma related to incidents that they couldn't control.

Hypochondria

See Anxiety, Depression, Obsessive Compulsive Disorder

Emotions

You were exposed to a living environment where paranoia and over protection was dominant. Influential people may have projected fear onto you in order to gain control. Your mother and father may have found it challenging to keep their emotions, stress, tension and fears under wraps. You may have seen influential people fall victim to your own weaknesses and fears.

As a child, you may have witnessed either a parent or caretaker spiraling out of control. The parent may have become stuck in an emotionally silent, suppressed hysteria that is released when the tension becomes too intense.

You often unconsciously create circumstances where you need to be rescued and comforted. You often relive a cycle where everything feels like a crisis leaving you overwhelmed, fatigued or depressed.

You suppress your anger and resentment fearing that you will lose what you have if it is voiced. You don't want to rock an already unstable boat.

You may have been manipulated with rejection and abandonment during childhood. This may have possibly caused you to feel that it's safer to keep quiet, rather than be kicked out of the community for speaking up. You communicate your needs in the form of complaints rather than offer a direct opinion. This may be a pattern copied from a family member. You often get caught up in feeling sorry for yourself. You see yourself as a victim of circumstance when your pleas for affection, security, love or comfort are not met.

You are eager to please, often giving too much of yourself with an all or nothing attitude. You give too much of yourself. When you tackle tasks, you often execute them with an all or nothing attitude, which often sabotages your progress. You tend to invest everything you have into others in order to ease feelings of guilt. You feel responsible for everything that went wrong during childhood. You feel suffocated by your current environment and find it hard to be organized. Your childhood foundation was built on chaos, drama and constant doubt. You

may be overly sensitive to the needs of others or to meeting your own needs.

There was always an unseen danger and threat in your environment. You may fear the unknown because of the manipulative tactics of your parents/caregivers. Even when things in your life seem balanced and going well, you still expect the worst. You were taught to prepare yourself, so you are always ready for a crisis to surface.

Danger is everywhere. Ancestral trauma related to incidents taking place in an unexpected way, they were not prepared for chaos that took place in their life. They may have survived a period of illness, thinking that their condition was not serious, only to discover that people who had the illness were dying around them.

Key Points

- What are you afraid of? Touching what? Being around who or what? What would happen if you were confronted with your biggest fear? Explore trauma related to this.
- Trauma related to growing up in an increasingly stressful environment where everything was unsafe. How did that make you feel?
- By whom did you feel manipulated by during childhood? How did it make you feel?
- Whose stress and insecurities affected you the most during childhood? How did that make you feel? Explore the uncertainty, lack of support, feeling confused and being unsure of yourself or the future. Explore more possibilities.
- How does it keep you safe to see or feel something that has not medically been diagnosed? This may be a result from a pattern where you expected the worst but nothing happens. As a result, you get caught up in an endless worst-case scenario thought pattern. Explore the relationship with the parent who was always worrying about everything and was too emotional. Explore copied patterns and behaviors from others. Explore conception, fertilization (how the egg felt) as well as during the womb stages. How did your mother's stress and behavior affect you in utero? Explore these points; explore associations and also the origin of the trauma.
- Trauma related to feeling out of control. Who or what circumstances made you feel out of control? Explore further possibilities. Explore when the sperm cells surrounded the egg. Then explore one sperm penetrating the egg. Cell division, implantation, birth (see Birth section). Explore trauma of the need to always be in control and feeling out of control.
- Trauma related to feeling manipulated and over protected. How did that make you feel? Explore trauma of feeling emotionally suffocated or physically suffocated (who smoked in the household for example) by circumstances and influential people.
- Trauma related to feeling controlled by means of guilt and shame. Who made you feel this way? Explore further possibilities. Explore anger and resentment towards others that made you feel this way.
- Suppressing your ability to communicate needs. You seem to feel the need to justify why you have certain needs and may express the needs in the form of complaints. Explore who in the family also did this. Explain the difference between your identity and that person's identity. Explore healthier options of how you can communicate.
- How does it keep you safe to avoid expressing needs directly? The answer would be, "I am not worthy or I will be rejected." Explore this further.
- You often become stuck in a self-punishing cycle. Little room was left for you to make a mistake. Explore this further. You can be overly sensitive to other's needs or it can be to the other extreme where you are solely focused on your own needs in life. Explore further possibilities.

Hypoglycemia

See Diabetes, Epilepsy

Emotions

You gave too much of yourself with the unconscious intention and desire of being acknowledged, loved and cared for in return. You have a hard time looking after your own needs. You may have experienced a situation that made you feel ashamed and guilty for putting yourself first.

You come from a family where you may have been made to feel less worthy than others. You were made to feel ashamed for having needs when there were other matters that were more urgent.

You had to be a part of circumstances that didn't resonate with you or give you any joy. Life was hard and very challenging in the ancestral line. There was no room for emotional or spiritual improvement, as there were always more urgent matters.

Circumstances may have forced them to make lifestyle changes that they didn't like and even resisted. Trauma in the ancestry line related to sudden changes that greatly affected their quality of life.

Key Points

- What is the benefit of giving so much to others? You feel loved or accepted when you do or you may be driven by a pattern of guilt and obligation that stemmed from childhood responsibilities.
- You keep your head down and follow orders and requests. You know that rejection, abandonment or punishment will follow if you do not obey. How does this make you feel? Explore the ancestral pattern that involves authority, bullying or dominance.
- What would happen if you said "no" to the demands and request of others? How would that make you feel? Explore when ancestors were not allowed to speak up. What happened when the ancestors said "no"? Explore this deep ancestral pattern and traumatic association with saying "no."
- Explore the association made when you said no in the past.
- Feeling forced to do things and be part of circumstances you didn't want to partake in. How did that make you feel?
- Explore any self-loathing and low self-esteem. Explore during the womb stages, how did your mother feel about herself while she was pregnant? What were her circumstances like? Explore how this affected you in utero.
- Explore how your mother felt about her environment and the people that were part of her life while she was pregnant. Did she also feel a need to give too much of herself? Was she able to say "no" when she needed to? Explore how this affected you in utero and how the trauma and associations made affect you now.
- Needing everything goes against your values and needs. Why? What happened that made you feel this way? Explore further possibilities. What is the benefit of being so resistant and stubborn?

Hypophosphatasia

See Bone Problems, Digestive Problems, Miscarriage, Teeth Problems

Emotions

You may have experienced long-term challenges that caused you to feel too tense or traumatized. You couldn't digest and process emotions and incidents that took place in your environment. You may have experienced a pattern where everyone had to fend for himself or herself.

Life has become too hard and strenuous. You feel that your body and spirituality are failing you. You seem to have made a traumatic association with nurturing and food (this is often an ancestral trauma). You may have consumed food in hostile and uncomfortable circumstances.

You often feel resentful, as your life didn't pan out the way you envisioned. Your emotions have become bitter and almost acidic. You seem to feel that there is nothing out there for you and you've had enough.

You feel undeserving of being supported and seem to doubt the support resources that are available to you. Everything feels like a potential threat to your future.

Key Points

- Your ancestors may have suffered from nutrition deprivation, not having sufficient minerals in the food or a lack of necessary vitamins or healthy food. They also felt immensely unsupported by the world, society and family. They experienced a pattern where everyone had to go it alone, often making their own ends meet. Life has become too hard and strenuous and you feel that your body and spirituality is failing.
- Your mother's diet or compromised environment (health wise) may have triggered an offset of this condition. This could have started during your fetal stages along with the ancestral digestive trauma that may have been triggered during conception. Explore further possibilities.
- If you are an adult then explore what was happening in your life when the symptoms of HPP started to become more severe. Explore the fetal stages. What was your mother's diet like?
- Was her alkaline and acidity levels balanced? Was her diet too acidic? Where did her food come from?
- Has the soil been depleted where food were being grown? How this did affect her health? How did this make you feel? Your emotional needs for love and safety may have been met by a lack of these minerals, resulting in structural issues. When you needed love, you may feel an association with the lack of nutrients, self-sabotage, not feeling supported, unsafe, weak and physically depleted.
- Explore associations that your mother and her mother made with food, lack of nutrients, love and safety. How did their associations and trauma affect your health? How did your grandmother feel when she was pregnant with your mother? What was the grandmother's diet like? Was their soil depleted of nutrients, were there too many pesticides, chemicals or toxins that altered the growth of the fetuses?
- Explore fertilization. Explore for any of the above mentioned thus far. Were they already present at fertilization? If yes, explore conception. Follow the possible trigger of this condition back to as far as you can. Explore the emotional and environmental traumas that contributed to this.

Hypotension

See Arteries, Blood Pressure Low, Heart Problems, Lactic Acidosis

Hypothalamus

Emotions

You seem to be storing a great deal of anger and feel restricted to express yourself. Suppressing your traumas is affecting your self-esteem, making you feel very insecure, anxious or overwhelmed. Other people's problems were always more important than your own. You have too many problems that have been thrown up in the air and you don't know which "tools" to use in order to deal with them all. This leaves you feeling scattered and these feelings begin to surface. You seem to feel utterly confused when it comes to what you need or want and you have a desire to give up.

You often sabotage your goals, once you have moved out of your comfort zone. You are reluctant to accept help from others because you are afraid it will make you seem weak. You associate support with being controlled. You feel obligated to people who support you and your energy stores are depleted.

Challenges in your life have thrown a big hurdle into your path. You are feeling disempowered by circumstances, unable to move forward. You're afraid that any change will only create more stress in your life.

You are unsure as to how you should proceed with your goals. There is no sufficient guidance and support available. You may feel that you don't have what it takes to accomplish success, "I can't, I don't want to, I want to stay in my safe haven and not come out; no one can hurt me if I hide."

You feel controlled by influential people and invisible forces in life. This is often related to an association. Feeling safe, being loved by others = being controlled, powerless. As you associate love with being controlled, it can begin to affect your personal relationships.

You often rebel whenever you feel cornered or dominated by someone. You always felt unsure where you stood with influential people and were sensitive to responses as a result. You find it challenging to speak your truth. You feel overly sensitive, as a result of responses from loved ones left you feeling rejected, stressed and out of control. You always felt unsure where you stood with influential people throughout your childhood. You will often say what others want to hear and not what you truly feel.

Key Points

- Ancestral trauma related to lack. Never knowing when they will have their next meal and water.
- Explore pattern where ancestors had an abundance of food and water, then suddenly they had nothing and there was only lack. Explore further possibilities.
- Trauma related to feeling overwhelmed. Who or what made you feel so overwhelmed? How does that make you feel? What stops you from making changes under the given circumstances? Explore further possibilities.
- You struggle with self-sabotage issues. You feel that you do not deserve the good things in life. This may stem from not receiving enough love, acceptance and acknowledgements. As a result, you may not feel that you are worthy. If this is the case, how does it make you feel to consider yourself undeserving of the good things in life, including love?
- Always explore the birth trauma and see the Birth section. Explore similar emotions during the birth stages that may surface throughout your life.
- Was your mother told to try and delay giving birth until the doctors arrived? If yes, then there is trauma related to feeling restricted and feeling trapped trauma. Explore if this may

have affected the function of the hypothalamus, along with the emotions that your mother was feeling and how the unborn baby (you) were feeling. You each may have experienced feelings of being delayed, trapped, under emotional and physical pressure or feeling squashed. Explore the associations that were made at that time.

- There was pressure, compression and tension. What did your mother feel? What did you feel?
- What was your relationship like with your mother? Explore trauma and associations made with her behavior.
- You feel that your ability to communicate has been restricted and controlled by influential people. You are very hesitant to communicate yourself. You feel under attack by other people's words.
- How did that make you feel? Who made you feel this way during childhood? Explore associations made when communicating.
- Explore how you felt during the womb stages. How did your mother's emotions affect you in utero? Did it make you feel unbalanced? Unsure of what your needs are? Is it safe to reach out for security to your mother? Did she feel emotionally stable? If not, then how did this make you feel? How did this affect your developmental stages? What association did you make while developing and sensing your mother's stress, fears, anxiety or trauma?
- By whom do you feel controlled? This could be a partner that is mirroring your unresolved issues with your mother, father or circumstances. Explore further possibilities.

Hypothyroidism

See Menstrual Problems, Muscle Problems, Pituitary Gland Problems, Thyroid Problems

Emotions

Pressure from outside influences pushed you to do more and accomplish more than others. In the case for those suffering from hypothyroidism, it had the opposite effect. You may have felt overwhelmed and strung out by too much pressure. You often felt that what was expected of you was out of reach. You'd rather give up than face failure and disappointment.

You may not have had the support and love you needed in order to build your self-confidence. You felt that no one believed in you, as those close to you didn't acknowledge your good qualities. Instead, influential people tended to focus on your weaknesses. Influential people may have tried to verbally insult or offend you with the intention of motivating you to do better. This tactic had the opposite effect. This may have caused you to feel frozen, stuck and unable to make progress. You want to succeed, however the support is causing you to sabotage your success.

You may still be living in the past, in the "what if" scenario. You seem to be stuck in what could have been. Instead of being proactive, you tend to dwell in the past. You have a fear of success and moving away from your comfort zone. In the comfort zone, you feel safe and protected from any potential verbal attacks and criticism. You have a fear of being seen by others for who you really are. You feel that who and what you are is not good enough.

Key Points

- Feeling attacked and vulnerable and also under a great deal of pressure. Who made you feel this way? Explore further possibilities. Giving in to your circumstances may keep you safe as it takes away any responsibility given to you. One of the benefits of giving in means that you have more emotional freedom. Weakness = freedom. This is just an incorrect association. Explore further.

- By whom did you feel unsupported? How did that make you feel?
- What happened in your life that caused you to give up on your goals / life / desires? You may have put a lot of effort and energy into something that failed. This caused you to feel that you were unable to ever be successful enough. You may have put too much energy into a goal that left you feeling burned out, overwhelmed and almost traumatized from either exhaustion or disappointment. You do not want to go through similar traumas again, thus you avoid trying again. Explore the trauma that may have caused you to feel this way and work with the goal to get your motivation back. What is the best thing about being successful?
- You should understand that it is important to take personal responsibility for your own life and future. It is important that you want to attract circumstances that are healthy and not for all the wrong reasons. How are you going to proceed forward without the past trauma? This is a very empowering and powerful decision to make. You can only be guided to do this and not forced. See the Responsibility section in the book.
- Have you ever seen one of your parents give up on life? If yes, then how did this make you feel? Explore the associations and trauma.
- You feel controlled and manipulated whenever you express yourself. Why? Who made you feel this way? Explore associations made when communicating yourself such as communication = being controlled / punished / rejected.
- You use your suppressed aggression to gain control of circumstances in life that are out of your control. The anger is serving you in a perceived positive way; however, it has a negative emotional and physical impact. Explore how to gain and be in control without needing aggression and anger as a source of power. Who disempowered you and made you feel that you need anger to be powerful? Who had the same pattern in the family? Explore further possibilities.
- Acknowledge the difference between your mother's fear of communication and your identity – especially during womb stages. Explore further possibilities.
- You only feel heard when you fight for the truth. You seem to feel that you have to earn someone's respect and attention by demanding it or fighting for it. This is also related to ancestral trauma. Explore both sides (client and ancestors).

Hypoxia

See Asbestosis, Blood Problems, Blood Pressure, Circulation Problems, Heart Problems, Liver Problems, Lung Problems, Necrosis

Emotions

You seem to feel as if you do not have enough of everything that you need in life. You may feel a lack of nurturing, protection, love or being cared for. You may feel that if your source of love, food and protection rejected you then the rest of the world will do the same. You feel, "What is the use of trying to make it in the world if this is how I am going to be treated?" Perhaps because you feel you will automatically be rejected anyway, you don't even take what life has to offer; you don't deserve it.

You see the resources available to you (people, support) as empty vessels, devoid of energy. Your pattern of self-deprivation and not having enough has now physically surfaced. Ancestral trauma related to cold conditions. Did they live in cold places and were not prepared for the cold weather? Did they work in cold conditions with little protection?

Key Points

- Ancestral trauma related to poverty, scarcity and possible slavery. Explore trauma and associations that they made with not having enough of what they need. How did that make you feel?
- What was your relationship like with your parents? Were your emotional and physical needs (such as being fed enough, given enough water) met in a healthy way? If not, then how did this make you feel? Explore associations made with being cared for and not having enough. How did that make you feel?
- Explore birth trauma. Did you feel suffocating? Were you cut off from the oxygen supply? How did this make you feel? Explore trauma experienced along with how it made you feel later in life. See the Birth section for more information. Explore transition from placenta to breathing through the lungs.
- Did you have enough nutrients during the fetal stages? Did your mother consume drink, alcohol or substances that may have affected your ability to absorb healthy blood with oxygen in it? Trauma of feeling deprived, not having enough; this could be either emotional or physical. Explore further possibilities.
- Did any of your ancestors live in low altitude areas? If yes, then explore how they felt and what associations their body made with being in a low altitude area and then moving to a high altitude.
- Explore how they were feeling emotionally and physically. Explore any similarities in the client.
- Explore which body part has been affected and refer to the Quick Reference Guide.
- Did your mother want a boy instead of a girl? Was she under a great deal of pressure to please her husband and family by delivering a boy? Explore further, this could also be related to ancestral trauma and pressure to conceive a boy. Your mother was desperate to be recognized by the family. Feeling unimportant.
- Your mother's mother may have wanted her daughter to be a boy for the same reasons.
- Could also be related to fear of a daughter being molested by the family. It is safer to have a boy. Explore sexual abuse in immediate family and ancestry line.
- Trauma related to miscarriage and feeling like a failure. You feel that bearing children will give you the importance you are searching for. Could not communicate miscarriage, as the news would disappoint influential people.

Hysterectomy

See Cyst, Estrogen Problems, Fallopian Tube Problems, Female Problems, Hot Flushes, Mid Life Crisis, Miscarriage, Ovary Problems, Uterus Problems

Emotions

You seem to feel as if you do not have what it takes anymore to be a successful and an independent feminine figure. You have suppressed the uniqueness of your femininity and may feel that it is unsafe to be a powerful female in society.

You may have lived a life that revolved around catering to the needs of others. Inevitably, you have suppressed your passion and creativity to attend to people's needs. There is no passion and motivation behind your goals anymore. You have given so much to others, you find little to no source of love or energy left from which to draw passion, energy and creativity from.

Your feminine qualities are not needed or important anymore so you feel rejected by your family and society.

You are entering a new phase of self-discovery, which will impact your role in life. You

will be creating new, powerful and intimate relationships. This phase is all about rediscovery, letting go of feeling suppressed and focusing on feeling important. It is time to move away from an old and stagnant feminine collective consciousness that has been holding you back. This collective consciousness includes self-sabotage, self-rejection, feeling attacked, rejected by influential female figures and the inability to be successful as a female.

It also includes feeling abandoned, holding on to old hurts and anxiety that is not serving you anymore.

Your lifestyle and old routines seem to be recreating self-sabotaging patterns that need to be resolved. A new way of thinking, feeling and experiencing life is just on the horizon. Old grief and disappointments with your mother may need to be resolved and forgiven. There is no place for old resentments once this new transition is complete.

Key Points

- Who or what made you feel ashamed of being a female?
- You feel you have to step down from the role as a powerful figure and hand it over to someone that is younger. How does that make you feel? What stops you from reclaiming power?
- What do you need in order to feel beautiful, loved, respected and important? Explore resources.
- Who took advantage of your feminine qualities? Were you bullied, suppressed, abused, unjustly punished or rejected with the intention of being punished by influential people? How did this make you feel? Explore further possibilities. Explore any parts of these traumas and patterns that were also in the ancestry line, such as your mother's relationship with her mother.
- What important thing did you give up on? Why? How did that make you feel? Explore trauma that may have caused you to feel disempowered and like a victim. Explore responsibilities, issues and old resentments that might be holding you back.
- Rejection trauma. By whom? How did that make you feel? Explore also fertilization, egg accepting the sperm. Fetal stages, did your mother want the pregnancy? Explore further possibilities.
- Explore the relationship with your mother. Explore abandonment, rejection, abuse, hostility or jealousy trauma. How did you feel toward your mother? How did her mother make her feel? Explore also along the ancestry line.
- Explore the relationship with your father. Explore abandonment, rejection, abuse, hostility, control or feeling trapped trauma. How did you feel toward your father? How did his mother make him feel? Explore also along the ancestry line.
- What stops you from being creative again? What happened? How did that make you feel? Explore further possibilities.
- What are you sabotaging in life? How does it keep you safe to avoid this or sabotage it? What would happen if the self-sabotage stopped? What are you afraid of? What would you have to do that you have been avoiding doing? Explore further possibilities.
- Ancestors that felt weighed down by their responsibilities as female figures. It was not safe to be a female. Ancestors may have been used for sexual entertainment. They may also have lost a child that resulted in a great deal of trauma that they could never overcome.

Hysteria

See Catalepsy, Epilepsy, Nervous Breakdown, Panic Attack, Schizophrenia

Emotions

The past is haunting you to such an extent that you feel unable to run away from or escape it anymore (ancestral trauma). Ancestral trauma surfaced resulting in confusion as to what is your trauma and what is old, triggered ancestral trauma. You may feel that you have lost the battle with life and the challenges that have come your way. You have suppressed your stress and tension to a point where it has completely disempowered you. You feel as if all your demons are being released.

You may have suffered from different types of trauma, which left you scattered, out of control and traumatized. This can start when you suppress trauma to such an extent that every trauma feels like a new experience. This only adds to an already vulnerable and fearful mental state. Your fears are dominating the head mind. You feel very confused about what is real and what is not. You seem to be stuck in a terrifying state of mind where everything is happening at once and nothing makes sense. You may laugh uncontrollably, also called nervous laughter, or have bouts of screaming, angry fits or uncontrollable crying. The stress and tension needs an outlet and this is your unconscious way of blowing off steam.

You feel utterly unsafe to express how you feel; it is too dangerous to use words.

You feel extremely challenged to control a stressful environment. This only adds to your fear of losing control and losing touch with reality. You suffer from a trauma that has overwhelmed you either emotionally or physically. You now feel helpless, disempowered and on the brink of giving in.

You have thrown your hands in the air as if to say, "I can't run from something that I can't see anymore." A previously inactive trauma has recently been triggered. A trauma from this lifetime may have activated a suppressed ancestral pattern or trauma. This may be subtle, yet have a big impact. You may have been born overly sensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later activated. It is important to understand that this does not mean that it is anyone's fault within the family that this condition was triggered.

If the client is a child, explore how the mother felt (refer to above emotional components) while she was pregnant with the client.

Key Points

- For the mother of the child that has hysteria. What multiple traumas did you experience in life?
- How did this make you feel? Explore further possibilities. Explore the birth trauma for similar emotions and fears. Explore how your mother's fear and trauma affected the baby (you) during and after birth.
- How did your mother feel while she was pregnant? What was happening in her life that caused a great deal of stress? What overwhelmed her? Explore further possibilities.
- What fear(s) are you trying to escape from? Who or what caused you to feel this way? How did this person or situation make you feel? Explore the fear of it happening again. You hold on to fear and traumas hoping that it will stop these situations from repeating again. Explore further possibilities.
- Ancestral trauma. Was there any war, slavery, poverty, abuse, imprisonment or torture trauma? Explore this and any traces of trauma that may have taken place in your life in many various ways. Explore further possibilities.
- What are you most scared of? Is this a superficial fear? If yes, then go deeper and explore what is really behind these superficial fears. This is often related to abuse such as physical,

mental, emotional or sexual. The impact is often in the unpredictability of the abuse and the inconsistent occurrences and causes.

- If the fear is not superficial then explore trauma related to it. What happened? How did it make you feel?
- Explore the conception stages. Were there any of these emotions and traumas already present in the consciousness of both egg and sperm or just one? Explore how it affected conception and fertilization stages.
- You do not trust people that make you feel safe. Feeling safe is dangerous. You may have experienced abuse or trauma when you thought you were safe. This may have caused you to always be on guard and ready to fight or run away.
- Trauma of feeling consumed and overwhelmed by trauma and stressful circumstances. How does feeling overwhelmed by everything make you feel? Explore further possibilities.
- Explore domestic violence. Abuse that took place in the form of punishment. Influential people who had psychological problems, which had a direct impact on you. Explore further possibilities.
- How did your mother feel during your conception? Explore further.

Icterus

See Jaundice

Ileitis

See Bacteria, Crohn's Disease, Digestive Problems, Intestine (Small Intestine) Problems, Virus

Emotions

You may feel very unworthy within your personal relationships. You are overly conscious of how family, friends and influential people see you, think of you and speak of and to you. You have transformed your identity into a façade that is pleasing to others and not necessarily pleasing to you. Being accepted is very important.

You may have experienced a time when an influential person challenged your self-esteem, which caused you to feel inadequate and separate from the family. This may now cause you to back peddle out of situations that show signs of dominance and control. Dominating people in the past have burdened you emotionally.

Your self-esteem has been attacked or chipped away at from a young age. You are angry and resentful towards those who treated you in an abusive, unfair and hostile manner. This has affected your personal relationships to a great extent. You may feel that power only comes from anger. Without your anger, you feel defenseless.

You may still be stewing over things that happened in the past between you and various family members. You may regret certain contributions you've made to situations, causing you to feel very guilty. It's time to let go and move on.

Key Points

- How does being angry with your abusers or those that hurt you, continue to serve you? Explore further possibilities. See the Forgiveness section.
- Who made you feel insignificant and unimportant? How did that person make you feel? Explore any relationships blocks.

- Low self-worth. Explore conception. Was the low self-worth trauma already there? Explore how it affected the conception stages.
- You seem to feel as if you just have to take it from others. How does this make you feel? What stops you from changing that? Explore any boundary issues such as fear of saying “no.”
- What happened in the past when you said “no”? Explore trauma related to suppressing your self-worth and not being able to set healthy boundaries.
- Was there abuse present in the ancestral line, especially between husbands and wives? Explore any traces of the old abuse that is repeating itself in your life in different ways.
- Ancestral trauma. Relationship between mother and child was abusive and stressful. Family members verbally and physically attacked each other. There was no trust and support within the family.

Ileectomy

See Colon Problems, Inflammation

Immune System Compromised / Problems

See Alcoholism, Bacteria, Cancer, Lymphoma, Pineal Gland Problems, Poisons, Virus, Toxins

Emotions

When a person's immune system is compromised, the whole body suffers. You will be affected emotionally as well. When the immune system is compromised, problem areas in the body will often become worse as the immune system is not supporting problematic areas to heal. Along with unhealthy emotions, these problematic areas can become worse.

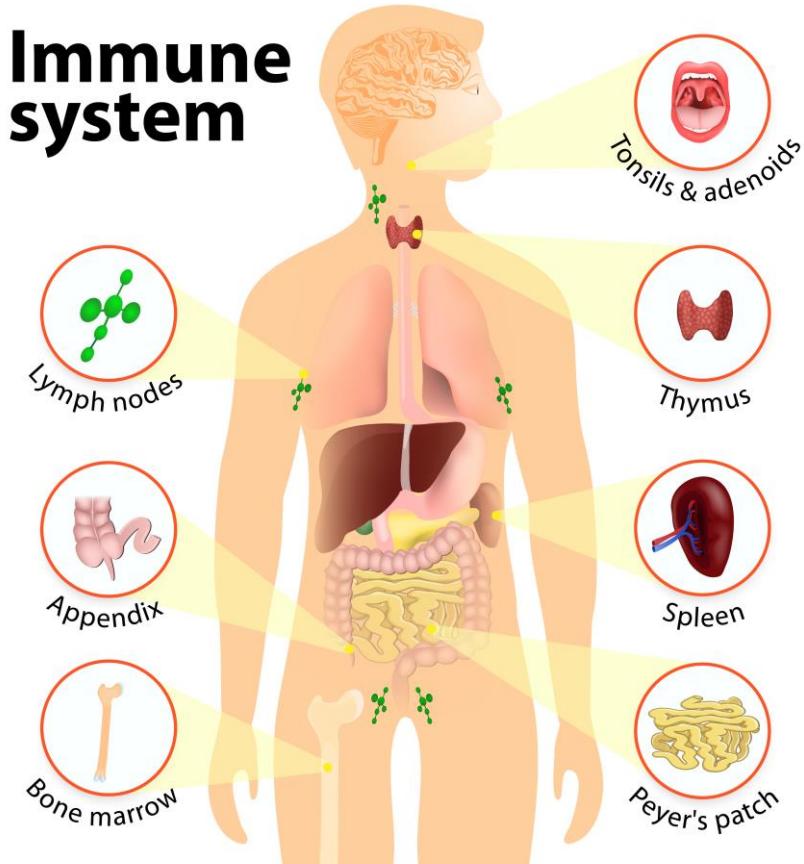
You might feel that your support system has failed and you are challenged by your past. You are attracting new people and new circumstances into your current life that reinforce any childhood rejection. This includes abandonment trauma and feeling worthless and insignificant.

You feel confused as to the intentions of others. You may have been through a whirlwind of emotional experiences that have left you feeling scattered, as well as emotionally and spiritually drained. You never know when to protect yourself or when to relax.

People in your life have challenged your boundaries and opinions. This caused you to feel insecure and unsure of your own judgment and ability to make decisions. You seem to feel frozen in life, unsure of what the next step should be. You feel stuck and have a great fear of moving forward. Your survival instincts have been activated, which may cause you to see everything as a possible threat. You may have been the scapegoat in the family, which made you responsible for anything that went wrong. Therefore, you often feel the need to take responsibility for everything in order to compensate for being a bad person and causing problems. You seem to feel that no matter what you do, you will never lift the burden of what have caused others. You have accepted blame and possible abuse as punishment and may feel like you have to pay for all of the family's problems. Your emotions, sense of guilt, anger or shame has taken a heavy and taxing toll on your body. The smaller and weaker you are, the

less of a threat you present to influential people. This keeps you from reaching your goals and becoming successful.

You feel depleted; spiritually, emotionally and physically fed-up by all the stress that influential people have caused. You feel like a helpless victim of circumstance; you have accepted this stagnant position. You may have given up on your role in life, as the journey has become abusive, overwhelming, or full of responsibilities.



Key Points

- Love may have been very conditional and came at a price. Explore further possibilities. This could also be related to womb stages. What happened to your mother while she was

pregnant? Did she have relationship problems? Was her security (home, job and role) challenged or threatened by influential people? Explore further possibilities.

- By which circumstances and people do you feel attacked? Why? How does that make you feel?
- What part of your identity did you sacrifice in order to be loved, accepted or acknowledged? Explore further possibilities.
- What have you given up on? This could include goals and hobbies. Why? How does that make you feel? What stops you from changing this?
- Who disrespected your boundaries to such an extent that you gave up expressing them? How did that make you feel? Explore your relationship with this person(s) and explore the trauma and associations made with setting boundaries.
- Who or which circumstances made you feel unsafe? Who attacked you whenever you expressed yourself or did things for yourself? Explore trauma and associations made with safety and living your own life.
- Explore conception stages. Did the egg feel under attack by all the other sperms? Did the sperm feel attacked by the egg when its tail was pinched off after entering the egg? What did the egg and sperm have to sacrifice in order to transform and be accepted by one another?
- Implantation. Did the blastocyst feel attacked by the mother's antibodies or fear that it might be attacked?
- Fetal development. Did your mother consume any food, drink, alcohol, drugs, medication that filtered through to you that may have caused you to feel under attack? Explore further possibilities.
- You may have associated feeling safe and protected with giving up or being disempowered. These patterns may have kept you safe during childhood and kept you out of harm's way. Explore further possibilities.
- How did your mother's immune system feel while she was pregnant? Was her immune system already compromised? If yes, how did this affect you during the physical and conscious developmental stages? When you needed to feel safe and reached out to your mother, what emotional state was she in? Example: she may have been feeling exhausted and overwhelmed by responsibilities, disempowered by others, attacked, grieving and felt like giving up. Explore for more possibilities.
- You may have been made to feel unimportant, worthless, in the way or unwanted. Explore how this affected you. Your need for love and acceptance was met by rejection, abandonment or hostility. Explore further possibilities.

Impotence

See Aging, Gonad Problems, Male Problems, Mid Life Crisis, Penis Problems, Pituitary Gland Problems, Pineal Gland Problems, Sexual Abuse

Emotions

You feel shame and humiliation that is related to your sexuality. You feel fearful of past trauma that challenged your confidence and ability to feel safe during sex or with your sexuality. You may have come from a very conservative family, as though sex was a sacred act and not for pleasure. You may have been taught that any misuse of sex outside of marriage or recreation is disgusting and not allowed. Your parents used guilt and shame to bring this message across to you.

You may have experienced a childhood where love was hard to come by. Your parents may

have had a confusing experience. This caused them to feel inadequate in giving or showing love to their children. Your association with love is hostility, denial, deprivation or suppression. You may have been taught that you were not allowed to make demands on anyone else's time.

You were told that there was already enough stress in the family. Asking for your needs to be met would add extra tension to the family.

Your association and experience with intimacy has been hostile and lacked in love and safety. Being intimate with someone may trigger past experiences with love and feeling vulnerable. You feel that you have been hung out to dry by your parents or a partner. Any relationship that may result in love and intimacy challenges your associations with love, intimacy and feeling supported.

Guilt and shame was a result of religious manipulation. Your parents may have used religion to manipulate you into creating boundaries regarding what is and is not sexually acceptable. The more conservative and religious your parents were, the more sexually suppressed you may feel. Your guilt and shame influences you greatly and your parents' words are always hanging in the back of your mind. This affects you when you are under pressure, causing you to feel, "I cannot do this."

You may have been abused, smothered, overprotected or mistreated by your mother or an influential female. This may have altered your relationships.

This condition is also related to ancestral trauma. Ancestors may have betrayed their partners. Your parents also betrayed each other's trust and had to live with a great deal of guilt and shame. They felt that they were not allowed to venture outside of their marriage and if they did, they would suffer consequences, as result of their religious beliefs.

Key Points

- What was your relationship like with your mother? Did she show you enough love? Did you feel safe with her? What were her views on sex and sex before marriage?
- You seem to be grieving for a mother's love and affection and at the same time resenting your mother for not fulfilling your emotional needs. How does this make you feel?
- Are you or were you at one time, religious? If yes, then explore how your values (or past values and beliefs) are affecting you now. Explore the ancestry line, what were their values in regards to sex? Explore old shame, guilt and abuse related to sexual activities.
- You may feel that you are not allowed to indulge in the pleasures that life has to offer. Who made you feel this way? How does that make you feel?
- Do you feel that you have to be loyal to your mother? "There is only place for one woman in my life, my mother." Was she suffocating or being too controlling? Explore associations made with feminine figures.
- What were your ancestor's values on the topic of sex? Explore religious beliefs and values as well.
- Explore disgust and negative associations around sexual activities. Explore cheating, betraying a spouse and the guilt or shame related to that. Explore fertilization: were disgust, shame, guilt and fear of punishment present? On which side was it, sperm or the egg? If both then explore both, if just the egg or just the sperm then follow that direction.
- How do you feel (besides sexual urges) just before engaging in a sexual activity? Explore further possibilities.

Incontinence

See Aging, Alcoholism, Bacteria, Inflammation, Female Problems, Male Problems, Muscle

Problems, Myofascial Pain Syndrome (MPS), Male Problems, Urinary Infections

Emotions

Fear of an authority figure is the main key. You may be fearful of not being accepted by a strong dominant figure in your life. Your importance and value in life is based on this person's opinion of you. Explore what your mother's relationship was like with your father. Does she have a fear of him or a dominant figure in the family?

You are internalizing your guilt and how you feel about yourself. As a result, you feel guilty for having such hostile emotions towards someone that you love out of fear. There could also be a deep ancestral fear of failing in the eyes of a male, father or dominant partner. This is often triggered by old ancestral trauma.

There is a fear present that is very dominant in the family history. A dominant figure in this sense could be anyone that is the breadwinner, who is making important decisions or who serves as the main caregiver. The dominant figure does not necessarily have to be a father or male figure. It could be anyone that has a big influence on your life. You feel trapped and are afraid of upsetting this person. As a result, you may behave in a way that does not resonate with you in order to please this person. You feel that you are unable to find and establish your own identity. Your personal space feels controlled and invaded by this dominant figure. You feel very angry and powerless, as you are unable to reclaim your personal power.

You fear that you are missing out on living your purpose and therefore, failing an important task. You may feel guilt and regret for not living your life to its fullest. You may also be experiencing shame and guilt for all the mistakes in the past. You fear the consequences of your actions may creep up on you.

You are often scared of something that you cannot see. It seems that something might happen at any moment. This resulted from a childhood household dominated by unexpected moods.

Children

Your father or mother may have felt insecure, lacked confidence or felt great jealousy at the time of your conception. These feelings may have been there for a while as a result of unresolved disputes between your parents due to relationship problems. This could mean that either your mother or father was unfaithful to their spouse or they felt suspicious of possible affairs taking place. One spouse felt powerless to control / satisfy their partner or their partner's desires and needs.

Your father may have felt that he was not able to establish his authority or dominance in the relationship, as your mother may have had strong boundaries or different values than he did. This could also be other way round.

Often there are feelings of betrayal and deception present at the time of conception. This could also be related to old wounds between your mother and father that have not been resolved.

Your mother or father might also be going through a rough patch causing you to feel that you cannot establish your territory as the environment keeps changing or the mood in the environment creates instability.

Key Points

- What would happen if you displeased a dominant figure? What were the consequences?
How did that make you feel?

- You do not know how to express your needs in a way that makes you feel safe. What happened in the past whenever you expressed your needs? Explore this trauma.
- Do you feel that you have missed out on life's purpose? If yes, then how does this make you feel? Explore this.
- Is there a pattern in the ancestry line where a dominant figure was feared? If yes, why? What would happen in the past if this figure was not pleased or respected? Explore this trauma.
- Do you feel guilty or regret something that you have done in the past? Explore forgiving yourself.
- Connect to your urinary muscles. What emotions do you feel there? What is the message in the muscles?
- Trauma related to feeling weak and disempowered by a dominant figure's behavior, such as bullying, punishment, verbal or physical abuse. Explore this further.
- Explore trauma related to the womb. How did your mother's partner treat and interact with her?
- Explore trauma related to women who were abused by their partners in the ancestral line. Explore further possibilities.
- Explore your need for approval. From whom? Why? How does it make you feel, not having the approval you need? Explore further possibilities.
- Who or what challenged your confidence? Why? How did that make you feel?
- Feeling unable to establish your identity and role within a family. Who made you feel this way? Explore how it made you feel.
- Why do you feel separate from others? Who made you feel this way? What stops you from changing that?
- If it's an adult, ask yourself, "Who treated me like a child or is still treating me like a child?" You are being dominated by a strong authority figure that might remind you of childhood parental issues.
- Explore trauma that caused you to feel out of control within stressful circumstances. This includes feeling dominated and controlled by an influential person that might be mirroring your unresolved issues with a dominant parent. You feel you cannot control the environment, as you are not allowed to. Only authority figures are allowed to be in control.
- Feeling powerless to change your life and to take your power back. Why? What would happen if you successfully reclaimed your power and individuality? Explore further possibilities.
- Something important has been taken away from you. What? How did that make you feel?
- Giving in to pressure from influential people has caused you great stress and anger. Who made you feel this way? Explore further possibilities.

Infantile Embryonal Carcinoma

See Cancer, Gonad Problems, Yolk Sac Tumor

Infertility

See Alcoholism, Addictions (Drug), Chlamydia, Endometriosis, Estrogen Problems, Female Problems Fever, Gonad Problems (Testicles), Hormone Problems, Inflammation / Infection, Male Problems, Miscarriage, Ovary Problems, Pineal Gland Problems, Radiation, Testosterone Problems, Toxins, Uterus Problems

Emotions

You feel unsettled by deep emotions that are surfacing from the past. These emotions are related to ancestral trauma, making it more challenging for you to identify the origin of it. This is creating a great deal of emotional strain and inner conflict. You may feel like you are a victim within a situation that is out of your control. You have had your fair share of blame and responsibility for other's mishaps and shortcomings.

You might feel intimidated by the idea of becoming a parent. Sometimes your partners' fears could also influence how you are feeling about becoming a parent. Your partner might have a fear of becoming a parent. Your own childhood may have been traumatizing, causing you to fear repeating the same mistakes as your parents. There is a deep fear of sabotaging your relationship with your future child. You may have been burned out in the past by too many responsibilities. As a result, you fear that having a child is going to be overwhelming and take up the little bit of free time and energy you have.

This is also an opportunity for you to explore other creative aspects of your life. This is not to say that you are destined for a life without children. This is a time for you to process any inner conflict and the reason's why you are walking this path. You do not have to be spiritual in order to work through these issues.

Issues are fixable and there are many ways to approach it.

Ancestral traumas are surfacing in your unconscious mind. The less dominant female or male in the family is not allowed to have children. Many generations ago, this privilege was only reserved for the dominant figure.

Key Points

- “Would you choose someone such as yourself to be your mother / father?” If the answer is no, then explore this as these fears or doubts may also be unconsciously blocking you from conceiving. Explore further possibilities.
- Do you feel that you are the dominant figure in the household?
- Do you feel intimidated by your in-laws? An ancestor may have lost more than one child. This traumatic experience has been surfacing in many generations. People down the ancestry line unconsciously have a fear of having a child.
- The loss of a child was too great in the ancestry.
- Children = trauma, emotional pain and suffering (as a result of the loss of a child or children). You are not necessarily aware of this past trauma, however the trauma can still be expressed in your life. Explore further possibilities.
- What is your diet like? Is the body's alkaline and acidity level in a healthy range? Are you drinking too much alcohol or using medication that may suppress fertility? Explore further possibilities.
- Radiation trauma. Explore the possibility of radiation trauma as well as in the ancestry line.
- Are you going through a stressful period? If yes, then explore high levels of stress.
- Do you doubt your ability to be a good parent? If yes, then why? What is your biggest fear? How does that make you feel? Is the fear superficial? If so, then go deeper and find the core issues.
- What was the relationship like with your mother or father? Which one was more challenging?
- Explore old resentment and fear of being like your parent(s). Be encouraged to make empowering choices.
- You can change the future and how you raise your children. It's only trauma that is blocking you from realizing this.

- You may feel challenged letting go of old anger, hurt, resentment and bitterness. Who or what made you feel this way? Explore further possibilities. It is not an ideal emotional place from which to conceive a child. Your unconscious mind may recognize this and therefore stall the ability to conceive until you feel ready to conceive a child for all the right reasons.
- Do you feel safe to have a child with your partner? Do you feel that your partner is the right person to have a child with? If no, then explore your fears. If you have a legitimate fear, such as your partner is abusive, then explore the ability to express your self-worth and boundaries. You may want to consider another life partner that you feel safe with.
- If you are a female then explore the relationship with your mother and explore unresolved anger, resentment, feeling controlled or suppressed. Is there a dominant figure in the household (other than you)? If so, there is a mammalian programming at play here. Explore further possibilities.
- Do you want a child for all the right reasons? Sometimes people want children to fill a void in their life and to suppress their feelings of loneliness. You may unconsciously want a distraction from your inner conflict. You need a purpose and want a child to fulfill that purpose in your life. Explore further.
- Feeling out of control due to being controlled by influential people. Feeling controlled by a male figure or female figure. Explore further possibilities.
- Was there conflict, disagreement (conflict between values and future goals) between the parents during conception?

Inflammation / Infection

See Arthritis, Bacteria, Bursitis, Mastoiditis, Rheumatoid Arthritis

Emotions

You are not letting go of a past or current conflict (or trauma) with someone or due to a confrontational circumstance. You are dwelling on issues instead of being proactive in resolving it. You seem to be quite angry and fed-up. You may feel that if you let go of the anger then nothing will be done to change or resolve the circumstances. This is a sabotaging cycle.

This may also be unresolved anger toward a parent or influential person, which is surfacing due to a more recent but unrelated issue. You feel powerless to change your circumstances. You feel great anger as no one is taking responsibility for the part they played in your life. You often blame others, just as you often feel like a victim of circumstance. You may feel that you just have to accept circumstances as they come.

Influential people often dictate the direction of circumstances, which directly affects your quality of life. The anger and rage comes in waves when influential people or circumstances trigger your feelings of disempowerment and helplessness.

You feel invaded and under attack by the environment or by an influential person. This pattern is related to childhood. You were suppressed with limited opportunities to mentally and emotionally grow and explore life. It is important that the relationship with your parents is explored. Trauma and feelings of anger or suppression that stemmed from these relationships are being triggered in your life. It is being triggered in different and unrelated ways. As a result, it can be challenging for you to recognize what the actual issue is, such as separating what is current from old past trauma.

Key Points

- When did the inflammation start? Who was upsetting or aggravating you at the time?

- Explore the amniotic sac and water during womb stages. How did it feel? Can any toxicity be sensed? If yes, how did this make you feel? Explore further possibilities.
- Who is irritating you? Which situation is causing you to feel so much anger and irritation? Can you change these circumstances? What blocks you from resolving this problem? Explore this.
- Was your mother's immune system challenged while she was pregnant? If yes, how did she emotionally feel during that time? Explore further possibilities.
- You may have made associations with toxic substances that your mother used or digested by accident while pregnant. This also includes polluted areas (where there were smokers, gasses) whilst she was pregnant. What was her environment like? How did it make her feel?
- If relevant then how did the toxicity affect you in utero? What were you feeling at the time? Explore associations and trauma that was created.
- Self-rejection. By whom do you feel rejected? Why do you reject yourself? It is the result of being regularly rejected by others? You may feel that something is wrong with you or that you are a bad person. Explore further possibilities.
- Do you have trouble processing and letting go of anger? If yes, then ask yourself, "How does this anger serve me? What would happen if the anger is not there anymore?" You may have a fear that you will be seen as weak or a push over, someone who is prone to being attacked or bullied. The anger gives you the illusion that you have boundaries and confidence. Explore further possibilities.
- Explore the fetal stages. Did your mother feel a great deal of anger and resentment while she was pregnant? If yes, how did this affect you during the womb stages up until now? Explore further possibilities.
- See the area that is inflamed and then also see the Quick Reference Guide for more info.

Insomnia

See Anxiety, Apnea, Depression, Mercury Poisoning, Narcolepsy, Pineal Gland Problems,

Seasonal Adjustment Disorder, Sleep Problems

Emotions

There seem to be many unresolved issues that you feel unsure of how to approach and deal with. You often don't know how to take control of your life. You seem to be dwelling on issues for long periods of time without being proactive about it. Unconsciously, you feel less guilty by dwelling on unresolved issues even though you know there is something you need to figure out.

You may lack the proper "tools" and understanding towards someone or a situation. You don't trust your own ability to resolve issues. You are facing circumstances in your life that are challenging your beliefs and capacity to cope with the emotions that are surfacing. You do not understand why you feel the way you do and you struggle to find your value within this conflicting situation.

You may be angry with someone due to an incident you were not able to process and let go of. You have been treated in an unfair way and are still trying to make sense of it all. Stubbornness seems to sabotage your understanding in the matter. You are quite resistant to change and may also sabotage new transitions you are moving through. You do not trust what you cannot see. Your need to control the environment makes you feel safe, as you don't trust anyone.

This condition is often related to Prolonged labor. See the Birth section for more

information.

Key Points

- You often complain about chattering in your head (endless conversations with others).
- Resolving boundary issues often resolves this problem. Give all thoughts a voice and let them all speak at once. Explore what you really need to say. What conversation(s) in your life still needs to take place?
- What would happen if you just allowed yourself to be still and feel safe? How would that make you feel? Explore what causes you to feel so anxious, restless and on guard. You may have experienced a childhood where moods and actions were very unpredictable, making it dangerous and unsafe to be relaxed and off guard. Explore during the ancestry line. Explore for war trauma, abuse and where unexpected verbal and physical force was used to control others, including slavery.
- What are you dwelling on? What has been bugging you? Who or what are you trying to make sense of? How does it make you feel?
- Which influential person punished you when they lost control of a situation or if you failed a task? Explore how this made you feel. You may have made an association with working and being afraid of making a mistake; needing to be control in order to avoid making a mistake. Explore further possibilities.
- By whom or what do you feel threatened by? Explore the womb stages as well. Did your mother feel similar emotions while she was pregnant? If yes, then explore how it affected you in utero. Explore trauma and possible associations made when you needed security or protection.
- What would happen if you had to stop thinking? What are you trying to avoid?
- This condition is often related to domestic abuse (this could be emotional, physical or sexual). Explore also on an ancestral level.
- Trauma related to feeling in danger when you are still. What happened? How did that make you feel? Explore the fetal stages; did your mother push down on the womb to settle you when you were moving around too much? If yes, then explore how this made you feel? Did you feel controlled or trapped? Explore possibilities. This could also be related to ancestral trauma.
- Did you experience a trauma during nighttime? If yes, then explore this and also explore the associations made with darkness, sleeping or feeling safe when sleeping. Ancestral trauma related to wars – “It’s not safe to sleep or close my eyes.” Explore further possibilities.
- Do you have discernment over which thoughts are yours and which thoughts belong to other people? Explore trauma associated with these other foreign thoughts, such as a parent being harsh and dominating influential people.
- What do you feel guilty or anxious about? Is it your guilt or shame that you are expressing? Explore further possibilities.
- Always explore the birth trauma and see the Birth section. Can any of the above traumas or emotions be felt during the birth process? Explore trauma associated with changes taking place.
- During early infant stages, did you feel wrapped too tightly in a blanket? If yes, then how did this make you feel? Explore reactions such as, “I can’t breathe, I can’t take a deep breath.” Suffocation, restraint, trapped, frustrated due to the lack of movement or feeling uncomfortable.
- Trauma related to prolonged labor (your own birth). Explore further.

Intercourse Pain / Problems

See Female Problems, Impotence, Male Problems, Pain, Pituitary Gland Problems, Uterus Problems

Emotions

There is a great deal of shame and guilt associated with your sexuality. You have been exposed to sex that was traumatic or disgusting. You may have experienced a very controlling childhood, causing you to feel unable to express yourself either sexually or emotionally.

Sexuality was suppressed in the household and it was disgusting and dirty to abuse sex. Example: having sex with someone that you are not married to, or not in a relationship with. You may have experienced inappropriate interactions with influential people that may have made you feel a great deal of shame and guilt in regards to your sexuality. You might also be in a partnership where you feel unsafe or disconnected from your partner.

You may feel that you are with the wrong partner. You often express your mother's shame related to sex and sexual pleasure.

Key Points

- Did someone treat you in a way that made you feel uncomfortable or ashamed in regards to your sexuality or sexual needs? Explore further possibilities.
- You seem to feel that you are not allowed to venture too far from what you have been taught. If you do, you will be punished and pushed out of the family. Explore further possibilities.
- You may have associated sex with pain. Sex was disgusting.
- Do you feel comfortable being intimate with a partner? If no, then explore why? How does it make you feel emotionally? What are you trying to resist or push away from? Do you have a bad or traumatic association with your partner's gender? Do you have a preconception that men are abusive or women are controlling?
- Avoiding being intimate. You might feel obligated as you may have a fear of rejection, abandonment or being ridiculed.
- Do you feel that you are with the right partner? Explore further possibilities.
- Do you feel safe with your partner? Explore further possibilities.

Intermittent Bleeding

See Menstruation

Interstitial Cystitis

See Anxiety, Bacteria, Bladder, Bladder Cancer, Female Problems, Incontinence, Inflammation, Menopause, Male Problems, Muscle Problems

Emotions

You may feel intense anger and rage, holding on to a desire for vengeance. You refuse to let go of past anger. A family member has to pay and answer for the pain and struggle they have caused. You are very upset with an authority figure (either a parent or guardian) that challenged you and may have abused you in one way or another. You seem to have been aware from a young age that the behavior of this influential person was morally wrong or just plain unfair. You have immense resistance giving in to authority, as authority in your opinion is incompetent, stupid and just plain evil.

You seem desperate to regain your own personal power. You feel that your personal power has been taken away. The anger is motivated by feeling powerless and out of control. You feel excluded from making important decisions that have a direct impact on you.

You are stuck in blaming others for your hardships. You may feel that you have suffered as influential people suppressed your power. As a result, you were unable to reach your own goals and have your emotional needs met. You refuse to take responsibility for the future and how you are going to move forward. You have allowed others to control your life and you deeply resent these people.

This has altered your outlook on the future and how you interact within relationships. What you see is the opposite of what you want.

Key Points

- Whom do you feel anger and resentment towards? Why are you holding on to anger? How does the anger serve you? You may have associated anger with endurance and project anger at people with the intention of protecting yourself from being attacked, controlled or trapped. You use your anger as a protecting shield against others.
- Who treated you in an unjust or unfair manner? How did that make you feel? Explore further possibilities.
- Who disempowered you? Who took your power away? Why did you allow this person to suppress your power? How did it keep you safe to suppress your power? Power in this sense means inner strength, the ability to express boundaries, feeling worthy and confident. Explore blame and also see the Forgiveness Section.
- Explore your grief and feeling as if you have lost a part of yourself. What are you grieving for? What did you want and were not able to get because of influential people and/or outside influences? Explore further possibilities.
- What do you regret in life? Explore any resentment and grief associated with this situation or loss.
- Explore womb stages. Did your mother experience similar anger or unmet needs in her life while she was pregnant? How did this affect you in utero? Explore ancestral patterns of this sort.
- Explore anger and unmet needs and feeling like a failure during conception stages.

Intestinal Cramps

See Cramps, Colon Problems, Diarrhea, Inflammation, Intestine Problems, Muscle Problems, Nausea, Pain, Toxins

Emotions

You may be fearful of moving forward in your life. You have had negative experiences in the past whenever you tried to move forward. You feel conflicted, longing for a change of circumstance, yet resistant to changing stubborn patterns and routines. You do not feel that you fit into the bigger picture. You typically either sabotage or avoid situations that might cause you to feel vulnerable or exposed.

You are sensitive toward your environment and other people's actions. You seem to be rejecting life, new opportunities and changes. Your need and desire for familiarity is very strong. This may sabotage your personal progress. You need comfort and security, yet you feel there is nothing (or no one) to reach out to.

Key Points

- When did the cramps start? What was the conflict in your life at the time? How did that make you feel? Explore further possibilities.
- What in your life is changing? Are you resisting the change? Why? How does that make you feel?
- What would happen if you allowed yourself to be a part of a bigger picture? This includes groups, communities and family.
- You want something, however you're being betrayed and disappointed when you express your needs. Have there been similar patterns in your life? If yes, how did that make you feel? Explore associations made with moving forward, making changes, being part of a team or being a part of life and the processes involved.
- You feel challenged by personal relationships. You feel unprotected and controlled. Explore more possibilities.

Interstitial Pneumonitis

See Acute Interstitial Pneumonitis, Asbestos, Lung Problems

Intestine (Small Intestine) Problems

See Candida, Celiac Disease, Colon Cancer, Colon Problems, Constipation, Cramps, Digestive Problems, Hernia, Irritable Bowel Syndrome, Stomach, Toxins

Emotions

You've experienced circumstances and people's reactions toward you in a very intense manner. You have many communication blocks with the family and feel misunderstood. You access your motivation and passion from a fighting instinct, which causes more tension than necessary. The instincts are activated by old trauma, causing you to make decisions that result in self-sabotaging patterns. You often find yourself in self-created stressful situations. You should make more judgment calls from the heart mind.

You feel disconnected from yourself and not sure what to make of the circumstances. You went through a big change and transition in your life. You have become stuck as a result of fear and a lack of trust in yourself and loved ones.

You are having difficulty within personal relationships, either with your parents or a partner. There is often a history of abuse.

Tension, fear, uncertainty and a desire to not rock the boat in the family seem to be key points. You have old suppressed anger and resentment that is being triggered by the current circumstances. The majority of your childhood has been filled with tension and a lack of freedom.

You have negative connotations towards personal relationships, as you feel people cannot be trusted. You may feel that others are only out there to get you and do not have your best interests at heart.

This stems from a family life where you never knew when someone was being sincere. Often, family members had their own agenda or wanted to cause harm. You treat all circumstances as a potential threat.

You are holding on to the trauma and the way that trauma made you feel. You seem to have a negative outlook on life. Often your first few experiences in life with people, relationships and love has been hostile, unpredictable or unpleasant. Your need for acceptance and love has been met by hostile actions and or by rejection. The way in which you were treated in the past has formed a part of your foundation and affects how you approach life, your goals and

dealing with others.

Ileum

You feel as though you are only allowed to have and enjoy the left overs in life. You feel that you must allow others to do as they please while you are stuck and stagnant in a restrictive role. You have to take what you can get from the family, which is often second best. You need to communicate your expectations and needs. You often don't express what needs to be stated; instead, you say what others want to hear you say. You feel very conflicted in your personal relationships, as a result of low self-esteem and poor personal boundaries.

Key Points

- What happened that caused you to feel so negative and distrustful of people? Who betrayed your trust? Who made you believe that they were being kind and then unexpectedly betrayed you? Explore more possibilities.
- Fear of change and moving forward. Do you fear changes? If yes, why? What happened in the past that made you associate change with an unpleasant experience?
- Which personal relationship do you find most challenging? Why? How does that relationship make you feel? How has it affected you and your relationships with others? This includes the relationship you have with yourself. Explore for rejection, control or abuse trauma. Explore associations that you made with this person and their actions towards you. Explore the family line for similar patterns.
- What are you unable to absorb in your life? Who challenged your way of coping and dealing with hardships? What has become too big of an issue for you to deal with or cope with? Explore further possibilities.
- Your experience with life has been quite negative. What circumstances made you feel this way? Explore further possibilities.
- Your need for love was met by unpredictable moods, hostility, depression or negativity.
- You have been surrounded by influential people who did not have a positive outlook on life. This had an impact on you and affected you greatly. Explore the ancestry line; what happened that made you have such a bleak and negative outlook on life.
- You feel resistant to let love, nurturing and support into your life. In the past this caused you to feel vulnerable, taken advantage of or exposed. Explore further possibilities.
- You are very critical of yourself and others. This may be the result of others treating you in a harsh and uncompassionate manner. Explore further possibilities.
- Having a negative outlook on life. Who or what are you resenting? What has caused a lot of turmoil in your life? You may have a fear of changing this pattern, as you fear letting go of a part of yourself. The negativity is not who you are, it's a way of life that you've adapted with the intention of survival. Explore how this negativity has kept you safe in the past.
- What in your diet offends the intestines? Explore associations you may have made with food. Does your mother or father have the same issue? Explore emotions and triggers. Explore ancestral trauma and negative associations made with certain foods.
- Who made you feeling guilty about something you did? How is holding on to the guilt benefiting or serving you? Do you feel you deserve to be punished? Explore further possibilities.
- Feeling like an outcast and abandoned. How does that make you feel?
- How do you feel when digesting your food? You may feel anxious, stressed or upset. Explore further possibilities.

- You are an aggressive eater, feeling angry when you digest the food. What were your circumstances like during dinnertime during childhood? How did that situation make you feel?
- Trauma and fear of being exposed and attacked. How did that make you feel? Explore further possibilities.
- A person often stores their past trauma and abuse in their intestines. What is the story that is stored in the intestines? What could you not stomach in life and suppressed instead?
- Trauma related to rocking the boat in the family and being punished for it. How did that make you feel?
- Trauma related to being blamed when you were actually innocent. How did that make you feel?

Irritable Bowel Syndrome

See Anxiety, Colitis, Colon Cancer, Colon Problems, Digestive Problems, Hernia, Intestine Problems

Emotions

You have felt suppressed in everything you've tried to accomplish. Influential people did not give you the support and validation you needed in order to safely express yourself. You feel held back, as you do not know if you have permission to venture outside of the family's values and belief system.

You may be holding on to all your negative experiences in life. This may be the result of a childhood where influential people never had enough time or patience to listen and acknowledge you. You are holding on to what you want to say just in case you have an opportunity to express it one day.

You may have experienced a childhood where you had to learn how to cope and fend for yourself. This may have caused you to feel utterly unsupported, unloved, worthless or lonely. There is no one to reach out to.

You are afraid of what life has in store for you or what will happen next. You are desperate to be in control of everything as it gives you the illusion of feeling safe amongst mental and emotional chaos. You stepped away from your own goals as you feel, "What's the use, it's all too hard." You are isolating yourself, which causes you to feel anxious and depressed. Humans have a natural instinct to always be close to one another. It's a survival instinct that has served people for many thousands of years.

You may have been thrown into the deep end. This left you with a sense that you will never survive or cope in these circumstances and there is no way out. You feel unsettled and unsafe in your life. This condition starts when a person feels very suppressed, attacked or poisoned by circumstances and the influential people around them.

IBS with symptoms Diarrhea

This may indicate that you have an intense and stressful relationship with your mother or father. The pattern and stress you had with your parents is repeating itself in your current personal relationships. You often felt under attack, abused or rejected by authority figures when all you needed was to feel safe and secure. When you needed to feel safe, you were often greeted with rejection or punishment. You fear the people with whom you should feel safe. There is an urgency to get away from toxic people and relationships.

IBS with symptoms Constipation

This may indicate that you have experienced abuse or very hostile actions from those you relied on for survival (especially during infancy stages). You are holding on to negative experiences as a result of abuse and hostility. You may have an unconscious fear of letting go of the trauma because it may cause old cycles to surface again. You have learned how to survive and keep yourself safe during emotionally and physically challenging circumstances. You do not want to let go of the survival skills you have honed and perfected.

You fear you might find yourself in stressful situations again. Your knowledge (trauma) is the only survival tool you have. You are often fearful of moving away from patterns and habits that serve you, as you do not know any other way of life. You hold onto old emotions as this feels safe and familiar.

Key Points

- From whom or what do you need to escape but can't? How does that make you feel? Explore trauma where you felt controlled, trapped, abused, unsafe or unsupported.
- By whom do you feel suppressed? Explore associations made with this person and how this person fulfilled your emotional needs. When you needed love or safety, how did influential people respond to your needs? Explore further possibilities.
- Toward whom or under which circumstances do you feel so resistant? Who or what made you feel this way? What is the benefit of being resistant? How does that make you feel?
- Which influential person abused you or caused immense anxiety and fear? You might be experiencing situations with other people of the same gender as the influential person who abused or challenged you. The relationships are triggering old traumas. Explore how your current relationships make you feel.
- Explore ancestral trauma related to poverty or diet problems. What were the ancestors' circumstances and emotional state like when they digested their food? How did they feel? What unfair circumstances could they not let go of? Stress in one's life affects the intestines and digesting food while upset can cause digestion problems. Are there any similar traces of trauma or emotions that are now taking place in your life? Explore further possibilities.
- Is there any abuse (physical, emotional or sexual) trauma in the ancestry line? Explore how it affected your life. What were the ancestors' fears, who or what were they afraid of, what were the emotional consequences of the abuse? Explore this trauma in your fertilization stages.
- Explore womb stages. How did your mother feel while she was pregnant? Especially when your intestines and colon were developing. Are you experiencing similar emotions that your mother did? Explore associations that were made. Explore the difference between your mother's trauma and feelings and your own feelings.
- Explore how your mother felt when she was in her mother's womb. Can similar feelings be sensed? Explore further possibilities.
- Explore similarities between your emotions and habits compared with your mother's.
- Patterns copied from the mother often set in during fetal stages while the stomach, nervous system and heart developed. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced. Did your mother feel invaded and irritated by her environment? How did her emotional state affect you in utero?

Itching

See Anxiety, Allergies, Inflammation, Parasites, Rashes, Skin Problems, Toxins

Emotions

Your self-sabotaging patterns are causing you a great deal of frustration. You are aware of how fears and past blocks are holding you back. It's causing you immense irritation, as you are unsure of how to move forward, away from it. You fear that you might fail making changes and that your support system (people in your life) might fail you, as well. You are having a hardtime believing in your talents. You may not have had sufficient support, praise or acknowledgement in the past in order to build-up confidence and self-worth. People and circumstances from which you cannot escape cause you frustration and resentment. You do not feel confident in dealing with these people and circumstances. This only causes you to feel aggravated. You feel unable to change and move away from people or circumstances that are controlling and/or irritating.

Key Points

- Who failed you when you needed support? How did that make you feel? You may have made an association with moving forward with a goal or task only to find that others stopped supporting you. This may cause you to feel that you are unable to be on your own. As no one else is there to help, it might be easier to give up.
- Why do you doubt yourself? Who made you feel stupid or unworthy? Explore further possibilities.
- What situation in your life has not been resolved and keeps creeping up on you? What stops you from resolving this issue? Explore boundary issues, worthiness, feeling unsafe, unsupported, attacked or bullied.
- When did the itching start? What were you doing at the time? How did you feel at that moment or that day? Explore further possibilities.
- What do you feel frustrated about? Explore further possibilities. Is this a long-term issue? If so, why are you holding on to the frustration? How does it serve you? Have you tried to change the situation and if so, what happened? Explore further possibilities.
- You may be in a situation that causes you to feel angry, irritated and sad at the same time. Who or what made you feel this way when the rash started?
- From whom or what do you feel you cannot escape? How does that make you feel? Explore further possibilities.
- Fear of being rejected. Explore trauma that resulted in feeling lonely.
- Explore womb stages. Did your mother consume food, drink or medication that may have affected you? Explore feelings of worthlessness, irritation and frustration.

Jaundice in new born / child

See Hepatitis, Liver Problems, Skin Problems

Emotions

While in utero, the baby may have sensed there were many challenges in store after birth. The child may have felt very resistant to being born and deal with circumstances that would be challenging. The birth trauma seemed to have triggered awkwardness, fear, anger and rebellion against influential forces.

The baby seems to be quite stressed as a result of the new environment and may feel

unprotected. They feel irritated and agitated by new influential people, threatened with a fear of being verbally attacked or in danger.

There is an ancestry line where alcohol was abused which caused a great deal of trauma to the liver. The trauma of the birth (being squeezed through the birth canal) may have triggered liver problems in the newborn baby. The ancestor's suppressed emotions were stored in the liver. This may now have surfaced in the baby's liver. Trauma experienced during the birth triggered these old traumas from the ancestry line. It's a collective consciousness of anger, resentment, hostility and trauma of alcohol abuse, all triggered in a new generation.

The baby may have been aware of the mother's negative thinking, her anger, resentment or bitterness related to feeling separate or separated from a partner or family throughout the pregnancy. The mother may have felt very unsupported, abused or neglected by her partner, family or friends.

A parent may have felt bitter about the newborn baby's arrival.

Jaundice in adults

Emotions

You have a deep need to be accepted, acknowledged and loved. You seem to attract people that end up rejecting you; therefore, you have made an association with love and rejection. Your need for love has been met by rejection, abandonment or hostility, causing you to feel bitter, resentful or lonesome. You often find yourself sabotaging relationships because of your fear of commitment and being vulnerable. Your needs have been met by unhealthy reactions so to avoid recreating similar cycles, you push people away. This may keep you safe but it also separates you from the people you love. You may have experienced abandonment trauma and not had sufficient support, love and attention during your childhood and adolescent years. The resentment and bitterness is becoming toxic. The way you communicate becomes more hostile as a result of built-up emotions, a lack of love or acknowledgement. Feeling invalidated by influential people is causing explosive emotions.

Key Points

- You push people away. If this is the case, then why? What are you protecting yourself from? What happened that made you feel this way? Explore further possibilities.
- Did you abuse alcohol? If yes, what does the alcohol give you that you cannot find or access in your life? Why? How does that make you feel? See Alcoholism section.
- Trauma related to rejection. How did that make you feel?
- You have a certain level of harshness or sternness to your personality and way of interacting with people. Why? How does this harshness serve you or keep you safe? From whom does it keep you safe? Explore further possibilities.
- Who overlooked your accomplishments and success? How did that make you feel?
- Bitterness – example: when you needed love, your parents might have felt bitter and shown anger toward you.
- Do you easily communicate your feelings to others? Explore trauma related to this topic.
- For new born: how did the baby feel before being born? How did the mother feel? How did the mother's emotions influence the baby, did she feel angry with someone or because of a situation? Did the baby feel wanted and welcomed? Did either parent feel unhappy about the baby's arrival? Explore how this influenced the baby and how it made them feel.
- Was there alcohol abuse in the ancestry line? Did your mother or father abuse alcohol as well? If yes, how did it affect the fertilization stages? Explore further possibilities.

- When you first came in contact with your parents or influential people, how did these figures make you feel? Did you feel welcomed or unwanted? Did you feel anger or hostility, perhaps disappointment that you were the wrong gender? Did you feel threatened or scared? Explore associations made with an influential person's presence and the associations made after birth.
- How did your mother feel while she was pregnant with you? Did she feel angry, abuse alcohol, feel resentment or unsupported (by partner, family and friends)? Explore how this affected your development stages.
- Newborn baby feeling stressed and frustrated, not able to bond with a mother or father. How did that make you feel? Explore further possibilities.
- Ancestral trauma programmed in the liver may have been triggered in the unborn child before or after birth. Explore trauma and associations.
- Trauma related to separation. Explore further possibilities.
- Explore similarities between your emotions, habits compared to your mother's feelings. Patterns copied from the mother often set in during the fetal stages when the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.

Jaw Grinding / Clenching

See Temporomandibular Joint and Muscle Disorder (TMJD) / Jaw Grinding / Clenching

Jaw Problems

See Temporomandibular Joint and Muscle Disorder (TMJD)

Jaw Cancer is often related to speaking the truth and finding the words twisted by authority figures. You felt ignored, as if what you had to say was invalid. This created a great deal of stress on the jaw line. There was no power in your words.

Jejunum

See Intestines (Small) Problems

Jeunes Syndrome

See Bone Problems, Congenital Disorders, Muscle Problems, Poisoning, Toxins

Joint Problems

See Arthritis, Back Problems, Bursitis, Cumulative Trauma Disorder, Cyst, Heel Spurs, Inflammation, Myofascial Pain Syndrome (MPS), Osteoarthritis, Pelvic Problems, Shoulder Problems, Reactive Arthritis, Rotator Cuff Problems, Rheumatoid Arthritis, Tendon Problems

Emotions

You have a great deal of resentment and anger related to your perceived shortcomings in life. This could be issues related to personal relationships and failed projects; old past incidents are still an issue. There may be current situations that have triggered unresolved issues from the past. You may feel stagnant in these circumstances and rigid about changing or resolving these issues. This may cause you to feel trapped and angry.

You feel forced to deal with things as they come, rather than getting your way. This makes you resentful because you cannot have what you want.

The family may have created a great deal of drama and projected responsibilities onto you, leaving you no freedom of choice. This caused conflict for you because you felt pushed around and attacked (either verbally or physically) by loved ones.

You are feeling a great deal of suppressed anger toward influential people. You do not connect easily with others, as your negative feelings have created a wall around you. You do this in an unconscious attempt to keep yourself safe from those who might take your power away.

The lack of love in your life has caused you to feel unlovable. You may feel that, "If my parents didn't love me then who will? I have to take what I can get."

You often feel that you are a victim of circumstance and are powerless to change the situation. You attract dominant, headstrong people into your life that challenge your self-worth and boundaries. You often feel out of control and unable to get your partner, family or friend's attention. You do not feel heard and are often ignored by influential people. Hostility, blame, judgment, a lack of trust and an unreliable foundation were all a part of your childhood experience. This gave you a hard shell in life, which you often use as a buffer between yourself and the world.

You seem to use your anger to charge through life. Underneath it all, you still feel very helpless and vulnerable. You feel safe in your comfort zone and do not want to change anything in life that might disrupt that. Joint pain might cause a secondary problem such as fatigue. The body might be fighting off an infection that is related to the joint problems.

Crackling Joints

This is often related to unresolved resentment toward a mother or maternal figure, as you may have felt unsupported by a female figure. This influential person may judge you in a harsh way even though no one else projects any judgment or criticism towards you. Your efforts in life may have been focused on by authority figures in such a way that made you feel like you couldn't do anything right. An earlier starting point for this condition is often related to too much stress experienced during the fetal stages. This is a result of your mother experiencing stress, anxiety or feeling unsafe during the pregnancy. It begs the question; "Did your mother feel safe in the presence of her partner while she was pregnant with you?"

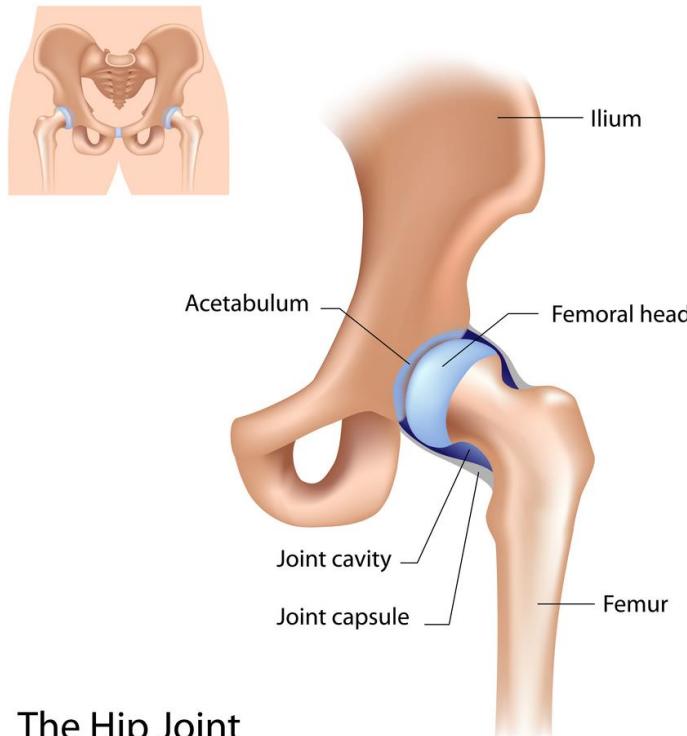
Shoulder joint

There is conflict between needing time for yourself and your current responsibilities. Your boundaries are failing, as you are not expressing your needs. You've grown accustomed to feeling obligated to serve and not receiving in return.

Hip joint

You are walking with anger, as you feel uncertain about how to reclaim your power. You feel powerless in your life and the role you have in the family. You feel that no one takes you seriously. You use your anger to overcompensate for the times you felt ignored or not taken seriously during your childhood.

You feel pushed around and bullied by people in authority. You may feel that you do not have the power and self worth to be heard, respected and listened to. You often felt torn between your mother and father's marital conflict.



The Hip Joint

Wrist joint

There is conflict between what your parent (or authority figure) expects of you and what you really want. This is related to your goals, desires and need to be in control of a project or how you communicate. You feel as if you always need permission or validation before starting a new project.

Finger joint

You may feel unworthy of receiving and holding onto what you have achieved. You were taught that success could only be achieved by hard work, so you do not respect any success achieved in an easy or effortless way. You feel as though you are constantly under a magnifying glass and any mistakes may be result in humiliation. You feel misunderstood and angry because you cannot control what others think of you. This could also be related to keeping secrets that are starting to weigh you down.

Voluntarily cracking joints / fingers

There seem to be unresolved or unexpressed opinions and emotions towards an influential person in your life. Did you associate communicating your truth or opinion with receiving punishment or rejection? It may also be related to a conflict within the family, which has a direct impact on you and your personal progress. Unfortunately, you feel that there is nothing that can be done to change the circumstances. You want to discharge the emotional tension however, you may feel unsafe in doing so, as no one will back you up or offer support. It is important to resolve the trauma related to expressing your truth (fear of punishment) and any

unresolved trauma or emotions that your mother experienced while she was pregnant. Which person challenged your mother frequently during her pregnancy? You seem to be powerless when faced with confrontation. Your mother may have overcompensated by being submissive or aggressive in her life, so this pattern may be repeating itself in your life. Two key points to note: fear of confrontation and fear of speaking your truth. There is a difference between speaking one's truth and feeling safe to do so and speaking one's truth with anger (compensating for the fear you feel). This might be related to patterns that were copied during fetal stages.

Ankle joint

There is conflict between you and your mother. You feel controlled by your mother's judgment and opinion regarding your personal decisions and goals. You feel unable to move too far away from the family values. Rejection and abandonment were used to punish if you did not respect authority figures (parent, teacher, mentor).

Toe joints

Your direction in life feels controlled by a partner, parent or authority figure. You feel that you cannot change the direction of your life or goals. Past mistakes were not tolerated; there is little room for error. You want to move away from someone or current circumstances, however you fear the consequences that might follow. This could also be related to a parent or ancestor who was too scared to leave a partner or family home. Abuse was used as a means of control over them and their future, as well.

Key Points

- When did the joint problems start? What were you doing? How were you feeling before the joint problem started? Did you have relationship problems; emotions or trauma that you didn't want to let go of or felt angry and resentful? Explore further possibilities.
- Explore resentment issues. Who are you resenting? Why? How does that make you feel? These issues are old traumas that were triggered by current issues in your life.
- Explore why you feel guilty. Who challenged your worthiness?
- Have you been made to feel guilty for choosing to live a life in a way that is against the family values? If yes, the how does this make you feel? Explore further possibilities.
- What are you are not expressing to certain influential people? How does that make you feel?
- You feel stuck in a situation and are uncertain or afraid to take appropriate action. If this is the case, why are you scared? Of what? Explore further possibilities.
- Explore feeling like a victim and feelings of self-rejection or feeling disgusted with yourself. Who made you feel this way? Why? How did that make you feel?
- How does being rigid and inflexible about your life, movements, changes or others serve you or keep you safe? Explore further possibilities.
- Trauma related to feeling pushed down by authority and/or partners. How did that make you feel? If it's not related to you, explore your parents' trauma and ancestral trauma.
- You are suppressing anger as much as you can. You have been shamed and made to feel guilty for expressing such emotions. Influential people's reactions toward you may have caused you to feel like a bad person for feeling negative emotions. Explore further possibilities.

- What do you feel anxious about? You seem to be stuck in survival mode, taking everything too seriously and feeling the impact of life in a very intense way.
- Who is to blame for your hardships? Explore further possibilities.
- Always explore the birth trauma and see the Birth section.
- Explore womb stages. Did your mother's immune system fight off an infection that may have affected you in utero? Explore further possibilities.
- You may not have had enough space to move around in the womb area due to lack of space or just not moving enough and staying still for long periods of time. This may have caused different parts of the body to be stuck in a painful and uncomfortable position. This again could cause physical and soft tissue stress in your adult life and even childhood. If you didn't have enough space to move around in the womb, how did that make you feel? The answer you find here would often be the same issue that always arises when you are experiencing the pain / problem area (or when it started for the first time). It's important to find the association made and how you felt at the time. The answer that you are searching for should not be a superficial answer.

Kaposi Sarcoma

See HIV, Cancer, Herpes, Tumors, Virus

Emotions

You feel deeply ashamed of the unwanted attention your illness has brought upon you. You are disgusted with yourself and are acutely aware of people's reactions towards you. You feel overly sensitive as to how others see and perceive you. You resent being in this situation and feel persecuted by the world for being here.

Your current environment and the relationships you have with others reinforce the feeling that you are a bad person. You have come to a point where you just want to be left alone and therefore, push others away. Your internalized anger has come to the surface and you feel like you should be punished.

This is what I would call the turning point. You need to make a decision as to whether you still want to hold on to the resentment. Holding on to these negative emotions does not serve you anymore.

Your skin condition is a physical reflection of how you feel about yourself. Reactions to your skin condition seem to validate your deep, inner self-loathing. You always felt unsafe in life and have tried to blend in with the intent to avoid being seen or attacked.

Key Points

- Feeling guilt, shame, self-loathing and like an intruder in the world. Who made you feel this way? Explore further possibilities.
- Did you suffer abuse in childhood? If yes, how did that make you feel? Explore by using the fertilization key developmental points.
- You are overly sensitive to how the world views you. How does this make you feel?
- How was the sex topic and sexuality introduced? Explore projected guilt and shame for having sexual needs.
- If you are a mature adult then discuss what the first sexual experience was like. If it was traumatic and shameful, then explore.
- Lack of trust. Who betrayed your trust? How did that make you feel?
- Rejection trauma. Who rejected you? How did that make you feel? Explore birth trauma. Did you connect with your mother? How did you feel as a newborn baby after birth? You

may have made an association that love = rejection. Therefore, you have a fear of love or being vulnerable. You may mistreat yourself because you don't think you deserve any better.

Keloid

See Attacked, Skin Problems

Emotions

You seem to be carrying and physically revealing a great deal of persecution and punishment trauma from your ancestry. You feel intense emotions that have begun to transition from an emotional state to a physical state. Your built-up emotions are swelling to the surface. You feel an immense sense of injustice and feel wronged by society as a result of your gender within the culture. Your culture has been suppressed and abused for many generations.

You are very sensitive to judgment and often overreact to criticism or being reprimanded. You have a deep unconscious need to overcompensate for times when influential people suppressed your boundaries and opinions.

There is a very deep ancestral connection that has been triggered in your life. This dormant and suppressed trauma has been triggered by your childhood circumstances. When someone is physically being abused, a great deal of stress, fear and the flight or fight instincts are activated. Adrenaline is released in the body and the trauma experienced is not resolved. Shock related to an incident is suppressed along with the trauma. After the trauma is suppressed, it can linger in a person's unconscious mind for many years and psychologically cause them a great deal of discomfort and anger. A simple cut or wound that was deliberately or accidentally inflicted may cause the body to respond in the same way it would if you were experiencing traumatic events from the past or in your ancestry. How aware you are of feelings and emotions that have been triggered depends on the individual.

You may have felt out of control while simultaneously experiencing intense fear. The skin cells tried to heal the physical wounds, setting a normal biological process of mending and healing out of control.

You may not necessarily have had a physically abusive childhood. There are many different situations that can cause a person to feel traumatized, without physical violence. You often feel deeply angered by what has happened in the past. You know that what you experienced was unjust or even immoral. You feel powerless to change the situation or how you feel about it.

There is a deep imprinted pattern of physical and emotional abuse in the ancestry line. You feel worthless and deep down believe you deserve to be punished. You are holding on to intense resentment. Your boundaries are always being overstepped, as you are not clear what your own boundaries are or should be. This is a result of not being able to exercise appropriate boundaries during childhood. You have become aggressive, choosing to express your boundaries with anger. Life may not have been easy for you and you are often very defensive as a result of feeling shame while at the receiving end of harsh criticism.

This condition is also tied to ancestral trauma related to torture, imprisonment or physical abuse within families. Your ancestral history may include severe and traumatic physical and emotional abuse. This could include war trauma, torture, slavery, imprisonment and, or abandonment trauma.

Key Points

- Explore physical and emotional abuse as well as the physical and emotional impact it had on the body. It does not matter whether you experienced it in your life or in the ancestry line. Explore how old trauma may be repeating itself in your life.
- Explore emotional abuse and the impact it had on your emotional state and wellbeing.
- How did it make you feel? Who caused you this type of harm? What is your relationship with this person? Explore anger, rage, resentment, feeling out of control and, or blamed.
- Explore possibilities of experiencing a manipulative and controlling environment during your childhood or adolescent years. It can be challenging to recognize that certain behaviors could be harmful if you have known nothing other than being controlled. It may seem normal, as you don't know any other way.
- Explore suppressed anger, rage and injustice. Towards whom do you feel angry? How did this person or situation make you feel? Explore further possibilities.
- Resentment and hatred. How is it serving you to hold on to it? How does it keep you safe? Your anger may be the only way of feeling and living. It may have become so much a part of your identity that you don't know who you are without it.
- Always explore the birth trauma and see the Birth section. Explore trauma such as feeling out of control, angry, frustrated and anxious.
- Was your mother told to try and delay giving birth until doctors arrived? If yes, explore this.
- This type of trauma could have triggered ancestral trauma where the ancestors experienced slavery, feeling trapped, controlled, pushed against their will or stuck. The main key to focus on is feeling out of control, explore more and see if more emotions come up.
- Ancestral abuse related to physical abuse, torture, imprisonment and wars. Explore further possibilities.

Kennedy's Disease (also known as Spinal and Bulbar Muscular Atrophy)

See Duchenne Muscular Dystrophy, Female Problems, Huntington's disease, Infertility, Male Problems, Motor Neuron Disease, Muscle Dystrophy, Muscle Problems, Myofascial Pain Syndrome (MPS), Nerve problems, Pelvic Problems, Pituitary Problems, Spinal Cord, Testosterone Problems

Emotions

What you experience in your environment has a big impact on how you feel. Deep trauma related to feeling out of control is related to this condition. You need to be in control of everything; when you are not in control you feel as if you have no purpose and everything will fall apart.

You feel that you have been relied on far too much by others. You have a caring nature and will do what you can for others. Your generosity and need to be in control can cause immense inner conflict.

You may overload yourself with chores and responsibilities, often secretly resenting those people whom you are supporting. You want your needs to be attended to, as well.

You feel a sense of guilt over past issues yet know that you can do nothing to change the outcome—what's done is done. You seem to feel quite angry with yourself for missing an important goal you set. Decisions you made in the past have impacted your future goals. Your façade feels like a hard rock, but even rocks have a weak point.

You have a deep need to be accepted by influential people. Your parents were not emotionally available and you may have experienced a cold and loveless childhood (often related to ancestral trauma).

You may be grieving for a part of yourself that never got to explore. You have suppressed your femininity, believing that your softness would never get you as far as your strong masculine side. You are now strolling along memory lane and realize how hostile and full of regret you are. You may be grieving for a feminine figure, such as a mother, wife or other influential female figure. You feel very incomplete in regards to a relationship with a certain someone. You are also feeling a great deal of guilt toward your children or toward someone that admired you and relied on your support. You may even feel a great sense of failure.

Your identity as a male or female has been greatly challenged (broken down, insulted, judged or criticized) by influential people and circumstances. You seem to feel a great deal of doubt in regards to your ability to be confident, independent and trustworthy. There is a big part of you that has decided, "I will show them what I can do."

Your efforts feel useless, as the opposition in life was too great. You may have decided that the fight is not worth all the trouble. You are now rejecting any masculine qualities. The same qualities you once thought showed how tough you are and allowed you to challenge other's boundaries, now disgust you.

Key Points

- Feeling like nothing, unimportant and have no value. Who made you feel this way? How does this make you feel?
- What has been a long-standing unresolved issue in your life such as guilt, regret, feeling worthless or unimportant? Explore more possibilities.
- Who or what circumstances made you feel that you always had to invest too much energy and effort into projects? What is the benefit of doing this? Explore how it made you feel.
- If you are a male, ask yourself, "In whose footsteps am I trying to follow?" Explore associations made with certain behaviors that are sabotaging your success, abundance and personal power.
- What was the relationship like with your mother and father? How did it make you feel?
- When you needed love, protection and comfort, how did your mother respond? If it was a negative response, then explore the associations made with having your needs met in that way.
- Explore the birth trauma. Explore trauma such as feeling out of control, attacked or angry and feeling unsupported by a male figure.
- Did you experience abuse (either physically or emotionally) from a parent? Explore further possibilities.
- Explore ancestry line where abuse and traumatic circumstances may have been present in the male figures lives and generations. Explore war, slavery, and imprisonment or poverty trauma. Are any of the psychological consequences of the mentioned traumas being triggered or repeating itself in your life? Note, the trauma will not be the same; however certain emotions, reactions, survival instincts will be the same although different circumstances may trigger it.
- Did an ancestor experience environmental poisoning or pesticide poisoning while feeling strong emotions such as anger, vengeance, and a lack of remorse or feeling attacked? Explore associations that were made and any trauma that the body experienced.
- Rigidity. Toward whom or what? Why? How does that make you feel? Explore further possibilities.
- Beside your medical condition, what was or still is in your life that you cannot escape from? What are you resisting? What do you feel forced to deal with? How does that make you feel?

- Before the condition started, what did you feel guilty about? Explore further possibilities.
- You seem to feel overly conscious of how others see you. This has a big impact on you. Explore why and how this made you feel.
- You feel as if you have lost your importance and significance in life. Why? How does that make you feel?
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.

Keratoconus

See Eye Problems

Kerion Celsi

See Fungus, Parasites, Rashes, Skin Problems, Tinea Capitis

Emotions

You are rejecting your own needs. The environment and personal relationships are causing you to feel very irritated, invaded or controlled. You feel sensitive towards influential people and the actions directed your way. The more problems there are in your surroundings, the more sensitive, irritated and stressed you feel. You often feel attacked by others for being yourself. You feel shameful and unacceptable because you have been made to feel guilty for your behavior in the past.

You were often corrected and guided by means of criticism, guilt, shame and or punishment. You see your beauty and uniqueness as a threat. Your culture may have been under scrutiny for its values and beliefs. As a result, you feel threatened by society for being who you are.

You feel very unsafe and often rely on others for protection and intervention in order to feel safe. It's as if you resent the world for being so unsafe and hostile. You feel stagnant in life as you are held back by old trauma and out of date beliefs and values. Your old patterns are holding you back from making forward progress.

You seem to have a fear of moving forward and making changes. You often do not have the support you need. You want others to be there for you when you make changes. This kind of support hasn't always been available, so you feel afraid, unsupported and stuck. You feel frozen and unable to move forward without support.

Key Points

- Why are you rejecting your own needs? Who rejected your needs during childhood and adolescent years? Explore how this made you feel.
- Feeling under attack by your environment. Who or what circumstances are causing you to feel this way?
- Do you pose a threat to others or attract punishment into your life? Who is jealous of you? Explore more possibilities.
- Who made you doubt your beauty and uniqueness? How did that make you feel?
- Which responsibilities irritate you, causing you to feel resentful? Explore further possibilities.
- Are you able to discern when and how to say "no" without feeling guilty or afraid?
- Who (or what kind of circumstances) is causing you to feel so irritated? How does it make you feel when ____ irritates you? Can you change the situation? If no, why? What is the fear or block? Explore further possibilities.

- People are relying too much on you and you feel that you're giving more than receiving in return for your efforts. Explore further possibilities.
- Fear of changing old patterns and ideas. Your old way of living and thinking makes you feel safe as it feels familiar. What would happen if you created new changes and let go of old habits or patterns? What pattern(s) do you find the most annoying? Explore fear of change.
- Do you have unresolved resentment toward your mother? Explore further possibilities.
- Feeling unsafe and unsupported by whom? Explore further possibilities.
- Who do you resent? Why? What happened? How did that make you feel?
- Ancestral trauma related to torture and devices attached to one's neck with the intention of causing harm and controlling the individual.
- Trauma related to being strangled. Explore further possibilities.
- How does sabotaging your relationships or goals serve you? What are you scared of? Explore further possibilities.

Kidney Problems

See Blood Pressure (High), Cancer, Hypertension, Mercury Poisoning, Kidney Cancer, Kidney Stones, Sickle Cell, Uremia

Emotions

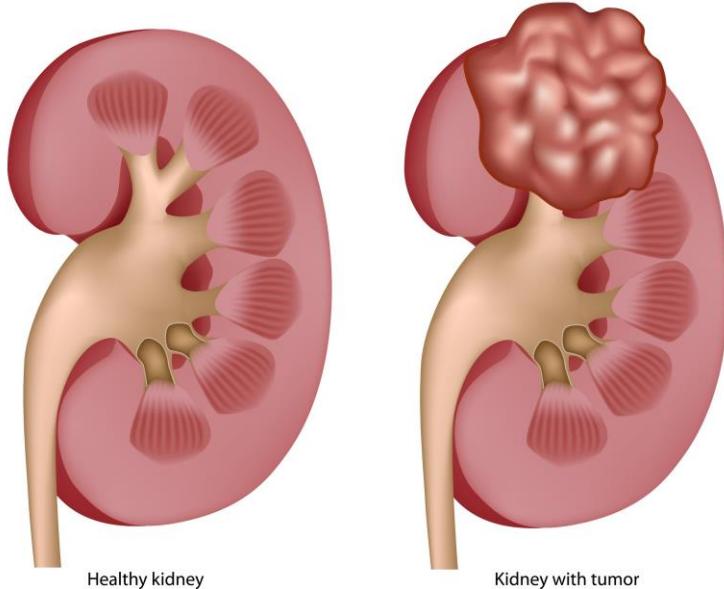
The kidneys store a great deal of anger and resentment. You often feel very upset due to old abandonment and rejection trauma. You seem to always expect the worst. You may have found yourself in a situation or partnership that is triggering old abandonment and rejection trauma. The fear surfaces in the form of resentment and anger. Anger and resentment is your most powerful defense and keeps threatening situations and people at bay. You use resentment to fight against challenges. You often feel as though you've wasted time chasing unsuccessful relationships and goals.

You often had an emotionally intense relationship with a parent or influential person. When you expressed a need for love, you were often met with hostility, anger, blame and resentment. You have had enough of toxic environments and people. Your anger and resentment loom large, which has an impact on how you process and handle new situations.

You often feel held back by influential people. This has caused a feeling of helpless and powerless to bring about new changes in your life. You may create self-sabotaging patterns such as abusing substances and alcohol. This pattern could also include attracting people that are not for your highest and best. You feel that no one really likes you and your own family is against you.

The more a person overlooks and ignores the resentment and anger, the more sluggish and toxic the kidneys become. If you feel emotionally challenged to let go of any negative emotions, the kidney, will also feel challenged to let go of toxins. If the kidneys had a personality, they would be quiet and calm. See Uremia for kidney failure.

Kidney Cancer



Kidney Cancer

Someone may have betrayed you in the past and you cannot let go of the injustice and perhaps it is because justice has not been served one way or another. You might also feel stabbed in the back by someone you trusted and this could be someone within your family dynamic or someone who felt like a close relative to you. You almost feel frozen with resentment, instead of it being anger and rage it's a cold, stern and frozen emotional state that seems to dominate your heart and mind. You have decided to close yourself off to people who want to support you as you have lost trust and faith in humanity and the goodness in people. You saw the best in people and they seemed to have been the ones who disappointed you.

I have found in some cases during my research that people abused alcohol or strong medication that also triggered the cancer, however the stress that caused the person to need the alcohol and medication needs to be addressed first.

Key Points

- Are the kidney problems related to toxins? If yes, then explore how you felt emotionally before the poisoning took place. If it was caused by medication then explore what the medication was for and then explore the issue(s) as well.
- What resentment and grudges do you have? Why are you still holding on to it? How does it serve you?
- If you are a female and a mother then you may feel a sense of desperation as if you've lost an anchor / position in life. How did it make you feel? Explore further possibilities.
- What happened to you that may have caused your life to become unstable, unbalanced, abusive or stressful? Explore further possibilities.
- What in your life do you feel you've wasted your time on? Explore further possibilities.

- You may be challenged with a situation that could influence or alter the family values. You may feel that you have to protect your inheritance (values, beliefs). If this is the case, then why? Explore further possibilities.
- Why do you ignore your own needs? How does it keep you safe to suppress your own needs? You feel that other's needs are more important than yours. Why? How does that make you feel?
- You have a bad habit of always worrying about others. Why? How does it serve you to always worry? You may have come from a family where everyone was always worried and stressed due to not having enough resources, support, food, love or money.
- In which of your relationships do you feel powerless? How does feeling powerless make you feel? Is this person the same gender as a parent you also had issues with? Explore further possibilities.
- What is unfair in your life? If you say everything, then you are avoiding the actual reason. Explore further possibilities.
- You seem to be resenting someone and as a result feel a great deal of guilt. Explore why?
- How does this make you feel? Your feelings might be justified, however, your upbringing may have an influence as to why you feel guilty. You may feel guilty because you are feeling negative emotions toward someone and you were taught that those negative emotions make you a bad person.
- Self-punishment pattern. Why do you feel you deserve it? Who made you feel this way? Explore further possibilities.
- You are very reluctant to open up to others. You may have experienced previous personal attacks whenever you allowed yourself to be vulnerable. How did this make you feel?
- Always explore the birth trauma and see the Birth section. Do you resent being born? If yes, why? Explore further possibilities.
- Explore the amniotic sac and water. How does it feel? Can any toxicity be sensed in it? If yes, how did this make you feel? You may feel stuck, unable to escape, disempowered, and irritated. Did it irritate a specific part of the body?
- Was your mother told to try and delay giving birth until doctors arrived? If yes, then explore any pressure that placed on the kidneys. Can you sense a similarity of the emotions that are now presently stored in the kidneys as well as at the time when you were stuck in the birth canal?
- Did the kidney problems start due to alcohol abuse, too many soft drinks or unhealthy water? If yes, then explore the addition or drink that was contaminated. What can the alcohol or soft drink give you that you can't find without it? Explore further possibilities. See Alcoholism. If it was contaminated water or drink and then explore how you felt at the time when they consumed the drink.
- See Poisoning.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?

- Are you avoiding certain responsibilities as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Kidney Stones

See Kidney Problems

Emotions

You seem to feel a great amount of anger. The anger and resentment have been piling up, one on top of the other. New anger is added to old anger, resulting in rage and grief, as you do not know how to resolve this mountain of emotions.

You haven't dealt well with circumstances that caused you to lose your personal space and territory. You feel angry and resentful for failing to express firm boundaries toward influential people. You are deeply saddened by not being able to fight off or resolve certain issues and relationships. You have taken the blame for everything that has gone wrong.

You feel disempowered by your past and your unconscious need to suppress anything that looks too intimidating. This includes intimacy, personal relationships and circumstances that cause you to feel vulnerable and exposed. You have a longstanding resentment towards someone that needs to be resolved.

Your anger serves you by helping you to express boundaries in situations that you would normally avoid. You feel you've had to harden your attitude in order to be heard and respected.

Key Points

- Relationship difficulty, with whom? What happened? How did that make you feel? Explore further possibilities.
- Who do you resent in your life? How did that person make you feel? Explore further possibilities.
- Holding on to the anger and resentment serves you. How does it keep you safe?
- What would happen if you released that anger and resentment? You may have a fear that letting it go will affect your identity. You won't know who you are without the anger or grief. Also, explore a fear of change.
- What are you grieving for? What happened that should not have happened? Did someone treat you in a way that was very stressful? Explore how it made you feel.
- Did you abuse alcohol that may have caused the kidney stones? Explore why you are drinking? What emotions are you trying to suppress?
- Did you use medication that may have triggered this condition? If yes, then explore what the medication was for and then also explore that condition. In this case, the kidney stones would be a secondary issue of the first initial problem that also needs to be explored.
- When you needed love, what kind of attention did you receive from your parents? Was it love, hostility, abuse, suppression or neglect? Explore what associations were made with needing love.
- Explore womb stages, how did your mother feel while she was pregnant with you? How did her negative emotions affect you? Explore further possibilities.

Klinefelter's Syndrome

See Infertility, Learning Disability, Male Problems, Nerve Problems, Speech, Stuttering,

Testosterone Problems

Emotions

You do not want to absorb or memorize any information from the outside world. What you see and feel is not safe. You feel out of place and unable to connect with others. You may have had to overcompensate for the weak qualities of your gender in order to be respected, noticed and listened to.

You feel as if you have no purpose or value as no one cares about what you have to say. You have an unconscious fear of the future that has left you frozen in your tracks. You never felt properly nurtured by the influential people in your childhood.

Your shyness makes you want to withdraw from society. You feel like something is wrong with you, causing you to feel like you're not good enough to fit into society or even the family. You are painfully shy in the world and with your personal relationships.

You often feel confronted when in the presence of authority figures. You feel utterly confused about your role in life and what you should and shouldn't be doing. You're unsure of when to access your femininity and when to access your masculinity.

Key Points

- When did the symptoms of this condition start? What emotions were you feeling just before the symptoms started? What was going on in your life? What were your personal relationships like? Did someone challenge your confidence or your masculine and feminine qualities? Explore further possibilities.
- Explore ancestry line where the ancestors' may have experienced lesbian or gay qualities.
- As a result of the heavy punishment in the past for feeling this way, you have suppressed this. Explore trauma associated with this.
- How does this condition make you feel? Explore further.
- Who made you feel that you do not belong in the family?
- Fear of the future. Why? Explore self-sabotage as a result of feeling worthless, shy or undeserving of being accepted.
- What are the family values around sex and sexuality? Explore how this affected your conception and fertilization stages. Explore sexual guilt, disgust, control issues or suppression.
- Explore the relationship with your mother and father. Which relationship is very stressful to you? Explore further possibilities.
- How does it keep you safe to be so shy? Did someone cause you to feel a certain way that resulted in you feeling so shy? Explore further possibilities.

Knee Problems

See Bone Problems, Inflammation, Joint Problems, Tendon Problems

Emotions

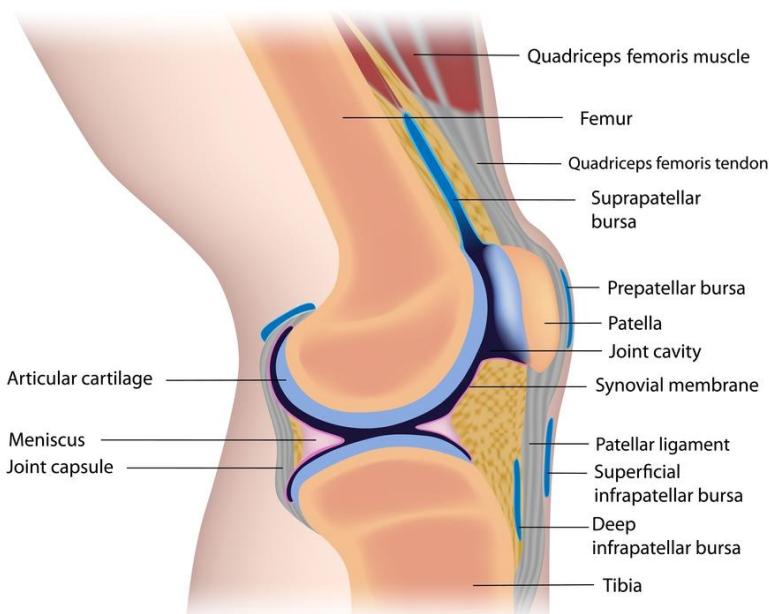
You have found yourself stuck in an uncomfortable situation. You don't have an actionable plan to move forward on a project or in your personal life. Your perception of the future is mixed up with your own inner fear and dread of being ridiculed, judge or rejected. You fear being judged by family members if you follow your dreams. You feel disempowered by life due to a past failure that left you feeling judged, humiliated and attacked (either verbally or physically) by others.

You are entering a new stage / phase / transition. This could be related to a pregnancy that

you feel obligated to follow through on (often related to your mother or grandmother). You have a fear of success. You may want to change your life's direction but feel held back by your families' demands and expectations. You have a fear of disappointing your parents / guardians if you make certain changes. You also don't want to leave your comfort zone. Changes were experienced as traumatic in the past. You know a change is coming and you are almost paralyzed by fear of the unknown.

You often feel very rigid about aging. You fight or resist authority, not wanting to be a team player. You feel you know what is best for you and that your purpose is elsewhere. You often deprive yourself of joy, as your family is often serious, rigid with little room for fun and excitement.

Anatomy of the Knee Joint



You may have felt responsible for fixing the depressed state of the family, while at the same time in need of achieving more than you were capable of. You felt that you were not allowed to move away from expectations that were projected onto you; you were obligated to follow through on other's agendas in order to keep peace.

There is conflict between you and your supporters. This could also be related to conflict between you and those you support.

You felt intimidated by authority that pushed roles and responsibilities onto you.

Ancestors may have worked long hours standing up, feeling pressured and bullied into a role that gave them no joy.

If someone has had an operation on their knee and extra metal / material was added, the

body might attack the foreign material. This might cause the body to feel invaded and cause inflammation. In this case, explore the trauma that made you feel attacked or invaded in life or childhood. Explore the reason why you needed to have an operation and refer to the appropriate condition in the book.

Kneecap

This may be related to religious trauma. You feel powerless in the face of authority. You may feel that you had to bow down and obey demands that didn't make sense, however you never questioned it. You learned that too many questions often got a person into trouble.

You want to move forward but seem to lack the motivation, guidance or support from influential people. You feel judged on the next phase or move you make. You feel that everything you do is being observed and analyzed for possible mistakes. You are often competitive in a passive way, as you do not trust your talents. You often feel that you have to silently move forward in order to avoid attracting an influential person's attention.

You may have been the breadwinner, however due to changing circumstances, you are not able to maintain that status, which is often providing for and supporting others.

Key Points

- Explore trauma related to failures in your life that were a direct result of making a change. Or preparations to move forward in your life. How did that make you feel? How did moving away from a person or situation keep you safe? Safe from what? Explore further possibilities.
- Lack of self-esteem. How does it keep you safe to remain small?
- Rigidity, fear of judgment and fear of success are the key blocks to work with.
- You take the blame for things that went wrong so now you are overly rigid in order to avoid making similar mistakes. How does this keep you safe? Who punished you whenever you made a mistake? Explore further possibilities.
- You don't feel good enough about yourself or your abilities. Who made you doubt your self-worth? How did that make you feel?
- You don't like to be told what to do. Why? How does that make you feel?
- Explore parental issues. How did influential people in your life make you feel?
- Explore trauma related to feeling abandoned when you didn't follow family values and beliefs. How did that make you feel? Explore further possibilities.
- You are resisting stepping into your power. Have you been asked to step out of your comfort zone? If yes, how did it make you feel?
- Trauma related to feeling pushed down and suppressed by an authority figure. How did that make you feel? Feeling that you have to obey a feminine figure. How did that make you feel?
- Explore feeling humiliated, devalued or controlled. Why do you have to obey a feminine figure? What would happen if you followed your own path instead?
- You felt forced to compromise as a child. This challenged your ability to feel free. You still need permission from influential people to leave the family. Instead, you rebel and fight back with aggression.
- You always had to please your mother; otherwise there would be trouble.
- Always explore birth trauma and see the Birth section. Explore similar emotions that you are experiencing now, during the birth stages.

Köhler Disease

See Bone Problems, Cramps, Muscle Problems, Weight Problems

Emotions

You feel like you have no direction in life and question why you are even here. Life's obstacles are a challenge for you. You are fearful of what the future will bring and who will be a part of it.

You may have witnessed your parents struggle with daily stresses. This left you wondering, "If they can't cope, how am I going to make it out there on my own?" You have seen your mother take over the role of father.

You do not feel confident communicating your needs. You can't seem to find the stability, balance and harmony that you crave in life. You don't want to be humiliated or ashamed for feeling the way you do.

You have learned that when the tension is high, it is best to suppress emotions. Your need for support and comfort is often met with the opposite of what you want or need. You feel that everything looks better on the other side of the fence and that you are being punished for bad behavior or for creating problems.

You are angry at how your life panned out. The tension in your environment is affecting you to a great extent. You have been challenged during a time when you were discovering your inner power, the ability to take charge of situations and be in control. You are now discovering your boundaries, competitiveness and finding the confidence to move forward in life.

You are trying to keep it all together and keep harmony where there is upset by doing and saying things that will ease unbalanced moods. You tend to jump into things without thinking it through. You have disconnected from the heart mind and are living and feeling from the head mind. If the above does not resonate with then explore it with your parents.

Note to practitioners: If the client is a child then explore these emotional components in the father, mother and ancestry line.

Key Points

- If the below key points are not relevant to you then it will be relevant to your parents.
- You never know when to be in control and when to relinquish control. Why? What happened in the past when you took control of a situation? How does this make you feel?
- Who or what challenged you during a time when you needed support?
- Lack of support and structure in your life. You focused more on material needs and not emotional needs. Where in life do you feel this the most? Explore why you feel this way. Can you change it?
- Being competitive is the only way forward. You feel and make decisions from the head mind, instead of connecting to the heart and gut instincts. Explore how competitiveness is serving you. What is the benefit of behaving this way? Explore further possibilities. You may have a fear of not getting your share in life and so everything becomes urgent.
- You are afraid to express your needs. You seem to assume that others know what you want. When you do not get what you need you may blame or resent others. Explore fear of expressing your needs.
- What would happen if you did express them? How would that make you feel?

- You don't seem to know what you want. What are you confused about? Who or what made you feel that you don't have a purpose? You might have a fear of pursuing goals as you lack confidence in your talents and abilities. Did someone challenge your talents or efforts in the past? Explore further possibilities.
- During the womb stages. Did your mother feel supported while she was pregnant? Explore how negative circumstances influenced her.
- Have your parents punished you by avoiding or not communicating with you, especially when you needed to communicate? Did your parents stop supporting you as a means of punishment? If yes, how did this make you feel? Explore further possibilities.
- You seem to feel a great deal of pressure from your parents. Explore why and how it made you feel.
- If this condition was brought on because of weight issues. Explore why you have weight issues. Also, see Weight Problems.
- When did this condition start? How were you feeling several weeks or a few months before the condition took place? Explore further possibilities.

Labor Pain

See Anxiety, Birth, Muscle Problems, Pain, Pelvic Problems, Tendon Problems

Emotions

You may feel very rigid and afraid to give birth. This is not a pleasant experience and the thought of it is enough to scare anyone! The more rigid, tense or scared you are, the more tensed the muscles will be. You have a fear of losing control and often contract your muscles to protect and shield yourself from pain. You may be feeling guilt towards someone or a situation and seem to feel rigid about resolving it.

Key Points

- Do you trust the medical staff to support you during the birth? If no, why? Explore the fear.
- What do you feel tense about in your life, besides giving birth? Why? Explore further possibilities. Explore associations made in the past with feeling tensed. Did it help you to stay safe or avoid being hurt? This is also a survival instinct, known as a freeze response.
- Trauma related to losing control of your emotions and circumstances. Explore further possibilities.
- What are you anxious about? Why? What happened that made you feel this way?
- What is the worst thing that can go wrong during the birth? Why do you have this fear? Did your mother experience it?
- Did influential people tell you that it will be painful and you may die? If yes, why are you giving your power away to these people? You can have your own experience, free from any historical influences. Every person has his or her own unique journey!
- What are you rigid about? How does this rigidity keep you safe? Explore further possibilities.

Lactic Acidosis

See Anemia, Anxiety, Hyperventilation, Hypoxia, Hypotension, Vomiting

Emotions

You are very controlled and under pressure by influential people. In the past, you were forced to accept responsibilities and complete unpleasant tasks that were not intellectually stimulating. You may still feel pressured and controlled even though circumstances may have changed. As a result, you don't find any joy or happiness in what you do. The pressure to be successful was projected by influential people.

Expectations were communicated to you by means of dramatic threats or insults that made you feel stressed and confused.

You have felt manipulated and shamed into doing things and behaving in a way that was pleasing to others but not to you. This may have caused you to live a life that did not resonate with your values or what you wanted. You may have felt suffocated, anxious or angry as things kept moving away from the direction you wanted.

You feel you have to do certain things in a certain way in order to be accepted, loved or to be a part of the family. As a result, you can be rigid and inflexible with others. Your self-sabotaging patterns often attract unhealthy relations and circumstances.

Your association with love has been controlling, pressure filled or stressful. You may have experienced a challenging relationship with your mother, leaving you feeling unloved, unprotected and possibly rejected.

Key Points

- When did this condition start? How did you feel during that time? Explore further possibilities. If you were born with the condition then explore how your mother and father felt during your conception. Was the atmosphere hostile? Did either of your parents secretly resent their spouse?
- What was the relationship like with your parents? Were you free to do what you wanted or did you feel controlled and manipulated with shame or guilt? Explore further possibilities.
- What is your passion in life? What stops you from doing this full time or part time? Explore further possibilities.
- Who is suffocating you? Which circumstances are causing you to feel suffocated? Explore why and how it makes you feel.
- What are you grieving for? You seem to be suppressing grief and sadness. This often relates to opportunities you have missed out on. Explore further.
- How did influential people respond when you needed love and protection? Were your needs met by means of emotional pressure, control, manipulation or judgment? Explore further possibilities.
- You have a deep fear related to the future. Why? What are you scared of? Explore further possibilities.
- How did you feel in the womb? Did you already feel all the above emotions and traumas? If yes, then explore conception and explore trauma related to it.
- You are often impulsive when making decisions. Only to realize later that the direction you chose was not what you wanted. How does this pattern serve you? Explore further possibilities.
- Did your mother suffer from anxiety, hypotension or severe depression while she was pregnant? If yes, explore how it emotionally affected you in utero and the associations you made with your mother's emotional stress and environment.

Lactose Intolerance

See Allergies

Emotions

This condition may be related to a hostile, cold and emotionally absent bonding phase between you and your mother after birth. Your mother may have been traumatized, exhausted or not ready to become a mother. She may also have suffered from postnatal depression affecting the bonding stages. Your mother may have unconsciously resented you (ancestral trauma). Sensing this, you may have associated being fed milk with feeling of hostility, rejection and anger. These emotions may be activated every time you consume milk products, unconsciously taking them back to those first associations with milk.

You have had a challenging relationship with influential female figures or with your mother. There seemed to have been resentment, hostility, abuse or emotional absence on the part of the influential female. It is a pattern that she may have experienced with her mother as well. You may have associated a feminine presence as hostile, dangerous and not trustworthy. Being rejected left you feeling inadequate and isolated. You unconsciously punish yourself for doing something that caused you to feel rejected by influential people.

Key Points

- What is the relationship like with your mother? How did that make you feel?
- Did you feel rejected by your mother? If yes, how did being rejected make you feel? Explore resentment, grief, feeling not good enough and guilty for being born and other emotions that come forward.
- Did your mother have the same type of relationship with her mother? Explore association that ancestors made with having children and explore the resentment towards children. Why did you feel resentful (could be related to loss of freedom, independence)? Explore patterns that you felt between you and your mother.
- How did being breast fed by your mother make you feel? Were you fed breast milk one day and given another supplement the next day or during the next feed? Explore further possibilities.
- How did you bond with your mother after birth? If it was a negative experience then explore how it made you feel and any associations made at that moment.
- Explore trauma associated with milk, love and being nurtured. How did your mother attend to your need for love, nurturing and protection? Explore how your needs were met, was it met in a positive or negative way? Explore further possibilities.

Laryngitis

See Inflammation

Emotions

Influential people are suppressing your truth. You fear judgment and critiques from others if you express what you really need to say. What you want to say has become urgent, but no one is listening or paying attention.

Your voice and truth have been (figuratively) suppressed for long enough. You may have associated expressing yourself with trauma, such as punishment by a controlling and dominating figure.

You have attracted people that project the same controlling and dominating qualities as the influential people in your past. This has made you afraid to speak up although you are deeply angered for being silenced.

Your truth may have been manipulated in the past; causing you to feel betrayed, screwed

over, bitter or angry. You feel demeaned and unheard. Your way of expressing yourself may have been challenged by others. This created a lack confidence in the communication department.

Key Points

- Who suppressed and controlled your truth or ability to communicate clearly? How did that make you feel? Explore associations you made when expressing yourself. "When I express myself, ___ happens to me." You might attract a certain reaction from influential people.
- Who demeaned and challenged your ability to express yourself? How did that make you feel?
- Do you regret something you recently said? Explore shame or guilt.
- Do you regret not saying what you needed to say recently? Explore how it made you feel to not express your emotions.
- When you were in the womb, was your mother able to express herself? Did she feel suppressed? If yes, how did this affect you? Explore the difference between the fear your mother had of expressing her feelings and your own fear.

Larynx Cancer

See Cancer, Throat Problems

Emotions

There is no power in your words. Influential people stripped you of your confidence and ability to exercise freedom of speech. You were not able to express clear boundaries, nor were you able to exercise it during debates. Communication was always accompanied with conflict and verbal attacks. An influential person always sidestepped and invalidated you whenever you tried to express your feelings.

You seem to fear a dominant figure in the house or family as a result of being made to feel unimportant, devalued or threatened. Your position in the family has been challenged to such an extent that you dissociated from your identity and what you once stood.

Key Points

- Who or what were you scared of? Who made you feel frightened and disempowered when you expressed yourself?
- Pressure related to communicating yourself. What you had to say in the past was ignored and devalued by a figure whose opinion is respected.
- Feel that you cannot communicate your masculine qualities and as a result, you are unable to access your personal power. There is no power in your words. This results in people not valuing what you say.
- Who ignored your truth? How did that make you feel?
- Ancestral trauma related to strangulation or umbilical cord around the neck.
- Trauma related to being suffocated, not able to scream for help or support. This is often related to ancestral trauma.
- How did you feel after birth when you were crying? Was a suction tube stuck down your throat to clear out fluids? How did that make you feel? Explore feeling out of control, disempowered. Was the doctor male? If yes, then also explore feeling disempowered by men.

- Only expressing half of your truth. You are always holding words back. Why? What would happen if you expressed everything? What happened in the past? What happened when your parents fully expressed themselves? How did people in their environment respond?
- Trauma related to saying the wrong thing or saying too much. Did someone die in the ancestry line as a result of someone giving away too much information?

Lead Poisoning

See Poisoning, Toxins

Learning Problems

See ADHD, Autism, Dyslexia, Klinefelter's Syndrome, Tic

Emotions

You have made an association that life is dangerous, including learning information about the world and those in it. You have an unconscious fear that you will become contaminated while learning what about life and history. This association was made during very early developmental stages.

You feel safe with what you have learned and experienced so far on your own. You may have experienced a trauma that caused one of your survival instincts to become activated. This instinct did not switch off, as the trauma was not completed. You are now stuck in a survival instinct, which causes you to focus on the past and how to survive future obstacles.

You fear that new experiences will recreate the trauma. You may have experienced a trauma when you were concentrating and focusing on something. As a result, you feel unsafe to be still and focused.

There may also have been substance, alcohol abuse or medication used during your mother's pregnancy. This may also be the result of substance or alcohol abuse down the ancestry line. Toxic substances or poisoning may have affected you.

You may have experienced head trauma during or after birth that could have an influence.

This could also be related to suspicions your mother had while you were in utero. She didn't want to hear the news or any information that would validate her fears. She may have had a fear of hearing bad news. These fears may have affected you in utero.

Key Points

- Explore conception stages. Explore stress, fear and abuse, feeling, "I don't want to be here, this is not my path, this is not the life that I want." Either or both parents may feel this way. Explore further possibilities.
- Did you experience a trauma that made you afraid of your environment or being still? This could be related to feeling stressed due to domestic abuse, conflict between parents or anger projected at you. Explore further possibilities.
- What would happen if you were still and focused on something such as studying? How does that make you feel? How does it keep you safe to be distracted from work? Explore the emotions that come up.
- Did your mother use medication, alcohol or substances during her pregnancy? Explore and if yes, then explore how it affected you in utero.
- Did you ever experience a head trauma before, during or after birth? Explore trauma and also see Concussion section.

- You may have associated learning with being controlled, pressured and abused by your parents or teachers, causing a negative association with learning and concentrating. This control and pressure may have pushed you outside of your comfort zone, leaving you feeling unable to meet high standards so you have given up before even trying. Explore further possibilities.
- You could have made a negative association with learning or remembering important information. “Knowing too much will get me killed or is dangerous.” This is an ancestral trauma. Explore further possibilities. This is not a belief; this is a result of trauma.
- Your mother may have been exposed to toxins or pesticides during her pregnancy that may have affected the fetal brain development process. Explore further possibilities.

Leg Problems

See Circulation Problems, Cramps, Muscle Problems, Paralyzed, Skeletal System, Tic

Emotions

You are angry and frustrated because you feel controlled whenever you try to express yourself. You fear moving away from old habits even though the habits themselves may be debilitating. You have learned how to transform debilitating habits into patterns that serve you. These are patterns you developed based on negative experiences.

You have been pushed and held to high expectations since childhood. You have been pushed hard during childhood with high expectations. You are very set in your ways and fear that if you change your patterns, you may lose control of your routines.

Your stubbornness often gives you a false sense of power. Your life is changing as the stubbornness turns into self-sabotaging patterns that cause you anger and frustration.

You feel drained and disempowered by those that depend on you. You have to carry the weight of your family’s responsibilities. You are tired from always being on the go, with little time for yourself. You need to take a break from a routine that has run its course. What you do in life is not making you happy and you feel stuck and held back by your own limitations. You often blame others for your failures and mishaps, which in most cases are true. This pattern will often come to a halt if and when you reclaim your power and individuality.

You seem to be stuck in the grip of being controlled by dominant people. You may be afraid and vulnerable when moving forward without the permission of influential people. As a result, you are challenged when making a decision on your own.

If you are a mother, then explore how you felt while you were pregnant. Explore pressure, swelling and water retention issues and how you felt at the time. There was not enough force in the circulatory system to push blood back up into the body from your feet. This is often as a result of the pressure and weight of the baby in the womb pressing down on the pelvis. Did any circumstances (emotions) arise in your present life that was similar to upsetting experiences and emotions you experienced while pregnant? What were you unable to control or push away? Explore possible connections.

Ancestral trauma related to times when they had to carry heavy loads back and forth for long periods of time. There could also be trauma related to times when they were running away from danger and injured their leg(s).

Key Points

- Have you ever experienced any trauma to the legs? If yes, then explore how you felt before the trauma took place. What was happening in your life? What was pressing in your life at the time of the trauma? Explore further possibilities.

- Did you have an occupation that required you to stand for long hours or do heavy lifting? If yes, how did this make you feel? Explore associations made while your legs were tired, strained or under pressure.
- You seem to grieve for a future you don't feel entitled to have. Why? Who made you feel this way? Is this a pattern that your parents had as well? Explore further possibilities.
- How is stubbornness serving you? When did this pattern of stubbornness and feeling resistant to change start? How did it protect you? Who or what did it protect you from?
- You might fear being attacked if you make new and sudden changes. Why? Who made you feel this way in the past? Explore further possibilities.
- You need the approval from influential people before making changes. What happened when you made decisions on your own in the past?
- You feel weighed down by the expectations of others. Why do you allow yourself to feel this way? What would happen if you said "no" or expressed clear boundaries? Explore further possibilities.
- You are and always have been eager to please others. What is the benefit of pleasing others? You may have made an association with serving others and love or acceptance
- Feeling pushed down and controlled by influential people (this is often related to a mother figure). You gave your power away to a dominating person. Why? What stops you from reclaiming your personal power? Explore further possibilities.

Leprosy

See Bacteria, Eye Problems, Nerve Problems, Skin Problems

Emotions

You have felt unwelcome in the world, with a sense of guilt just for existing. You regret not taking advantage of opportunities that have come your way. You now realize you should have because these missed opportunities may have changed things for the better. You are deeply saddened, with a long history of punishment, persecution, blame or abuse trauma.

You have given into the pressure of influential people and become someone that does not resonate with you. Your true identity was not accepted or validated. You have allowed yourself to become disempowered and overwhelmed by forces that are more powerful. You live in the past, wondering how you could have changed things and altered certain outcomes. You may feel paralyzed by your fears. Old ancestral traumas and emotions have seeped through the generations and are repeating themselves.

Key Points

- Who made you feel guilty for being born? Which circumstances stripped you of values and self-worth? How did those circumstances or person(s) make you feel?
- Trauma related to the freeze instinct. Ancestral trauma related to being touched (abuse). You have a deep need to ward off people. Why? How does it make you feel when people invade your life?
- Your ancestors may have experienced times of great difficulty where they were innocently persecuted, blamed, abused or punished for being a part of a culture or country that was suppressed and controlled. Explore how these traumas may have taken place in your life through different circumstances and people. How did these circumstances make you feel?
- Trauma related to feeling paralyzed by fear, as they may have been scared of punishment, persecution or abuse if they expressed themselves.
- How does holding onto the past keep you safe? Explore how it serves you.

- What is your biggest regret? Explore further possibilities.
- By whom do you feel attacked and controlled? How did that make you feel? Explore further possibilities.
- Trauma related to giving in to the pressure, control or abuse of influential people. Why? How did giving into these circumstances or person(s) keep you safe? Explore further possibilities. If not related to you, then explore your mother or father's history.
- You seem to feel you deserve to be attacked, suppressed or abused. Why? Who made you feel this way? Explore further possibilities.
- Feeling fearful and unable to change the circumstances and eliminate those situations which caused you pain. How does this make you feel? What would happen if you did escape the circumstances or expressed boundaries? Explore further possibilities.
- You feel poisoned by your resentment and past experiences. You may have a fear that if you let it go then it will happen again; holding on to your trauma, anger and resentment keeps you safe. Explore further possibilities.
- Feeling attacked and unsupported by those that should have loved and supported you. How did this make you feel? Explore further possibilities. Did you feel similar emotions in utero? Did your mother feel this way? If yes, explore how it affected you.
- Did your mother use medication and substances or was she exposed to pesticides and bacteria that compromised her immune system? This may have caused you to feel under attack, paralyzed and toxic in the womb. Explore associations made with the trauma.
- What stops you from taking your power back? Explore secondary gains. You feel safer being small and unnoticed because then you are no longer standing in the firing line.

Leukemia

See Acute Lymphoblastic Leukemia, Blood Problems, Cancer, Heart Problems

Emotions

You may feel attacked (either verbally or physically) from all angles and have no way of escaping. You do not know how to handle challenging obstacles, causing you to feel weak and unsupported without any guidance or structure. . You feel even more challenged by how your circumstances made you feel.

You often get sucked into life's drama and are unable to find your footing. You feel around and do not feel safe.

You often struggle to establish and find your personal space. You have fought a hard inner battle and now are worn-out and tired. Your defenses are weak and you feel you can't defend yourself against influential people. Where you should find safety instead there is nothing but hostility, blame and abuse.

You find it confusing and stressful to communicate. Your foundation feels as if it's built on unstable and debilitating emotions. You often feel under attack; invaded by the harshness and selfishness of others.

You may be suppressing a great deal of anger, resentment or bitterness towards someone for contributing to the negative experiences in your life. You feel you had to grow-up and mature very quickly, with limited support and guidance. You can be quite dramatic and emotional at times, as this always ensures you will be heard.

You worry too much what other people or loved ones are doing instead of focusing on yourself and achieving your own goals.

Note to practitioners: If the client is a child, then start the sessions with the mother of the

child. Did she feel or experience the above while she was pregnant with the client? What in her environment made her feel under attack, controlled or invaded?

Key Points

- Your mother felt very controlled and abused by her partner. This had a big impact on you during conception and womb stages. Explore further possibilities.
- Will for living has been suppressed, attacked or abused. How did this make you feel?
- Feeling overwhelmed by life. How did this affect you? Explore associations made with life, family, and love or feeling safe.
- Rejection trauma. Who rejected you? How did that make you feel? Explore also implantation.
- You are extremely hard on yourself. Self-sabotaging patterns. What are you sabotaging? How does this pattern serve you or keep you safe?
- Invasion and control trauma. Explore during conception, fertilization, cell division and also womb stages. Did you feel invaded by substances, alcohol or medication that your mother used while she was pregnant? If yes, then explore associations made with control, invasion and feeling under attack. These substances or alcohol may have met the fetus' need for love and support.
- Did your mother want to have a baby? Was it an unplanned pregnancy? Did your mother resent the pregnancy?
- How does being alone and pushing others away keep you safe? Explore further possibilities.
- You seem to be feeling a great deal of grief. What are you grieving for? Explore further possibilities.
- You are stubborn and hide any sign of how you are feeling. This may make you irritated, angry and depressed. How does keeping your emotions to yourself provide safety? Explore further possibilities.
- You don't accept or love yourself. Why? Who made you feel this way?
- Explore the ancestry line. Was there any kind of abuse or above-mentioned patterns? Explore whether there were hardships, wars, slavery and imprisonment, sexual or physical abuse. What was your ancestors' diet like? Explore emotions and patterns that could have affected you in this life time and contribute to your physical disorders.
- Explore trauma related to feeling and becoming disempowered. Who devalued you? Who disregarded your identity and uniqueness? How did that make you feel? Explore further possibilities.
- Loss of hope. Why? How does this make you feel? What have you lost?
- Did your father reject you during the womb stages? Did your father punish you for being born and hold you responsible for disrupting his lifestyle and relationship with your mother?

Important questions to ask yourself:

- Does your condition make it easier to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?

- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Lipoma

See Tumor

Emotions

You feel the need to overly protect yourself from negative influential people. You may feel that no matter what you do, you cannot escape your circumstances. You feel stuck and your suppressed emotions are rising to the surface. This causes you to feel as if you are slowly starting to lose control over your life.

You are overwhelmed with resentment and anger toward people who are abusing your goodwill. This is often a guardian, parent, family or long-term partner.

You thought they had your best interests at heart until you realized too late that you were left unsupported and taken advantage of.

The tumor might develop in an area where you have been feeling and storing a great deal of stress, responsibility, shame or guilt. This area may also have been physically injured or deliberately attacked (physical abuse or ancestral trauma related to this area).

You feel helpless in your circumstances, both past and present. You feel as though the rug has been pulled out from under you. Past relationships have only left you feeling invaded, out of control and controlled by influential people.

Your efforts may have been acknowledged by means of abuse, insults, punishment or lack of acknowledgement, instead of praise or validation.

You are stuck in survival mode, ready to defend yourself. You revert to a state of numbness and dissociate, as this is the only pattern that has helped you feel safe and survive the whirlwind of emotions, fear and anxiety.

Key Point

- What did you need to protect yourself from? How did this person or circumstance make you feel? Explore the trauma. Explore any physical trauma that was deliberately inflicted on you.
- Trauma related to feeling under attack (either verbally or physically). Who made you feel this way?
- Explore fertilization stages, sperm cells moving towards the egg. Explore any conflict.
- Implantation, zygote implanting itself in the womb, might have felt under attack by your mother's anti bodies. Explore any conflict.
- Fetal stages. Your mother might have consumed food, drink or medication that could have left you feeling under attack and unsafe. Explore if she was in a physical or emotional abusive partnership while pregnant. If yes, explore how this affected you in utero.
- Your trust has been betrayed by abuse, intentional harm, threats or deceitful behavior and you feel attacked. How did this make you feel? Explore your emotions more and how you were feeling.
- Where on the body did the tumor start? Did you experience any physical abuse related to that area? Was that area verbally judged or insulted by someone? See the Quick Reference Guide for more information – which emotion is related to that area? Combine that with feeling devalued, rejected, abused and judged.
- Explore the ancestral line. Explore possibilities of abuse such as religious, mental, emotional, physical and sexual. Explore for slavery or imprisonment trauma.

- Explore your birth. How did you feel? Explore feelings such as being controlled, out of control, invaded, scared (scared of what?) and attacked. See the Birth section for more information and guidance.

Lisp

See Sinus Problems, Speech Problems

Emotions

This condition may have been brought on by a medical condition, if so explore the possibility of the medical condition first. Lisp in this case would only be a secondary symptom and not the original problem.

You may have experienced a traumatic incident that caused you to freeze in time. You want to go back to a time when you felt safe and protected, often back to the womb stages. You may feel you had a better relationship and connection with your parents while in the womb as you felt more buffered and protected.

You are afraid to move forward in life. You are confused about making decisions and fear being unsupported.

You may have been humiliated or bullied whenever you communicated, making you self-conscious about what you say. Communication = trauma, judgment or fear of being verbally attacked.

Key Points

- You may have experienced a trauma in childhood that could have resulted in freeze response. There is a part of you that is stuck in childhood, when you experienced a trauma. When you argue and feel unsafe, you might revert to a childlike state. This helps you connect to a time when you felt safe.
- When did the lisping start? How did you feel at the time? What was happening in your environment or to you at the time?
- Trauma related to the environment. There is a need to go back to a time when you felt positive.
- Explore womb stages. What positive emotion can you feel in the womb that you cannot feel in your life? Explore further possibilities.
- How do you feel when you lisp? Does it take you back to a time when you felt safe? Explore further possibilities.
- Your mother may have had a great fear of expressing herself while pregnant with you. Explore further.
- Trauma related to an ancestor losing their tongue as a result of betraying an authority figure. Explore further possibilities.

Lips

Emotions

You have a fear of judgment if you say what you really want to say. You choose to say what others want to hear, as this is the safest way to communicate. You may have been wronged, attacked or judged for saying things that do not support another's opinion. You do not feel listened to. You are insecure about communicating your needs and feel challenged to express yourself.

Key Points

- You may be dehydrated. Do you drink enough water?
- What are you scared of saying? What happened in the past when you expressed your feelings?
- What happened in the past when you were honest about your values and beliefs? Explore conflict.
- Trauma related to change of environment. Explore further possibilities.
- During which season does your lips cause problems? Is there a pattern? Did you make a negative association (experienced trauma during a certain season) with a certain time of the year? Explore further possibilities.
- “I have to bite my lip.” Feeling frustrated, as you want to speak however, you were punished in the past for doing so. Explore further possibilities.
- When did your lips start to crack or feel dry? How did you feel at that time? Explore further possibilities.

Liver Cancer

See Alcoholism, Cancer, Cirrhosis, Hepatitis, Hypoxia, Liver Cancer, Mercury Poisoning, Poisoning, Toxins

Emotions

This condition is often related to ancestral trauma related to a lack of food, poverty or a lack of emotional needs being met. You may feel as though you were treated unfairly. Everyone else had it easy and was favored more than you were. You didn't get your share and feel like an outcast in your own family. Your conflict with the family makes you feel isolated and pushed away. You used aggression and rage to defend yourself, making yourself very unpopular. You feel conflicted because you want to express yourself, but the cost is too high. You regret things you've said and done in the past and want to make peace with your past.

You have completely dissociated from any emotions. You think about emotions, but you do not feel them anymore. It begs the question, “What happened that caused you to dissociate from your emotions? What happened that you could not process or digest?”

You need to find your separate identity within the family. Your sense of loyalty (stemming from obligation and fear) is causing you a great deal of anger and you feel restricted.

Key Points

- Was the liver cancer caused by medication? If yes, then explore what the medication was for. The liver problems are a secondary issue and not the main problem. Review the liver section again once the first issue has been explored.
- When did the liver cancer start? What was happening in your life at the time? Explore further possibilities.
- Trauma related to the death of a loved one, financial difficulty or divorce. Explore further possibilities.
- Trauma related to dissociating from your emotions. Why? What happened that made you feel safer thinking about and analyzing emotions rather than feeling them? What would happen if you felt emotions? Explore further possibilities.
- Trauma related to feeling isolated and treated like an outcast. Why? Who or what made you feel this way? Who treated you unfairly?

- Trauma related to never having enough in life. Never having enough of what? Explore trauma related to it. Why is the fear there?
- Fear of your spirituality. Do you have a fear of dying? Why? Explore further possibilities.
- Trauma related to losing control in your life, direction, money and goals. This could be related to financial loss, losing a coveted position or role within the family. Explore also birth trauma. See Birth Section.
- How does holding on to anger and rage keep you safe? You may have a fear that if you let go of your anger then you will be powerless and not respected by society. You seem to be drawing power from the anger and rage. It helps you control your environment and others.
- Explore the relationship with your mother and father. How did that make you feel?
- Who suppressed your success or ignored and invalidated it? How did this make you feel?
- Was the liver cancer caused by alcohol abuse? If yes, then explore why you were drinking so excessively. What were you trying to suppress? Explore also the Alcoholism section.
- Trauma related to lack, such as love, food or validation. You were missing something important in life. How did that make you feel? Explore further.
- Trauma related to being silenced during childhood. This made you a poor communicator. You never knew how to fully express yourself, blurting out everything during raging fits or arguments. This only sabotaged relationships, as you could not communicate clearly. You don't know how to say how you feel.
- Trauma related to religious abuse. Conflict with a god like figure.
- Think of the biggest disagreement you've ever had. How did that make you feel? Have you been able to process and digest it? If not then why? Explore further.

Liver Problems

See Alcoholism, Cancer, Cirrhosis, Hepatitis, Hypoxia, Liver Cancer, Mercury Poisoning, Poisoning, Toxins

Emotions

Emotionally, you are very calm; however there can be cases where people go to the opposite extreme. You find it challenging to connect with your inner voice so you search for substances and people to fill the void within.

You are bitter about the way your life has panned out. You were often confused by your mother's (or prominent female figure's) inconsistent behavior. You are still waiting for the love you didn't get as a child. Your mother may have had a challenging relationship with her partner and this had a direct influence on you. A great deal of your anger is as a result of unresolved issues between you and your parents.

You prefer to avoid eccentric people or anyone who challenge your comfort zone. You can be very inflexible about others opinions and come across as being very rigid and stubborn. You do not like changes that affect your lifestyle. There is an illusion that you are under the spot light and people are watching very closely. You feel the need to protect yourself from the world and are always on guard.

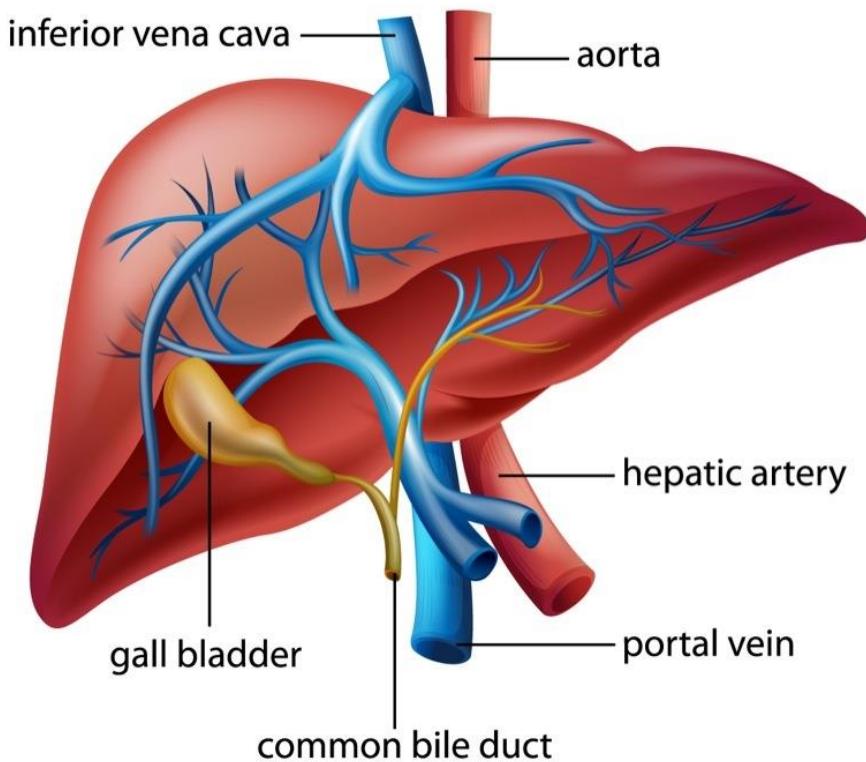
You have experienced a loss in life that has been difficult to process. This loss could be related to the death of a loved one, a financial difficulty or divorce.

When the liver is producing too much bile for a long period of time it can have implications such as possible arthritis and heartburn. Planning, scheduling and being organized may intimidate you; often you overcompensate by being too organized. This has caused you to become exhausted and overwhelmed in the past, by spending too much time and energy staying on top of things. You have had enough and feel consumed by emotions, which results

in outbursts of anger, rage, resentment or venomous words. You are experiencing very intense negative emotions which are becoming toxic. Your state of mind has become your own worst enemy, often sabotaging your personal progress. Your behavior and outbursts are pushing others away. You can be quite charming in public, however your loved ones are well aware of how intense the anger and pain is.

Anger dominated your adolescent years. Your needs may have been met by anger, hostility, rage, insults, blame or abuse. The only defense was to use anger and stubbornness as an illusion of power and strength. A great deal of guilt is eating away at you however, your ego is keeping you from dealing with the guilt and making all the “wrongs, right” again. There is a deep ancestral pattern where you feel you have to be loyal to the family, regardless of the state of the relationship. You feel a great deal of resentment and yet are obligated to remain loyal. This results in a great deal of anger and friction between you and the family / family member. It is important for you to embrace your individuality and see yourself as a separate entity while still a part of the family dynamic.

Human Liver Anatomy



Key Points

- Was the liver problem caused by medication? If yes, then explore what the medication was for.
- The liver problems are a secondary issue and not the main problem. Come back to the liver section once the main issue(s) have been explored.
- Was the liver problem caused by alcohol abuse? If yes, then explore why you were drinking so excessively? What were you trying to suppress? Explore also the Alcoholism section.
- Trauma related to the death of a loved one, a financial difficulty or divorce. Explore further possibilities.
- Do you feel safe just being yourself? If no, then why? How did that make you feel?
- Fear of spirituality. Do you have a fear of dying? Why? Explore further possibilities.
- Trauma related to being critically judged as a child. By whom did you feel judged? How did that make you feel? Why are you judging others? Explore further possibilities.
- Explore the difference between reality and fantasy. You often stew in anger and create situations in your mind that anger you, making you lash out at those around you. What are you really angry about?
- Are you angry about something that could just be a misunderstanding? Explore further possibilities.

- Trauma related to losing control of your life, direction and goals. This could be related to financial loss or losing a position or role within the family. Explore also birth trauma. See Birth Section.
- Who or what do you hate in life? Why? How does that make you feel? Explore further possibilities.
- How does holding on to anger and rage keep you safe? You may fear that letting go of the anger will render you powerless and disrespected by society. You seem to be drawing power from your anger and rage. You use this to control your environment and others.
- Explore the relationship with your mother and father. How did that make you feel?
- Explore how your parents treated each other? How did that affect you? Are you recreating similar circumstances? Explore conflict.
- You are suppressing intense emotions such as anxiety. What do you feel anxious about? Explore further possibilities.
- You seem to be very distrusting of others. Explore why.
- You often project a certain level of harshness toward others. How does the harshness or hard shell keep you safe? What does it keep you safe from?
- Who suppressed your success or ignored and invalidated it? How did this make you feel?
- When did the liver problem start? What was happening in your life at the time? Explore further possibilities.

Low Blood Pressure

See Blood Pressure Low

Lung Cancer

See Asbestos, Cancer, Lung Problems, Pain, Polyps, Toxins

Emotions

If the cancer has already spread to the bones begin by addressing issues related to the lungs and then move onto the Bone Problems section.

You feel beaten and run down by the past and your inner strength is weak from holding back grief, unhappiness and feeling choked by life. You feel that your need for love is not met by anyone, no matter how hard you work for it.

You have had to stand strong mostly on your own during hardships, with only yourself to rely on and confide in. You are grieving for the lack of understanding, compassion and intimacy of partners that you've have had in life. Your fear of being loved often sabotaged personal relationships.

Your childhood may have been intense and very emotional causing you to feel unsafe to breathe in the goodness of life. Your happiness was often invaded by out of control circumstances.

You sense that you will eventually find happiness but first ____ needs to happen. You are always waiting for something to happen or take place before you allow yourself to be happy. This only results in self-sabotage, as what you're waiting for may never take place. Your happiness is very dependent on the state of your circumstances. You have a hard time accepting yourself for who you are as you have been rejected and criticized far too many times.

You have a fear of dying, which could be related to the trauma of a near death experience related to you or an ancestor.

Grief is strongly tied to a feeling of not belonging and a lack of acceptance. You unconsciously use sadness and grief to numb the deep feelings of emptiness inside. You didn't give your inner passions an outlet due to your self-deprivation pattern of not feeling worthy of being happy.

You may have experienced a trauma that left you in shock. This could also be related to being threatened during childhood, "Wait for me in your room when we get home, you deserve to be punished for what you have done."

You anticipate punishment, as influential people were never consistent with their expectations. You do not always know when it's going to strike. This causes a great deal of stress on the lungs. It's as if you are always holding your breath, waiting for the worst-case scenario to surface.

Lung cancer is also related to feeling overwhelmed and overpowered by influential people, who took their anger and frustration out on you. You felt scared, powerless or unable to escape overwhelming and stressful circumstances.

You took shallow breaths with the intention of not being heard, seen, caught or attacked when confronted by an influential person.

Note to practitioners: it takes a while for cancer to develop so asking the client what was happening when the cancer was discovered might not give you an accurate enough direction to follow. I often ask what was happening a few years (at least one year) ago that was emotionally significant to the client.

Key Points

- Trauma related to feeling like an outcast, rejected or abandoned due to an abusive childhood or relationships. How did that make you feel? Explore further possibilities.
- What circumstances or person have you had enough of? Who or what is sucking the joy out of your life? Explore further possibilities.
- What do you feel guilty about? Explore this further.
- Your personal space or immediate environment felt violated by abuse (either physical or verbal). If yes, how did this make you feel? Explore key words such as invasion, out of control and then explore the emotional trauma.
- Feeling foreign, different or not fitting in with the rest of society. This feeling is often accompanied by a deep sense of nothingness and emptiness. Explore further.
- If you are suffering from depression, when did the depression start and what was happening during that time? Trauma related to not having solutions for your problems. What were the main emotion(s) that stood out during that time?
- What stops you from expressing your emotions? How does it keep you safe to suppress them?
- Trauma, grief, suppression and pressure from the past, influential people and circumstances and recent life experiences have invaded your life leaving them feeling out of control, helpless or willing to give up. Explore these key points. Why do you feel like giving up? What feels so big that you cannot handle it anymore?
- Explore after birth trauma; was there too much amniotic fluid in the lungs? Was the first breath painful, heavy and wheezing?
- Trauma related to a near death experience (could also be ancestral) or fear of someone else dying. This is related to separation and abandonment trauma. Explore further possibilities.
- Trauma related to fear of dying. Did your mother almost die while giving birth to you? Explore this trauma in the ancestry line.

- Trauma related to an intense argument with someone causing you to feel isolated, invalidated, rejected or disconnected from the family. With who? How did that make you feel? Explore further.
- Who was always fighting in your home or territory? How did that make you feel?

Important questions to ask yourself:

- Does your condition make it easier to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Lung Problems

See Acute Interstitial Pneumonitis, Asthma, Bronchitis, Hypertension, Hyperventilation, Hypoxia, Lung Cancer, Pneumonia, Tuberculosis (TB)

Emotions:

If the lungs had a voice, it would often be very cheery and happy. If they are quiet and seem like they are hiding then it's because their owner is storing a lot of grief, old sorrow, anxiety or depression, even suppressed fears. The lungs have a need to express emotions when they are detected. If sadness and grief is stored for long periods of time then it can physically cause a great deal of physical discomfort. The lungs are signaling to you that you need to deal with your stuff!

Inhaling toxins from your environment causes damage to the lungs as well. Especially if you already have an existing emotional problem such as grief, depression or feeling suppressed. It causes the lungs to be oversensitive toward foreign substances. Inhaling toxins could just trigger an already emotionally existing problem, thereby causing a physical illness.

You may feel the need to protect yourself as no else will. You feel safe with your own company and are strict in regards to who is allowed into your life. You avoid people who might cause more stress.

When a person feels sad, the lungs often tighten-up. When a person feels scared, the lungs also tighten-up and feel squeezed. When a person feels angry the breaths become shallow. Even depression can add stress and strain to lungs. Sometimes a person's negative emotions have been there for so long that they are not even aware of the physical strain and tension that may be present in the lungs.

The lungs also suffer when a person is or was in a state of shock. You may take shallow breaths and not use the full capacity of your lungs. People store their grief and fear in the lungs. You might be expecting the worst-case scenario always holding your breath in anticipation.

You may have experienced trauma related to a near death experience (could also be ancestral) or have a fear of being separated from someone that you feel safe with.

You were never sure when you were safe and when the next mood-swing in the household was going to strike. You kept yourself small and took shallow breaths with the intention of

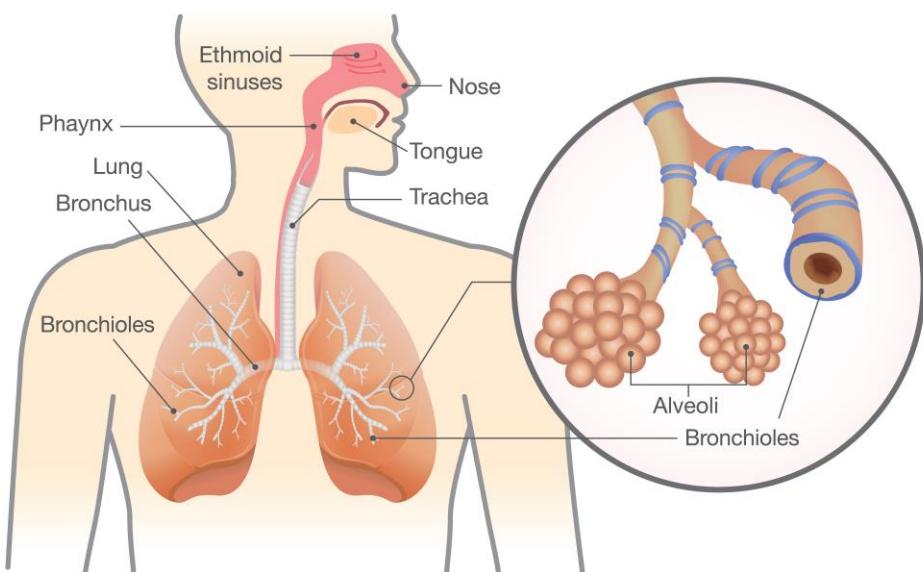
avoiding conflict. As a result of feeling unsafe during childhood, you overcompensate by being overly aggressive. You feel the need to protect your territory and identity. It has been challenging to reclaim what you feel you had lost during childhood.

You may have had to deal with conflict in your life for long periods of time and you've had enough. You need to escape and get away from the circumstances that are causing you to feel suffocated. You feel powerless to stand your ground.

Trauma related to toxicity that a person inhales is stored here as well. It is important to explore how you felt at the time of inhaling toxins along with how the toxins affected you, if this is relevant. Did you smoke, work in a polluted area or live in a house where others smoked?

A person's ability to empathize with others can be too sensitive, often leaving them with a heavy feeling in their chest. Especially after talking to someone that was grieving, feeling upset or suffering from depression. This interaction with others may trigger your own suppressed emotions (often related to ancestral trauma). It is important to be able to identify when you are feeling someone else's emotions or your own. Issues with the lungs surface as depression and avoiding connecting to others. It creates an illusion where you feel a need to be isolated from others.

Respiratory System



Collapsed lung

The suppressed grief and lack of joy in life has taken its toll. This is often combined with ancestral grief.

You feel that your inner strength failed in the past. You suffered trauma related to feeling unwelcome in life, especially after birth. It is as if you are a triangle trying to fit into a square hole. You have pushed aside your passion and goals with the intention of fitting in with society. This caused you to feel empty and unfulfilled for the sake of being accepted, loved or approved. This pattern often lands you in circumstances that do not resonate with you.

You seem to be held back from living your life to its fullest. Your joy is accompanied with guilt as you feel you are not allowed to experience or express joy.

Place your hand on the chest where the collapsed lung is. Imagine that the lung can speak. What would it say? How does the lung feel? What is the message there?

Key Points:

- Holding on to old grief / sorrow. What are you still grieving for? What long-term issue have you been holding on to that is causing you such emotional turmoil? Explore further possibilities.
- Having to fight for your freedom. Why do you feel restricted? Explore this during fertilization stages and womb stages.
- Feeling suffocated by old / current grief. Do not want to let go, or forgive someone. How does holding on to the grief serve you?
- You seem to be feeling anxious and scared of unpredictable moods, actions and words from influential people. Explore how this affects you.
- Feeling disconnected from the joy in life. Why can't you breathe in the joy of life? What would happen if you did? Explore further possibilities. Explore self-deprivation patterns and why you deprive yourself of the goodness of life.
- Shame related trauma. Who shamed or humiliated you? How did that make you feel?
- Feeling held back by someone or a situation (lack of emotional freedom and feeling unsafe to change).
- Fear of suffering (fear of dying). Explore ancestral trauma.
- Feeling unable to connect to your passion in life or feeling a lack of purpose as you were trying too hard to please others. What would happen if you did follow your passion? You might have a fear of rejection or being alone.
- You might have a pattern of responding in an overly dramatic way toward people or circumstances. Due to a childhood trauma and parents who behaved in similar ways. You are overly sensitive to people's words and actions. You are sensitive as you have had enough of a certain person, action or treatment. Explore further possibilities.
- Fearing the worst so that you can avoid disappointment. How does this pattern serve you? Who else in the family always feared the worst? How did that affect you?
- Abuse trauma (may include emotional or physical) toward you or witnessing others being abused. Explore further possibilities. Were your ancestors or family members sexually abused? Explore the impact it had on you.
- Feel unsafe to grieve and show sorrow. Fear of being punished, mocked, humiliated or attacked.
- You may be expressing your parents' unprocessed grief. Explore family trauma on your mother and father's side.
- Always explore the birth trauma and see the Birth section
- During early infant stages, did you feel wrapped too tightly in a blanket? If yes, then how did this make you feel? Explore reactions such as, "I can't breathe, I can't take a deep breath." Suffocation, restraint, feeling or frustrated due to the lack of movement.
- Explore after birth trauma. Was there too much amniotic fluid in the lungs? Was the first breath painful, heavy and wheezing?
- Trauma related to feeling out of control. You may report that you feel stuck in a state of being out of control.
- Feeling held back and suppressed by influential people. By whom? How did that make you feel? Explore further possibilities.

- Did something happen in your childhood that left you in a state of shock and unable to process the trauma? If yes, then explore.
- Feeling pressured in your life. Who made you feel this way? What changed in your environment that placed you under more pressure and stress?
- How did your mother feel during your fetal stages? Especially when the lungs were developing?
- The lungs are connected to the kidneys. Resentment, grief and not letting go of these emotions.
- Trauma related to not being able to breathe after being born.

Lupus

See Anemia, Attack, Auto Immune Disease, Blood Problems, Kidney Problems, Muscle Problems, Skin Problems, Tendon Problems

Emotions

There may have been an abusive incident within the family, whether it was directed at you or not, it may have affected you to a great extent. You feel under attack (either verbally or physically) by your own blood (family members and people that are close to you). Influential people dominated you to such an extent that you have given your power away. Fighting against authority figures is useless.

Long-term abuse or punishment may have caused you to believe that you deserve to be punished, humiliated, abandoned or rejected. You feel powerless to change the cycle of circumstances in your life.

You keep to yourself and are very conscious of what others say to and about you. You are overly sensitive and on guard, ready to defend yourself or run away from a challenging situation. You often misinterpret what others say, expecting an attack (either verbally or physically) or slander. You desperately want to be loved, yet struggle to let others into your life due to bad past experiences. You are often soft in nature and fun to be around once you let your guard down.

You are not letting go of a past or recent conflict (or trauma) that you had with someone. You are dwelling on an issue that seems impossible to resolve. You are angry and fed-up. You do not have the confidence to stand your ground when faced with bullies or intimidating influential people. You feel that if you let go of your anger then nothing will be done to change or resolve your circumstances.

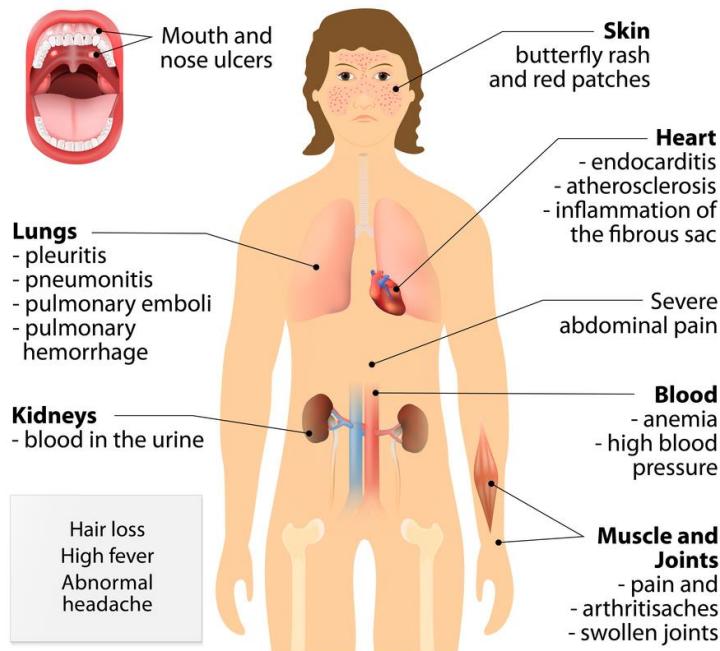
This may also be an end result of unresolved anger toward a parent or influential person that was triggered by a more recent, unrelated issue.

You feel stuck in blaming others, recreating the idea that you are a victim. You felt that you had to accept circumstances as they unfolded with no option to intervene and change it. You have become increasingly sensitive towards a long-term issue that is causing great stress. Your anger and rage come in waves when influential people or circumstances trigger the emotions related to feeling disempowered and helpless.

You feel invaded and under attack by your environment or by an influential person. This pattern is a result of a childhood in which you felt suppressed with limited opportunities to grow and explore your boundaries and talents.

It is important that the relationship with your parents is explored. Often the main issue is not being able to or feeling safe enough to express firm boundaries toward a dominating figure in your life.

Systemic lupus erythematosus



Key Points

- Explore emotions associated with the immune system (who is the enemy and who is the friend / who to attack and who to let in).
- Feeling like a nuisance in the family. Who made you feel this way? Explore further possibilities.
- Feeling depressed, devalued and in the way. Why? What happened? How did that make you feel? Explore further possibilities.
- You are sabotaging the future and any hope of being happy. This may be the result of longterm abuse, suppression or being overly controlled by influential people. This may have left you unable to be powerful, deserving of good things, feeling happy, free of blame and punishment. Your emotional needs were met by abuse. Explore further possibilities.
- Being and feeling happy is dangerous. Why? What happened when you were happy during childhood? You may have associated happiness with being attacked / abused / punished.
- You seem to be rejecting your own needs. Why? Who rejected you in the past? Who made you feel worthless?
- You may have ancestral trauma where they had to work long strenuous hours in the sun feeling punished, abused, worthless, rejected and judged. Explore trauma that was associated with sunburn and environmental factors that may have played a role.
- Trauma related to feeling out of control as a result of not being able to stand up against a dominant figure. You feel stuck and unable to move away from the debilitating circumstances. You feel irritated by it and helpless. Explore further possibilities. Explore ancestry line for similar traumas.

- What do you feel when you look back on your life? How does it make you feel? Explore further possibilities.
- You feel very challenged when you are confronted with circumstances where you need to express a boundary. You are only able to express a boundary when you feel pressured or cornered by someone. Who challenged or punished you when you said “no?” Explore further possibilities.

Lyme's Disease

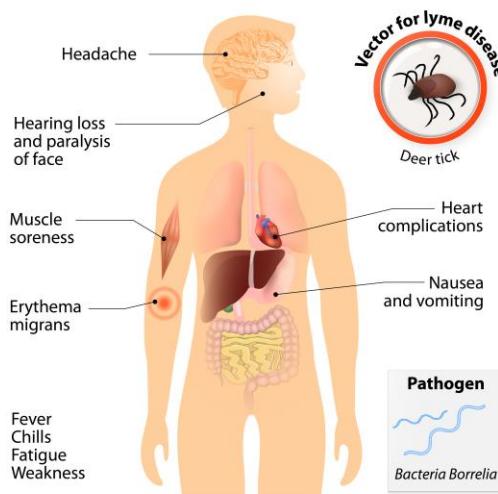
See Asthma, Bacteria, Fatigue, Heart Problems, Inflammation, Joint Problems, Nerve Problems, Parasites, Rheumatoid Arthritis

Emotions

You have given a great deal of time and energy to loved ones and various projects. Immense gratification follows when you work hard. It allows you to feel connected to your purpose and identity, which makes you feel safe, valued and important. As a result, you feel overly responsible at work, home and towards meeting people’s needs. Your hard working nature tries to accommodate everyone and everything.

You may be hiding behind the workload as it allows you to avoid very deep issues you have a fear of dealing with. You are afraid to lose control of your life and the structure you have created. Your busy life creates the illusion that all is well. You have been responsible for many aspects of your life since childhood, forcing you to look at the world from an adult’s perspective early on.

LYME DISEASE



Your routine has taken a toll on you and you've pushed yourself too hard and too far.

You feel you were manipulated into doing things that didn't resonate with you. You were made to think that you were doing something for the greater good when instead you played into an influential figure's selfish agenda. You suppress your anger over this situation because you were taught not to express frustration or anger. This often relates to ancestral trauma, however the emotions related to this example might surface in other areas.

Long-term, you have been pulling the short end of the rope and you have come to realize

that. You feel challenged to keep up a strong façade yet you have a fear of just being yourself. Your behavior has become destructive, even to the point of self-attack; you feel your failures have to be punished because you have disappointed others.

You want to make a change in life however; you feel too emotionally paralyzed and scared to move away from the only way of life you know.

Key Points

- When did the condition start? How did you feel before the condition started? What was happening in your life? Explore further possibilities.
- How does having many responsibilities keep you safe? How does it serve you? What do you get out of it? Are you attracting so much responsibility to avoid something or emotions from the past? Do you feel guilty if you do not work so hard? Why? How does that make you feel? When did this pattern start? Explore further possibilities.
- You feel responsible for other people's responsibilities. Why? How does it serve you to feel so responsible?
- What would happen if you changed your lifestyle to accommodate your own needs? How would that make you feel?
- Toward whom do you have a fear of expressing clear boundaries to? Why? What happened in the past when you did express boundaries toward this person? Explore trauma associated with saying "no" or expressing boundaries.
- Trauma related to feeling overwhelmed by responsibilities and feeling responsible for people's happiness. When did this pattern start? How did it make you feel? What is the benefit of being responsible for other people's happiness? Explore further possibilities.
- Are you living your purpose or achieving your goals? If not, why? How does this make you feel?
- Explore trauma related to feeling devalued, unloved or feeling that love is conditional. Who made you feel this way? Explore further possibilities.
- Your lifestyle is becoming destructive. You seem to be punishing yourself for not being good enough during childhood. Why? Who made you feel this way? Explore further possibilities.
- Explore self-destructive patterns. How does sabotaging ____ serve you?
- Who or what is exhausting you so much? From whom or what do you need a break? Why haven't you explored this? Is there a fear? Explore further possibilities.
- What is your biggest regret? How does it make you feel?
- You seem to have been manipulated and shamed into doing things for others. How did this make you feel? What would happen if you said "no?" Explore further possibilities.
- Why are you giving so much of yourself to family and friends? How does it serve you? Do you feel that you have a purpose, feel important, feel needed or have to serve and live for others? Explore further possibilities.
- Pattern of feeling attacked when you are at your lowest—emotionally, spiritually and physically. Explore in the family line and immediate family. Who experienced trauma when they felt weak, tired and not able to defend themselves?
- You have associated being loved with hard work or too many responsibilities. Explore further possibilities.
- Explore womb stages. Did your mother feel the same way? If yes, explore how it affected you in utero. If no, then explore who else in the family had the same pattern.

Lymphoma

See Cancer, Immune System Compromised,

Emotions

You often feel overlooked and devalued by influential people. You have a deep need to feel safe when you are loved. You have made a negative association with receiving attention, as love may not have been shown to you in a healthy way. You are afraid you've failed the expectations of influential people and you cannot forgive yourself for that. In your mind, failure = abandonment, isolation or being treated as an outcast. Love is toxic, yet you cannot move away from circumstances or relationships that are toxic. You want love, however you often attract people and situations that make you feel devalued. What is your definition of love? Do people in your life make you feel the way you described love?

Which area of the body is affected and refer to the Quick Reference Guide for more information.

Key Points

- Trauma related to failing an important task. Failing the expectations of influential people. Never feeling good enough. How did that make you feel?
- Trauma related to abuse (this could be sexual, mental or physical). The abuse could also be related to an ancestral trauma that was triggered in this individual.
- Feeling unsafe in your life and being unable to spot any unseen danger.
- Trauma related to feeling powerless and unable to avoid stressful, invasive circumstances.
- Feeling unable to access your inner strength to protect yourself. Who did you need to protect yourself from? How did that make you feel? Explore further possibilities.

Lymphatic Filariasis

See Adenoids, Immune System Compromised, Inflammation / Infection, Lymphatic System, Parasites

Emotions

You feel a great need to insulate yourself from your environment. You feel unsafe and targeted for a possible verbal attack as a result of moody influential people. Other people's action and words leave you feeling invaded yet you feel helpless to change the situation as no one listens to or respects your boundaries.

You may have been left to fend for yourself. Your parents may have been emotionally or physically absent, creating in you a constant fear of abandonment. You have suppressed your ability to express boundaries. In your mind, expressing boundaries might result in people rejecting or punishing you by withholding the love and attention you need. As a result, you feel invaded by people's needs and demands, as your own needs are not being met.

You may have experienced love in a way that made you feel attacked, abused or manipulated. You feel a great need to push people away who take advantage of you and abuse your goodwill. Your opinions are ignored and disregarded by influential people. You feel unable to communicate and as a result feel devalued by people whom you admire and respect.

Key Points

- When did this condition start? How did you feel shortly before diagnosis? Explore further possibilities.

- When you needed love, how did influential people respond? If it was a negative experience, then explore further.
- How does having poor boundaries serve you? How does it keep you safe? What happened in the past whenever you did express clear boundaries? Explore further possibilities.
- Who invaded your emotional or physical space? Do you have enough personal privacy? Explore further possibilities.
- Who are you trying to push away? How does this person make you feel?
- You seem to be stuck in fight or flight mode. Did something happen that traumatized you? If yes, then explore further.
- Explore suppressed anger, rage, frustration or resentment. Why do you feel this way? Explore further possibilities.
- Do you feel safe and protected in life? If no, then why? Explore further possibilities.
- Who or what is irritating? Do you feel trapped in a relationship or circumstances? Explore further possibilities.
- Trauma related to feeling invaded and being taken advantage of -ancestral trauma.
- Do you feel able to communicate your needs? If not, why? What happened in the past whenever you communicated your needs? Explore further possibilities.
- Which part of the body has been affected? See the Quick Reference Guide for more information.
- Explore stages after birth. Did you feel invaded and overwhelmed by the hospital staff or new environment?

Lymphatic System Compromised

See Immune System Compromised, Poisoning, Toxins

Emotions

You often feel stuck in a circumstance or under attack without the ability to speak up for yourself. You don't feel worthy of speaking up. Speaking up may result in condemnation, isolation or cause you to be ignored and isolated. You have a very deep need to be accepted for who you are, however this need has not been met in a healthy way by influential people. You are tired and drained from trying to be accepted.

You are vulnerable and have lost a great deal of self-confidence. You are processing shame as a result of being unable to meet any goals or achieve the success you want.

Your self-sabotaging patterns have become debilitating, often causing you psychological harm. You can't let go of past hurts and keep wondering how you could have dealt with things differently. You are going through the "what if" phase and need to let go, as this is causing you more emotional stress.

You may fear that letting go of injustices may allow someone to get away with their actions. You may also be afraid that letting go of your past will mean losing your identity.

You are stubborn when faced with circumstances that require you to change your thought patterns or sabotaging habits. You feel comfortable with challenging circumstances because you know how to survive during conflicting and challenging circumstances. Changing these circumstances will cause great stress, even though the changes might be positive. You often draw power from your past trauma.

You overcompensate for poor boundaries in the past and as a result, express boundaries from a place of fear and feeling "done in" by others. If the trauma is resolved, the fear from which you express clear boundaries will also be resolved.

You have been worrying about everything in life. Worrying all the time has served you

well, as the focus was a distraction from deeper issues. You are distracting yourself from your emotions. This vicious cycle of worry and responsibility attracts more of the same. This ongoing pattern is taking its toll. You are tired of your environment and old issues resurfacing, time and time again.

People's mistakes have been projected onto you and others have tried to hold you accountable for problems that are not related to you. You seem to accept blame and responsibility as a result of poor personal boundaries. You have the desire to move forward, yet feel you lack the tools necessary to cope effectively. Therefore, you accept being powerless to move from one point to another.

Key Points

- Which situation or person has left you feeling disappointed, resentful, angry or taken advantage of? How did that make you feel?
- By whom or what do you feel attacked? How did that make you feel? What did you need emotionally from this person when you were attacked (attacked often means verbal abuse)? Explore further possibilities.
- Trauma related to feeling exhausted and drained, with not enough energy left to keep fighting and moving forward. Why? Who or what drained and challenged you? Explore further possibilities.
- How does avoiding emotions keep you safe? Explore secondary gain.
- Feel like giving up? Why? How does giving up keep you safe? What will you gain by giving up? What are you giving up on? Explore further possibilities.
- What do you feel anxious about in life? Why? What is the fear that's related to this issue? Explore further possibilities.
- Explore grief and old sorrow. What are you grieving for?
- What part of yourself have you rejected? Why? Who made you feel this way? Explore any blame and resentment as well.
- What old ideas, patterns and traumas do you have a fear letting go? Why? What would happen if all those fears were taken away? What fear surfaces? What do you have to do, deal with or change that you have been avoiding? Explore further possibilities.
- Not feeling accepted and good enough. How does this make you feel?
- What negative emotions make you feel polluted and overwhelmed? How does that make you feel? Explore further possibilities.
- Explore trauma related to feeling scrutinized and judged. In most cases, you may feel judged due to another family member's behavior. Who made you feel this way?
- "No one can leave me in peace." Who made you feel this way? How did that make you feel? Explore why you can't allow yourself to experience peace. Why does the past keep rearing its ugly head?
- Explore trauma related to feeling unsupported. How did that make you feel?
- Explore womb stages. When your mother was pregnant, did she feel similar emotions as mentioned in the above paragraphs? If yes, explore how this affected you during developmental stages.
- You have a strong need to become someone or do something in your life yet you feel held back. Explore further possibilities.

Malaria

See Fever, Inflammation, Liver Problems, Nausea, Parasites

Emotions

Malaria is caused by a parasite, it begs the question, "Who are the parasites in your life? Who or which circumstances are draining you?" People often attract parasites in human form (as well as taxing circumstances) that may take advantage.

You have an already weak immune system, which makes you more susceptible to being affected by parasites. This is also a reflection of poor or unclear boundaries towards people in your environment.

You allowed yourself to be attacked either verbally or physically. You may have a fear of setting boundaries, as you might be rejected, abandoned or punished if you do. You seem to feel unsafe and unsure of your position within the family. Something or someone might have threatened the flow of love you received from a parent or loved one. You may have felt like you had to keep it all together in your personal life. You don't feel that others respect choices you've made. You often have to play along with someone else's rules, suppressing your goals and freedom. This may have caused you to feel trapped, overprotected or controlled. Your need for freedom was met by feeling controlled, suffocated or trapped.

Decisions have always been made on your behalf. This makes you feel that you don't have the strength to do things on your own. As an adult, you may feel overwhelmed with responsibilities that were always taken care of for you. As you mature, the less support you feel you have. This has caused you to feel unsure and confused, as you never know what the next step should be.

There may also have been a sudden shift in your role within the family or job that was (or is) still causing you a great deal of stress. These new and sudden circumstances may have required you to be responsible for tasks that were once taken care of by others. New and sudden changes left you feeling out of control, overwhelmed and/or paralyzed with fear. You are very hard on yourself and want to achieve success as an independent individual. You feel directionless without the support and guidance you had during childhood.

Note to practitioners: If the client is a child then explore what is going on in the client's parent's life and their relationships with others.

Key Points

- Trauma related to feeling invaded or violated by new circumstances and unexpected changes. Explore sperm entering egg, how did the egg feel? Did your mother have a planned pregnancy?
- If no, how did she feel after finding out about the pregnancy? Did she feel invaded, trapped or controlled by the news? Explore more possibilities.
- Explore patterns relating to times when an influential person perceived your personal strength as a threat and attacked you with the intention of disempowering you. How did this make you feel?
- Having to be strong in a dysfunctional, confusing or moody environment. How did this make you feel? Were you able to change the environment to a more suitable atmosphere? If no, then how did that make you feel? Explore further possibilities.
- Why do you feel worthless and undeserving of respect, love or protection? Who made you feel this way? Explore further possibilities.
- Who or what is weighing you down? There seems to be a need for more emotional and mental freedom. Explore who or what makes you feel restricted.
- You fear you will be overpowered and attacked if you stand up for yourself or express anger. Why? How does it keep you safe not to suppress anger?

- Did any new changes or unexpected circumstances surface recently that challenged your ability to emotionally and mentally cope? Explore further possibilities.
- Always explore the birth trauma and see the Birth section.

Male Problems

See Gonads, Hormone Problems, Mid Life Crisis, Penis Problems, Peyronie's Disease, Prostate Problems, Testosterone Problems

Emotions

You are very critical and self-conscious of your identity and masculinity. You seem to find your role as a male figure quite challenging. There are many expectations, rules and standards that you have to follow in order to be accepted by your parents, females and society. You often feel guilt and shame whenever you explore any of your feminine qualities because this is seen as a weakness.

You may fear the feminine qualities will cause you to come across as weak and vulnerable to attack. Men were always seen as the provider, leader, authority and dominant figure. With these titles come a great deal of responsibility, burdens and a need to provide. You feel that the success of the family's health, education and nurturance weighs heavily on your shoulders. There is a great deal of shame and humiliation related to not being able to live up to the expectations of influential people. This may be a result of losing a job, income or prominent position. Your identity is closely tied in with money, providing protection and making decisions. Many men take their role as a provider so seriously that they may even commit suicide if they lose their job and are unable to provide. The humiliation and trauma related to failing their family is too big of a burden to bear alone.

Men were raised to be tough resistant and able to endure the roughest of circumstances. During childhood, you were not allowed to cry, complain or express feelings. This would have been seen as a weakness and could provoke punishment, attack or ridicule.

Key Points

- Feeling forced to provide, be in control, be strong, have too many responsibilities and have others relying on you. How does this make you feel? Explore feeling overwhelmed.
- Why do you feel obligated to behave in a certain way and take on so many responsibilities? What would happen if you shared the burdens? Explore issues around feeling guilt, shame or failing others (feeling like failure).
- Did you see your father under a great deal of pressure and obligation? How does repeating this pattern serve you? What stops you from changing this pattern?
- Did your father fail his role and responsibility in the family, causing you to step up and take the male role in the house during childhood? How did that make you feel?
- Did your mother or influential female figures shame you, causing relationship problems with females as your ego and self-worth were challenged by females in the past? Explore further possibilities.
- Have you been criticized or judged for being too feminine? If yes, explore how it made you feel.
- Have you lost a job or position as an authority figure? If yes, how did it make you feel?
- What is the benefit of having so many responsibilities and burdens? Do you feel more accepted, loved and respected? Explore how your ego may be influencing your need to be in control.

- Explore control issues. Do you feel the need to be in control of everything? If yes, why? How does that make you feel? Did something happen that convinced you that you need to be in control of everything? How does it keep you safe? Explore further possibilities.
- Explore your sense of worthiness, who challenged your self-worth? How did that make you feel?
- How do you feel about your feminine side? Do you feel comfortable exploring it? Explore any issues or resistance.
- Do you feel intimidated or dominated by a spouse or women in general? If yes, why? Explore further possibilities.
- Feeling pressured to live and behave a certain way that does not resonate with you. How does this affect you? What would happen if you changed that?

Malnutrition

See Anorexia, Anxiety, Bulimia, Depression, Digestive Problems, Marasmus, Tremor

Emotions

You are rebelling against everything that you cannot control in life. Your ability to control your environment has not given you any satisfaction. Losing control and the emotions associated with that has caused you to turn inward.

You seem to be lost in life, without a purpose, almost as if you don't want to be here anymore. Trauma related to rejection has greatly challenged your self-esteem and the ability to feel strong as a separate and independent person. Now you are rejecting yourself. You have shown very little interest in life and in the activities that you once loved. You feel unworthy of happiness and are depriving yourself of the good things in life as a form of punishment. You have become increasingly stubborn and do not want to play by the rules anymore. You are trying to take a stand against someone whom you have held a grudge against for some time now.

You use your destructiveness as a power tool instead of remembering that you have your own strength within. You often feel robbed of your rights and personal power.

Teenagers and adults that have this condition may also be punishing those around them by punishing themselves. You may be expressing rage and anger toward others by harming yourself. You do not feel heard and influential people do not take note of your needs. The only way you seem to be able to control your life is by controlling what you eat and what you do to your body.

If the client is a baby, then explore the mother's relationship with the baby. Did the mother want the baby? Does she resent the child for having so many needs as a newborn? What was the mother's diet like? How did the mother feel about herself? What hardships was the mother experiencing during her pregnancy with the client? Was the mother deliberately sabotaging the fetal growth as a punishment because the pregnancy was unplanned?

Was the mother ill during pregnancy? Is the mother in a poor country with limited access to food and medication? Explore these issues. The mother may also have been separated from her partner by choice or as a result of feeling betrayed and thrown away.

Key Points

- Who or what is causing you to feel out of control? How does that make you feel?
- Feel unsafe taking in love, attention or nurturing. What associations did you form with love and being nurtured? Why is it dangerous or hostile? Explore the relationship with your mother.

- By whom do you feel ignored? How does that make you feel?
- Who are you trying to punish beside yourself? How does it serve you to do this? What do you get out of it?
- Who or what circumstances made you so angry?
- You seem to feel helpless and powerless in life. This may be the result of being rejected and ignored many times. How does this make you feel? Explore further possibilities.
- Explore resentment. Explore secondary gain if you do not want to process the resentment. Your anger and resentment seem to be the only emotions that make you feel alive. Toward whom do you feel resentful?
- Trauma related to feeling disempowered. Explore where this pattern comes from in the family line.
- How does it keep you safe to give your power away to others?
- Trauma related to feeling ashamed, especially by your parents, teachers and authority figures.
- You don't feel nurtured by life or your parents. How does this make you feel?
- When did your destructive patterns start? Explore new ways to be and feel empowered.
- Who made you feel out of control? Explore why you have control issues (often it's because you don't trust people around you or there has been a lot of betrayal from a young age).
- Feeling challenged receiving love and feeling safe to accept it. You may feel that love comes with punishment. Tough love kind of perspective.
- Explore the birth stages. Always explore the birth trauma and see the Birth section.

Mania

See Anxiety, Bi-Polar, Depression, Hyperthyroidism, Hysteria

Emotions

Mania is often the end result of long-term emotional suppression (often related to ancestral trauma). There is a great deal of turmoil in the family and ancestry line that has never been expressed. The parent of the child that is affected by mania has been confronted with this challenging situation in order to explore what they have not expressed in their life and childhood. This condition is more related to ancestral trauma however; the parents of the client (if client is a child) should explore their own past. The child is reflecting certain characteristics of the parents that need to be explored in the parent.

You may be stuck in a fight or flight mode. You often suffer from immune problems due to heightened emotional states. You experience fear, tension and stress that are taxing on the body. These emotional states take a toll on the body and your health. You are in a constant state of stress and completely oblivious to it, as you know no other way of life.

You become accustomed to familiar mixed emotions and perceive it as normal. This condition is placing enormous strain on the mind and body. This may result in other medical conditions as the body can only tolerate this level of stress and intensity for a limited amount of time.

Key Points

- Express your deepest fears and explore why the fears are there. Are these your fears or your parents? How did your parents feel during your conception? Explore further possibilities.
- You have a deep turmoil within associated with feeling judged and humiliated by influential people. This is a painfully sensitive topic and you may choose to avoid it by saying you are

unaware of these feelings. Ask yourself, how does suppression keep you safe? Explore further possibilities.

- Self-sabotage. What are you sabotaging? Do you sabotage your success and goals? What would happen if your sabotage were taken away? What have you been avoiding through sabotage? Why? How does it serve you?
- You seem to experience the past as being real, as though it's still happening. Your memories might feel incredibly real. This may cause you to treat these thoughts as if they are real. What would happen if you had to let go of past trauma and thoughts? Explore further possibilities.
- You don't feel in control of your thoughts. How does it make you feel? Explore control issues.
- Was your family or any ancestors ever in situations that were traumatic and caused you to feel out of control?
- Feel haunted by emotions and trauma that you do not recognize in your own life. Explore fears and traumas that your mother experienced while she was pregnant. Explore ancestry line for abuse and traumatic situations.
- You avoid responsibility. This may be the result of feeling already overwhelmed by your mental state.
- Additional responsibilities may result in more manic fits as it could overwhelm you. You seem to have poor boundaries and do not have proper discernment regarding when to say "no" and when to say "yes." Why? What happened in the past when you said "no?" What would happen to ancestors when they said "no" to influential people?
- Explore ancestry line also for war trauma, torture, imprisonment, slavery or starvation.
- When does the mania fits start? Is there a pattern? What emotions were building up when the mania started? What were your circumstances like at the time? Who was in your environment?
- Are you getting enough sleep? If not, why? What stops you from changing this?
- Explore self-sabotaging patterns as well. What happens when you are about to succeed or make a positive change?
- Did your mother feel out of control while pregnant? If yes, explore her emotional conflict and how it affected you in utero.
- Always explore the birth trauma and see the Birth section

Note to practitioners: If the client is too difficult to work with then work with the parent(s) instead. Some practitioners say that they have to work on the parents before the child can get better, however I have seen children getting better by just working solely on them while acknowledging the parents' experience and journey as well

Marasmus

See Anorexia, Anxiety, Bulimia, Depression, Digestive Problems

Emotions

You suffer from emotions such as irritability and you worry too much. You don't feel worthy of being accepted, loved or supported. You feel that life, society and influential people have failed you and that there is no hope for your goals and dreams.

You need support in order to function. You have been emotionally crippled and

disempowered by influential people. Your need for love and support has been met by abandonment, rejection, humiliation or suppression. At this point, you are reluctant to even ask for support. You would much rather suffer in silence because you feel that support means you will be controlled and manipulated, as you cannot clearly communicate your needs.

Your mother has been battling a bitter war against herself and others in her environment. Your fetal stages were emotionally toxic and filled with resentment, bitterness or anger your mother felt (not necessarily directed at you). If these patterns were not present in your mother then it will most likely stem from the mother's ancestral side. These extreme emotions may have been experienced while her mother was going through her fetal development stages, in her own mother's womb.

You have been deprived of love, comfort, nurturing and safety from a very young age. Your mother often gets caught-up in her own dilemma, which made her emotionally unavailable to the child (you). You feel as if no one around you is responsible enough to take charge, which led to issues regarding trust, feeling unprotected or always being on guard.

Key Points

- You are love starved. Related to ancestral trauma. Love may have come at a dear price in the past, causing you to feel unworthy and undeserving of it.
- Trauma related to being resented by others and in turn resenting influential people. Love felt toxic.
- How did your mother feel when she was pregnant? What was her relationship like with others and herself? What was her environment like?
- You feel very confused in terms of what love should look and feel like. Your emotional needs have been met by toxicity, rejection or feeling worthless.
- You feel challenged to allow love in, as you feel that you don't deserve it. You will most likely reject any love given to you and probably won't know what to make of the situation.
- Explore the ancestry line for war trauma, torture, imprisonment, slavery or starvation. Circumstances were too stressful to attend to a child's needs. Explore more possibilities.
- Feeling unimportant in society, no purpose and fading away. Explore further possibilities.
- Always explore the birth trauma and see the Birth section.

Mastoiditis

See Bacteria, Hearing Impairment, Inflammation, Middle Ear Infection

Emotions

You might feel caught between rivalries that have grown out of control between parents or other authority figures in your life. You do not want to hear what is going on around you and are scared and uncertain of your position in the family. You can feel and sense the hostility in the environment but feel stuck with no way out. Your parents often play you off of the other parent by saying demeaning things. This places you in a challenging situation. You feel uncertain of how to behave in order to please both parents and influential people, simultaneously. You are craving peace and harmony in the home and environment. You feel that you are to blame for other's hardships and problems. You could also be on the receiving end of the abuse and dysfunction as a direct result of the conflict between your parents.

Key Points

- What has been a pressing issue in your life that you do not want to hear or feel scared to communicate? Explore further possibilities.

- You seem to be holding on to harsh words that may have been expressed by a parent, caretaker or an influential person. Explore what was said, yelled or threatened and explore how it made you feel. You feel traumatized by the intensity of stress and tension in the environment. You are caught in the middle.
- You feel unsafe as the people you love are attacking you or making you feel unsafe. You are uncertain of where you stand within the family.
- Trauma related to feeling humiliated, ashamed, horrified, scared, insecure or intimidated.
- Did your mother feel this way while you were an infant? Explore womb stages as well.
- Are your parents going through marital problems that directly affect you? How does this make you feel?
- An influential person may have caused you to feel stupid in order to manipulate and challenge your self-worth, with the intention of feeling empowered or to soothe their insecurities. This type of behavior will have a big impact on your relationship with this person in the future. This could be a parent bullying a child or the other parent.
- Take note which side of the body the infection is on. Remember the left side is the feminine aspect for the person and the right hand side is the masculine.
- Do you feel trapped or intimidated by what others are communicating? If so, how does it make you feel?

Maxillary sinus

See Eye Problems, Inflammation, Pressure in Body, Sinus Problems

Emotions

You often feel challenged to let go of how irritating circumstances make you feel. You often hold onto anger with the intention of setting boundaries toward people or to prevent irritating circumstances from taking place again. You hold onto resentment as it might give you false boundaries toward offensive people and invasive circumstances.

This often relates to boundary failure. You feel offended and helpless by what you see, smell and sense in your environment. Often the issues that are triggered are unresolved trauma that stemmed from childhood.

In the ancestry, explore the maternal grandmother's trauma that may relate to someone who invaded her life (private home and she was not able to do anything about that). Did you perhaps experience a similar trauma or stress? Did your mother experience this while she was pregnant?

This could also be related to physical abuse. Were you ever hit in the face or on the nose? The physical abuse trauma could also be related to men who fought in the ancestry. Suppressed trauma related to this may have been activated in your life.

Key Points

- Who or what is irritating / offending you? What stops you from changing the circumstances?
- Who forced themselves into your personal life? How did that make you feel?
- Suppressed trauma related to this may have been activated in your life. Explore possibilities.
- If the affected part of your sinus could speak, what would it say? What is the trauma / message that has been activated there?
- Your circumstances may have made you feel like you were unable to control the direction your life was heading in.
- Who invaded your privacy / home or boundaries? How did it make you feel?

- By whom do you feel pushed away (or pushed out of the family)? How did that make you feel?
- Which side is affected? See the Quick Reference Guide for more information.

Melanoma

See Blood Problems, Cancer, Lymph Nodes, Skin Cancer, Toxins

Emotions

You are often reluctant to express emotions. You draw strength from the ability to suppress, be strong and endure challenges. You have a great fear of exposing any weaknesses. You sweep emotions under the carpet and are a “people pleaser.” You feel overwhelmed by people’s demands and allow others to get under your skin.

You may come across as very calm, yet you feel a great deal of resentment and anger which is eating away at you.

You feel resentful towards the world for causing you to feel so inadequate and stupid. Your insecurities are running the show in the back of your mind. You seem to be overly sensitive toward the actions and words of influential people. You may feel that everything is personal and is a possible attack on your values, way of life and beliefs.

Relationships and interactions with dominant people seem to leave you with a bitter taste in the mouth. This is a result of unexpressed desires, making your own choices or conflicting goals with another.

You have projected a façade for a long period of time. Physical damage of the strong emotions toward influential people and environment has now come to the surface. You feel bullied and pushed around yet, do not take action to put a stop to this cycle due to your low self-worth. Loved ones do not respect your values and boundaries. You seem to feel that everything is a battle. This may be the result of others always pushing your boundaries and rejecting you if you did not comply. You use anger and aggression to be heard and respected by others. Anger wards off threatening people.

You have dominant and controlling people in your life and feel unable to change how these people treat you. You feel irritated by your environment and life. Some clients have described it as though the world has handed them a contract with endless flaws and traps.

You cannot see an exit sign out of your circumstances. You are walking through life feeling angry, enraged, full of resentment or done in. This could be related to divorce, a failed relationship, a failed project or being unable to stand your ground in the face of opposition.

You feel emotionally stuck in the past and want to move forward. Your suppressed anger, resentment or grief is a sore reminder of what you cannot let go of. You seem to be overly controlling of your environment. This is a result of feeling out of control during childhood. You are now overcompensating for times when you were unable to control circumstances and the emotional influence of those around you.

You have learned to access your power through suppressed rage. Instead of feeling overwhelmed and depleted by it, you have made it work for you. Your “calm anger” is a source of strength.

Key Points

- Feel a strong urge and need to protect yourself from aggressive people. Explore whether your mother was aggressive toward you. Explore further possibilities.
- Explore feelings of suppressed anger, hatred or jealousy. When you feel these emotions, which person comes to mind? Who has made you feel this way?

- What would happen if you expressed your grievances? You might have a fear of being vulnerable, attacked, humiliated or judged. How would this make you feel if it did happen? Explore further possibilities.
- Who has treated you unjustly in the past? How did that make you feel?
- Feeling invaded by others. Why? What stops you from changing this? Why do you feel unable change this? This is related to boundary failures. Explore further possibilities.
- Trauma related to abandonment trauma that caused you to feel horrified, afraid of attack and unprotected. You did not have anyone to provide you with protection. How did this make you feel? Did either of your parents feel this way?
- What would happen if you forgave those who have caused you harm, either emotionally or physically? Were you physically abused? How did that make you feel? Explore trauma to the skin and emotions experienced.
- How does it keep you safe to hold on to the resentment and anger? What is the benefit of it?
- Explore conception and fertilization. Was there anger and resentment present at the time? How did the egg's shell feel when the sperm penetrated it?
- How did you feel after birth when you were handled and washed by the medical staff?
- Explore the fetal stages. What was your mother feeling while she was pregnant? How did her emotions affect you through the placenta? Were hatred, resentment, feeling controlled or invasion trauma present?
- The key word here is safety. You have learned to hold on to negative emotions in order to protect yourself and keep yourself safe. You would rather hold on to trauma so that you cannot be hurt again in the future.
- What was your mother's environment like while she was pregnant? Did she use any toxic substances or medication?
- Trauma related to divorce, a failed relationship, a failed project and loss of a job or loved one.
- Dominant figure challenged your values and what you stood for. Why? How did that make you feel? Explore further.
- Always explore the birth trauma and see the Birth section.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Melasma

See Estrogen, Menopause, Ovarian Cancer, Pregnancy, Thyroid Problems

Emotions

Change is dangerous. You have had negative experiences when you entered a new phase in

life, which forced you to change yourself or your environment. Your ancestors may also have come under scrutiny, abuse or punishment when they had to move from their homes or colonies to a new environment by force or threats. Your environment is challenging your ability to feel and be in control, as it all seems to be changing now. These changes could include giving birth to a child, being forced to make career changes, ending relationships or enduring very stressful times that challenge self-worth. It is often related to trauma of losing control of one's environment and safe place.

You are in need of support in order to gain control of your life again. Your stubbornness is proving to be a big block for personal progress and success. You seem to be resistant to receiving support from others, as you have many trust issues. This is a result of past trauma and paranoid parenting (could also be related to grandmother). You may have experienced trauma when people tried to support you. Intentions were misinterpreted and as a result, conflict and disappointment followed.

You may feel that being seen is dangerous, making you afraid to be vulnerable. Being pregnant and aging may cause you to feel less powerful. You feel disempowered by your circumstances. In the past, you have learned that when you are weak or vulnerable, you will be attacked. This is especially true for your ancestors. You feel deep anger and resentment related to past actions that were projected onto you.

Your anger and resentment replaced feelings of disempowerment or helplessness. Society and influential people have suppressed you. This may be as a result of being from a culture or gender that was not valued and instead, abused.

Key Points

- Explore the ancestry line. Was there suppression toward their culture or gender? How did this make the ancestor feel? Are there any similar emotions and actions being repeated in different ways in your life?
- Unfairness is the key word. What happened? Who made you feel this way? Explore further possibilities.
- When you need support, how are your needs met? How does that make you feel?
- Are you going through a phase that would require some type of changes? If yes, how does that make you feel?
- Fear of being vulnerable. What happened in the past whenever you felt vulnerable? Explore trauma and associations made when you felt vulnerable.
- How are people in your environment making you feel? Why? Explore further possibilities.
- What is overwhelming you? What do you feel so stressed about?
- When did this condition start? How did you feel at the time? What emotions were simmering or building up just before the break out started? Explore further possibilities.
- Ancestral trauma related to feeling threatened and needing to blend in with nature so that the enemy cannot see them.
- May also be related to sun damage on the ancestor's skin as a result of working long hours in the sun. How did the ancestors feel when working in the sun?
- Trauma related to feeling out of control and then feeling an immense release (freedom) from the situation that left you feeling out of control. You may not have processed and healed from the circumstances that left you feeling out of control, horrified or scared and needing to hide or escape. Explore further possibilities.

Meniere's Disease

See Abasia, Hearing Impairment, Vertigo, Tinnitus

Emotions

You may be feeling all over the place, emotionally, physically and spiritually. You often feel threatened by your circumstances and future events that have not taken place. You seem to have trouble identifying the implications of recent decisions that were made.

You feel confused in regard to the next step in life and are tired of carrying other people's baggage. You have had enough of carrying the responsibilities of others. If you let go of the responsibilities, you fear you will lose your value within the family. Your identity is associated with being responsible. You may also fear losing the love and admiration of those that rely on your hard work. This may include family members, children or spouses. You have focused a great deal of time and energy attending to people's needs and carrying their responsibilities. You have forgotten how and when to attend to your own needs. You don't want to hear what's going on in your environment, as it might add to your sky-high pile of burdens.

Too much has been expected of you; people have built their safety foundation around you. You jump into circumstances just to find out that you are in over your head. This is often a self-sabotaging pattern. This might cause you to abandon circumstances and projects, moving into the next self-sabotaging trap. You want to block out people and situations that drain and challenge you.

You have had enough challenging times and need a break. You feel resentful toward your circumstances and for allowing things to go as far as they have. What you see and hear around you is causing you to feel a great deal of conflict and resistance to being where you are now.

Key Points

- Trauma related to feeling out of control. Where in your life did you feel out of control? How did this lack of control make you feel?
- Fearing consequences of decisions you have made. Why? What happened in the past when you made your own decisions? Explore further possibilities.
- Explore trauma that caused you to build your life purpose and identity around other people's lives and burdens. When did this pattern start? What is the benefit of this?
- You may have had to endure endless criticism and personal attacks from others. Why did you sit there and take it? How did this make you feel? What would happen if you stood up for yourself?
- Do you feel valued and important enough when dealing with other people's responsibilities? Explore further possibilities.
- Trauma related to feeling overwhelmed. By who or what? Is this due to a personal boundary failure? If so, why do you have a fear of expressing boundaries?
- You have been in a situation that left you feeling abused, stressed, trapped, exhausted or unable to control certain outcomes. Explore how this affected you emotionally.
- This condition often starts when you are about to make a big decision where the outcome is not predictable. You feel frozen in one place and have a fear of moving away from what you know. Why? What would happen if you did move away from your family, values, beliefs etc.?
- Swimming, hiking and being in nature is a wonderful way of soothing stress. It is best to do these activities with a companion.

Meningitis

See Bacteria, Back, Coxsackie Virus, Reye's Syndrome

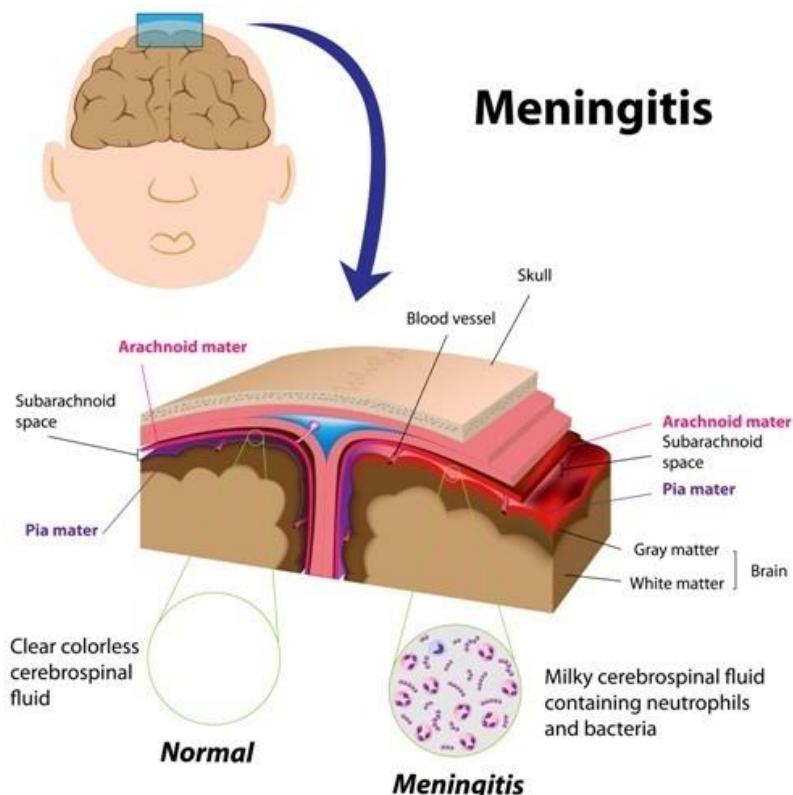
Emotions

You may not feel accepted for who you are and what you have become. You feel regularly rejected by everyone that you interact with due to patterns of rejection within the family. You often feel you are to blame for everything.

You do not feel like you have a leg to stand on when someone blames you for a mistake that was not your fault. You want to restore the right to be treated with respect, however you feel unworthy enough to do so. You are aware that your living arrangements are unhealthy, yet you do not speak up about it. Your childhood programming made you believe that you have to accept what an adult or senior person says and that is final.

There is a big confusion related to when you should say “yes” and when to say “no.” This confusion has caused a lot of strain and conflict for you. Your values differ from those around you; leaving you feeling misunderstood and not cared for.

You are now half way between giving up and needing a desperate change. Did you ever experience trauma to the head?



Meningitis caused by bacteria

Explore issues related to guilt and regret (over past decisions made and things that were said) and self-punishment. If the client is a child, explore issues related to the parents.

Meningitis caused by a virus

Explore issues related to lack of confidence, worthiness, self-loathing or feeling unimportant. You feel overwhelmed by someone or something. If the client is a child, explore the mentioned issues that may relate to the parents.

Key Points

- You lack healthy boundaries. Explore the fear of saying “no” and standing up for yourself.
- You feel worthless. You do not feel valued and appreciated by your peers / parents / teachers / authority figures.
- You may associate hostility with love. This is due to a dysfunctional household where a lot of mixed signals were projected by the parents / teachers / authority figures.
- You don’t feel certain of anything in your life. How does this make you feel?
- The key word here is feeling verbally attacked and emotionally invaded. Your desire to be happy and at peace is often overlooked. You feel invaded by bullies.
- Who has invaded your privacy, rights or boundaries? Explore ancestral trauma.
- By whom do you always feel attacked? How did that make you feel? The answer could be out of control, scared, vulnerable or horrified. Keep searching until you find the core emotions.
- Be encouraged to see how beautiful you are and how you deserve to be loved, appreciated, and respected just like everyone else. You feel as if you are separate to society and that you are different. Who made you feel undeserving of love?
- Explore ancestral patterns related to feeling ostracized and pushed aside in the family.
- Trauma related to feeling blamed for everything. How did that make you feel?
- You have been taking responsibility for other people’s mistakes and problems. How does it keep you safe to accept and carry other people’s problems and blame?
- Trauma to the head. This could be during birth, an accident as a child or related to an ancestral trauma.
- Explore the above emotions in conception and fertilization stages.

Menopause

See Estrogen, Female Problems, Hormone Problems, Melasma, Mid Life Crisis

Emotions

You seem to have a fear of aging, being undesirable or not being needed anymore. You often feel resentful toward men as you don’t feel desired any more. You believe that after you have reached menopause there is no turning back, “I am getting old now, my days of fun are over.” Your value and purpose in life feels challenged by this condition. Many women express their value through their fertility and once that has stopped, they feel they have no purpose. Even though you may not have had children, knowing that you have the power to bear a child is empowering. It could feel like an ending of your purpose and value in life. You may be resenting your body and feeling betrayed by it.

Key Points

- Remember to love your body. How does this new phase make you feel?
- Explore trauma that made you feel isolated and alone.
- Explore trauma related to feeling like an outcast.
- You feel empty, adding to an already existing trauma that is related to loneliness.

- You may feel that your life is spiraling out of control and going into a mindless direction. How does that make you feel?
- You feel let down by your body and robbed of your feminine beauty. Explore further possibilities.
- Explore resentment about being a female and having all these problems. You may feel like broken goods.
- Explore trauma of feeling inadequate in life. Who made you feel this way?
- Resentment and anger related to men. Why? How did the men in your life make you feel? Explore further possibilities.
- You are attractive, sexy and it is safe to be attractive. How to feel like a Goddess again. Feeling beautiful has nothing to do with age!

Menstrual Problems

See Anxiety, Anorexia, Cyst, Fatigue, Fibroids, Hormone Problems, Hyperthyroidism, Infertility, Malnutrition, Ovarian Cyst, Pituitary Gland Problems, Polyps, Pregnancy, Thyroid Problems, Weight Problems

Emotions

You cannot accept who you are along with your feminine qualities. You may see it as a disadvantage. You seem to resent the process that women have to go through. You may also be engaged in a battle of the wills with your mother. There seems to be power games being played back and forth. You may resent your mother due to a confused or dysfunctional upbringing and feel that your parents should have known better.

You may have felt like you had to be the parent during childhood. You also seem to be caught up in a love-hate relationship with influential female figures. Your mother's partner may have abused her and as a result, she took her frustrations out on you.

You also feel that your sexuality is not sacred. You feel dirty when you express your sexuality. You don't feel completely comfortable being a woman and the roles and responsibilities that come with it. You have a fear of stepping into your power as it may attract circumstances that make you feel out of control and suppressed. This creates conflict with your desire to be powerful and successful. You may feel rejected by your mother, as you didn't live up to her standards or expectations.

Someone may have placed a great deal of pressure and expectations on your mother. She is now projecting the same expectations onto you.

Key Points

- What is or was the relationship like with your mother? You may want to sugar coat the truth or avoid answering. How does avoiding the truth keep you safe?
- Which aspect of your feminine qualities do you reject or resent? Why?
- Explore suppressed anger and the need to rebel in order to be heard, seen or noticed. This is often toward a male figure.
- Trauma related to feeling that women are being punished or mistreated by influential people. Who did you see behave this way? This is often related to ancestral trauma.
- Explore resentment related to being a woman and rejecting yourself.

- You often express anger and resentment through the sexual mind (base chakra). This is where you access creativity and power from as well. This is often caused by confusion in the body mind as your creativity is affected by your anger.
- You often hold on to your life story and how people caused you to be upset in the past.
- You struggle a lot with letting go. Letting go would mean that the people who hurt you would get away with your hurtful behavior. You have a deep need for justice and acknowledgement. Holding on to anger = revenge or peace. Explore further possibilities.
- Do you feel in any way that you deserve to suffer or have hardships? If yes, why? In which areas of your life do you feel challenged and unsupported?
- Explore the possibility of any sexual frustration, anger, hostility, guilt or shame during conception.
- Acknowledge the stress that the pituitary gland is storing due to the physical and emotional imbalances in your body.
- Process fear of stepping into your creative power. What would happen if you did?
- Menstrual pain: explore how the menstrual cycle affected the ancestral line. Did they feel shameful whilst having their period? Were they demeaned or seen as dirty objects? Were the women made to feel disgusting or impure? This all could build-up to anger, resentment and hatred of being feminine as it makes them feel less worthy in their community.
- Pain often starts as anger stored within the ovaries, which is directly related to how important a woman feels. It is also related to a person's creativity. Is your creativity or power being suppressed?
- You often have self-destructive patterns as a way of punishing yourself for not being good enough. Explore further possibilities.
- Do you have a fear of becoming a mother? Explore trauma associated with this.
- You feel that you would be better off being a man. Why? What is the benefit of being a man? Explore further possibilities.
- Feeling judged and criticized as a feminine figure. How does that make you feel? Explore suppression such as not speaking up, feeling anger and resentment or not feeling inadequate.

Mercury Poisoning

See Fever, Hair Loss, Insomnia, Nausea, Skin Problems Sweating, Kidney Problems, Poisoning, Teeth Problems, Toxins, Tremor

Emotions

You feel challenged by the intensity of your anger. The more anger you are holding on to, the more severe the mercury poisoning symptoms are. The more you let go of resentment, bitterness or anger, the easier it will be for the body to release mercury.

Mercury stored in the brain tissue causes a foggy head and bad memory. It begs the question, "What are you trying to forget or not focus on in your life?"

You have many unresolved trust issues. You seem to feel that if you want something done then you have to do it yourself. The more control you have in your life, the safer you feel. You feel challenged by your past where you were often blamed and felt wronged.

This may make you feel responsible for contributing to or causing problems in other people's lives. You seem to feel like a burden to others. You feel very irritated by those that trigger your anger. You seem to feel disempowered by life and the burdens and chaos it's causing. You are not saying what needs to be said.

Key Points

- Liver and mercury cleanses are a wonderful way to support the body's healing process.
- Why do you not trust your environment? Who made you feel that you can only trust yourself? Is this a pattern that runs in the family line?
- Why do you blame yourself? Who made you feel responsible for things that have gone wrong?
- Explore mercury-poisoning trauma in the ancestry line. What were the ancestor's circumstances like when they were poisoned? How did the ancestors feel at the time? Explore and repeating patterns.
- Who made you feel like you were in the way during childhood? How did that make you feel?
- Explore your poor personal boundaries. You have a fear of standing up for yourself and saying "no" to people who drain your time and energy. Why? What happened in the past when you did say "no"?
- How does holding on to your feelings of resentment, anger and fear of communication keep you safe? How does it serve you to hold on to the past?
- Explore the fetal stages. Explore emotions such as deep-seated anger, resentment, guilt or blame. Did your mother suffer from food poisoning? Did she digest mercury through water and food? How did she feel when she digested the food? How did that affect you?
- Trauma related to toxins or fluid that you digested after birth.
- Explore the amniotic sac and water. How does it feel? Can any toxicity be sensed in it? If yes, how did this make you feel? You will respond feeling stuck, unable to escape, disempowered, attacked, angry or irritated.

Migraine

See Atlas Problems, Head Ache, Hearing Impairment, Nausea, Sinus Problems, Tinnitus

Emotions

People who suffer from intense migraines often have poor personal boundaries. You don't know when to say "yes" and when to say "no." You often end up saying "yes" when actually you want to say "no." You end-up in conflicting circumstances that you cannot escape from. You always feel, "Should I stay or should I go?"

You sabotage your ability to express clear boundaries. This makes you feel resentful toward yourself, your circumstances and the people who are taking advantage of you.

You often overwhelm yourself by having too much to do. You have many unspoken words. There seems to be a need to be heard and to be acknowledged. The migraine often benefits you because it allows you to say "no" and express your boundaries. The migraine can sometimes be used as an excuse to get out of situations where you would have given-in instead of listening to your gut instinct. Even though the migraine is unpleasant, an important question to ask is, "What would you have to do or deal with if the migraine stopped?" Sometimes the answer could be, "Then I would not have enough time for myself." You would have to face a problem or conflict that you are avoiding. You would have to deal with circumstances that make you feel out of control. Another question to ask is, "What am I trying to push out of my life?" You are stuck in circumstances where you have suppressed the ability to stand strong within yourself.

You feel under tremendous stress to perform and please others. You often get involved in situations that are neither your responsibility nor your problem to begin with. Your need to save, help or rescue others is a priority. This pattern gets the better of you and you end-up pulling the short end of the rope. This only makes you feel bitter, unsupported, angry or

resentful. You are placing yourself under tremendous stress and pressure. You experienced a great deal of pressure and high expectations during childhood. You often feel irritated and frustrated by everything and everyone. All of your problems are magnified and seem bigger than life itself.

Key Points

- What conflict do you have in your current life? How does that make you feel?
- When did the migraine start? What was happening in your life shortly before the migraine started? Explore this further.
- Place your hand where the migraine is and try to feel what the block is. What message is the migraine sending?
- Always explore the birth trauma and see the Birth section –Was there head trauma or extreme pressure, along with how your mother felt at the time of giving birth. How did you feel during birth?
- How does it benefit you to prioritize other people's needs before yours? The more you give of yourself, the more you are loved. This comes from a childhood where you were only rewarded with attention and affection when you would do things for the parent / teacher / caretaker.
- Explore trauma such as feeling stuck, powerless or out of control in your life or childhood. Explore fertilization for these key points.
- Do people respect your boundaries when you say “no”? If not then how does that make you feel? Explore this further.
- Explore the amniotic sac and water. How does it feel? What color is it? The color should appear as a bright white light liquid. Can any toxicity be sensed in it? If yes, how did this make you feel? You may respond feeling stuck, unable to escape, disempowered, attacked, angry and irritated. Did it irritate a specific part of the body (in this case the nerves in the head)?
- What in your life has consumed your energy and ability to cope?
- Self created pressure. Why do you place yourself under so much pressure? Is someone else putting a lot of pressure on you? Explore further possibilities.

Middle Ear Infection

See Hearing Impairment, Inflammation / Infection, Mastoiditis

Emotions

You seem to feel stuck and held back by influential people. This does not seem to have had a positive outcome for you. You do not trust your own judgment, as it seems to be failing. You seem to be reverting back to a time where you learned certain values or survival strategies and you are now holding on to it. This is not serving you in a positive way. You have become stuck with old and stagnant ideas and concepts. Your rigidity and blocks are causing you a great deal of anger. You are the only one standing between you and your goals. You do not want to listen to outside advice or positive criticism, as it might spoil or sabotage your journey.

Key Points

- Who or what is making you feel held back? How does this make you feel?

- Do you feel that you might be sabotaging your own progress? If yes, what is the benefit? What would happen if you were successful? Do you have a fear of success or failure? Explore further possibilities.
- What is off balance in your life? Why? How does that make you feel?
- If you are an adult, then explore which childhood patterns are still being repeated in your life. Does it serve you in a positive way? Explore further possibilities.
- Are you on the receiving end of criticism, abuse or attack because of the direction that your life is taking? By whom do you feel judged? How does it make you feel to hear the judgment?
- Who intimidated or challenged you, making you afraid of the future and success? How did it make you feel?
- What did you hear that threw you emotionally off balance, making you feel a need to avoid certain people or circumstances?

Note to practitioners: If the client is a child then explore what their relationship is like with their parents. Is the parent very impatient, loud or always angry? Explore how it's affecting the client. Do the parents always quarrel in front of the client? If the client is a baby then explore if there have been heated arguments between the parents. Are noises upsetting the baby? There might even be low level humming of a refrigerator that is too close to their bed.

- Feeling under pressure as a result of the environment and what you think you are hearing from others.
- Could also be related to feeling caught in the middle of a power struggle between two authority figures.
- Who are you trying to block out? Why? What happened? Is this a long-standing issue? Explore further possibilities.
- You feel resistant to heed the advice of influential people. You may have made a traumatic or negative association with guidance, abuse or challenging interactions with influential people. You might be trying to block out these people.
- When did the infection start? How did you feel at the time or just before the infection started? Were you caught up in conflicts, the cause of or on the receiving end of it? Explore further possibilities.
- You are pushing against the information or criticism that you are hearing. Why? Explore further possibilities.

Mid Life Crisis

See Estrogen, Hormone Problems, Menopause, Testosterone Problems

Emotions

This is a phase that is sometimes inevitable to avoid. There are some who do get stuck feeling, "I don't have a purpose anymore or I don't fit in with society anymore." The first thing to acknowledge is that it is OK to go through this phase. Many people have successfully dealt with this phase. It is called the "Mid Life Crisis Phase," and it is exactly that—a phase. For some however, it feels like an end to a life cycle. It can feel like an important role as the adviser / guardian / breadwinner has stopped.

People often evaluate their self-worth and value according to their success, how much others love, praise, adore and acknowledge them. Once their role in the house or work

environment changes, it can trigger a deep need to be accepted. You have a desire to be needed in new and different ways. Some might go as far as creating chaos in their life just so that those who relied on them in the past would return to them for support. You still need to be needed, you still have a desire to be loved, admired and validated.

Key Points

- This is not always an easy topic to talk about, especially for men. Be patient with yourself!
- You may come from a family household where everything had to be perfect. There may have been a lot of focus on achievements as a child. How does it make you feel now that you have stepped out of this challenging role?
- Do you feel humiliated by this phase? Where is it coming from?
- Explore the difference between your identity before the mid life crisis phase and after.
- What has changed? What do you feel sad about? Do you feel that you have lost certain traits and strengths?
- Trauma related to feeling vulnerable, not accepted, not good enough anymore, not feeling like an asset to the world and feeling disconnected from your purpose. You may have worked your whole life and now you have nothing to do or live for anymore. How does this make you feel?
- You may feel like a failure. During this phase, you will reflect a lot on the past. Address your biggest failures in life so that you can put it behind you. The past is in the past; it is not real anymore—see the past for what it was. Explore past regrets and actions that made you feel guilty.
- If you are struggling because of the sudden silence after quitting a job then it's important that you explore why you feel anxious. What emotions have you been silencing while you had a busy life? This could often relate back to childhood fallouts you had with others and past mistakes, as mentioned in my previous key point.
- Good advice is to join a community, club or even start your own club or community.
- Take up a hobby that has been abandoned years ago. Find out what your talents are, make more use of it, and even turn it into a small business.
- If you have been struggling with violent behavior then explore where this anger is coming from. It may stem from your masculinity being threatened and you want / need a quick fix to balance it again. Some take it so far as to get divorced and marry someone almost 20-years their junior.
- Men can struggle with erection problems due to feeling worthless and not manly enough anymore. Explore further possibilities.
- Your joint stiffness and rigid muscles could be due to the emotional rigidity and resistance you feel toward aging gracefully. How does this new phase make you feel? Explore further possibilities.
- The main thing to look at is the emotions that are surfacing now. Everything that you have suppressed in life, will surface during this phase. It's important that you resolve it and not sweep it under the carpet. It will come up in the near future again until it has been dealt with.

Miscarriage

See Pregnancy, Infertility, Hyperthyroidism, Abortion, Estrogen Problems, Eclampsia, Fallopian Tube Problems, Hysterectomy, Mercury Poisoning, Ovary Problems, Uterus Problems, Toxins

Emotions

This is an emotional experience and these circumstances can create immense tension and challenges within partnerships. This subject does not just concern the mother, as it involves the father as well. This situation might not be so traumatic to some (when the pregnancy was an accident or due to rape) and a heartache for others.

The onset of this condition might indicate that there are unresolved issues between the mother and father that need to be resolved, before bigger decisions such as having a child can be made.

Your partnership or marriage might be built on a rocky foundation and you have not dealt with your differences. One of the parents might not be ready to be a parent or have a fear of the responsibilities that come with having a child.

Either parent may have experienced a difficult childhood themselves, making them doubt their ability to be a good parent. You know that history should never repeat itself. You do not know if you can control how your life will pan out. This adds a great deal of pressure to the situation.

This situation has triggered deep sadness and suppressed grief that needs to be processed. This trauma might provoke the unresolved issues between you and your partner. It will create an opportunity to bond and understand each other's emotions and needs.

Key Point

- Did you want the baby? If not then, explore feeling shock, loss and fear that you may have felt when she lost the baby. You might unconsciously feel guilty as you rejected the child from the beginning due to deep seated unresolved fears.
- Explore unresolved issues between you and your partner. Lay it out on the table and deal with past mistakes, unresolved arguments, resentment and grudges toward each other.
- Did you have a traumatic or unpleasant childhood? If yes, do you have a fear that history might repeat itself? If yes, why? Why do you feel you can't stop it? Explore further possibilities.
- Has the miscarriage weakened the partnership or made it stronger? Do either of you blame the other for the miscarriage? If yes, explore further.
- The timing might have been right for only one of you and the other person was still not ready. Explore further possibilities.
- What was your diet like? Did you use medication that may have influenced the growth of the embryo or fetus? Did you consume alcohol or use drugs? If yes, why? Which emotions were you trying to suppress?
- Your body might be too toxic (too acidic or malnourished; only eating unhealthy food). Explore further possibilities.
- Explore ancestral trauma. Explore miscarriage trauma in the ancestry line. Is this a pattern in the family line? If yes, explore how similar issues, traumas or circumstances may have been triggered and are being repeated in your life. The other partner did not welcome the pregnancy when it was announced.
- Miscarriages could also be related to keeping the peace within a family as having a child could create conflict, be a burden to an already stressful dynamic.
- If you are a female then explore your relationship with your mother and explore any unresolved anger, resentment and feeling suppressed. Is there a dominant figure in the household (other than you)? If so, there is a mammalian programming at play here. Explore further possibilities.

- Do you have a fear of not delivering the desired gender? Is there pressure on you to conceive a boy / girl? Do you have a fear of disappointing influential family and being isolated from family if you do not conceive the desired gender?
- Could also be related to fear of a daughter or boy being molested by the family. You might unconsciously feel that it's safer to be childless. The responsibility to protect a child from harm is too great. Explore sexual abuse in immediate family and ancestry line.

Morning Sickness

See Nausea, Pregnancy

Emotions

Sometimes the new change that is about to take place can be an emotional and mental burden for most new mothers. This includes a mother that already has children. You may not be able to stomach the new changes and stress that is yet to come.

People who release their stress levels in a healthy manner seem to have less of this side effect. In most cases, both you and your partner want the child. There may be some cases where there is only one person who really wants the child. This imbalance can create a lot of stress in the relationship and especially for the mother.

The first three months is also a big adjustment. This is the time when you and your partner are establishing your new roles. You are questioning yourself and your ability to be responsible enough. You may question your finances as well. Can you afford another addition to the family? There might also be a part of your body that is rejecting the new change on a physical level.

The body is trying to detox to make the environment healthier for the baby. Pregnancies can be emotional, prompting you to let go suppressed anger to make the environment more harmonious, for both mother and child.

Key Points

- Do you find it easy to adjust to new circumstances? If no, then why? What was your past experience with changing routines and lifestyle?
- Do you feel confident in your ability to be a good mother? If no, then explore why.
- It is a good idea to do a detox with the supervision of a qualified health care practitioner to help your body rid itself of toxins. This will result in an easier pregnancy and less morning sickness.
- Does your body see the new fetus as a health risk or threat? If yes, explore times when the body felt under attack by medication and illnesses. Explore the association made with invasion or feeling threatened.
- Your hormones are influenced and many physical changes are taking place. How does this make you feel? You are searching for heart and gut answers, not head answers.
- How does it feel to have the fetus in your womb? How is the body responding to it? Is it welcomed? Is the child wanted? Explore any concerns or fears you have as well.
- How well do you adjust to new changes? If you struggle with change in your life then explore this more and get to the bottom.
- Your mother or influential female figure told you that you would suffer from morning sickness. Law of attraction heard those fears and inevitably, you developed morning sickness during the first three months.
- Always explore the birth trauma and see the Birth section. Do you have any conscious fears of having the same experience as your mother? Explore further possibilities.

Motion Sickness

See Nausea, Morning Sickness

Emotions

You are sensitive and have stomached your fair share of ups and downs in life. You tend to be very emotional and as a result, often come across as dramatic (whether you intend to, or not).

You feel like a victim when you have to deal with circumstances that are not favorable to you. You often feel pulled in two directions, trying to please everyone. You feel uneasy with and resistant to those in your environment who don't resonate with you. The motion sickness is a physical symptom of the body in an effort to escape and avoid any circumstance or environment that makes you feel uneasy, unsafe or threatened. You may feel conflicted with two different sources of information, which have been delivered. This could be a result of having your parents sharing their own individual opinion with you, leaving you confused about which opinion or instruction to heed and obey.

You do not express clear boundaries when needed. This causes you to pull the short end of the rope, often creating circumstances that are not favorable to you, making you want to bail.

This could also be related to ancestral trauma. They may have been in a car or different form of transport that was involved in an accident. The ancestor may have had a near death experience as a result.

Key Points

- How did your mother feel when she walked around with a baby in her womb? Are similar emotions now repeating itself in your life that she felt when she was moving around with you in utero? Explore further possibilities.
- Trauma related to your womb stages. Did your mother have to walk long distances for work?
- Did your mother argue with her partner while rocking you during infancy stages?
- Being separated from your mother at birth and feeling unable to control the environment. Explore further possibilities.
- First touch and moment when eyes opened after birth and being handled by hospital staff. Explore further possibilities.
- Did your mother drop you (during infancy stages) by accident?
- How did you feel after birth, being handled by the medical staff?
- Motion sickness often triggers an earlier trauma that was felt in the gut area, an instinctive trauma that you have not resolved. Feeling out of control and needing to hide or run away, yet feeling trapped. Explore more possibilities.
- How do you feel emotionally when the motion sickness starts? Explore heart and gut answers.
- Explore stages before fertilization when egg separated from other eggs and moved through the fallopian tube. What did the journey feel like? Explore trauma and associations made with movement.

Motor Neuron Disease

See Attacked, Depression, Kennedy's Disease, Muscle Problems, Spine Problems

Emotions

MNDs are a group of neurological disorders that affect motor neurons. The most common MND is ALS or Lou Gehrig's disease. As it affects the nervous system, it will relate to communication issues and lack of control. The muscular system aspect relates to guilt and rigidity.

There is a big part of you that has given up on achieving your goals. You may have had a project (or career) that took too much out of you – the emotional price you had to pay was too great.

You do not feel noticed by influential people. During childhood, you felt that your parents never noticed you or paid you enough attention. You often felt that you were wasting away in front of everyone and no one even noticed. You may take on many responsibilities in the hopes of being acknowledged, loved and admired for carrying so many burdens.

You want to show and prove to others that you are worth the energy and time invested in you. This could be a friendship, work commitment or partnerships.

You feel you need the attention and devotion of others in order to be happy. This stems from a deep need to be accepted. Sometimes a pattern of arrogance and sarcasm accompanies this disorder. These types of characteristics were used to blend in with a crowd. Any arrogance and sarcasm helped you to appear strong and independent. Deep down you may feel bruised and raw from past abandonment and rejection trauma. You use aggression as a way to get the ball rolling, to accomplish goals and to be heard.

You feel a great deal of guilt as a result of past actions toward your children, partners and spouse. You know that you have hurt others in order to accomplish and reach your goals. You may have treated your family the same way you were treated during childhood. You may unconsciously repeat a pattern of being absent or unavailable while in pursuit of your own success. You thrived on the attention you received in the world and neglected the loved ones who were there before your success.

You didn't have enough time for the people that truly loved you. You have kept your life full and active, as you have a fear of being considered "a nobody." You are terrified of going back to the dullness and boredom you experienced in childhood.

Your parents were poor communicators and had great difficulty expressing themselves to others, especially their emotions. You did not understand your parents' language of love.

You now feel that you have no purpose anymore. You've allowed yourself to be disempowered by influential people. You dissociated from the love that was available to you and have stopped taking charge of life. It's as if you have surrendered and are allowing others to dictate to you.

You may have an unconscious fear of getting better, afraid that you will have to please and help others. You seem to feel that you are not allowed to make time for yourself or your needs. You may have been in a toxic environment that gave you no joy and from which you need to escape.

You have completely separated from your emotions, as you don't so much as experience them as analyze them. You may have made an association with happiness, that it only brings the opposite. This could be from a childhood pattern, where instead of love you were met with rejection or abandonment. You should reclaim what you feel you've lost and disconnected from. This includes the breath of life, will to live and ability to love and be loved.

Key Points

Note to practitioners: It is important that support is advised for this person's partner or

parents (the closest relatives). These people are also going through emotional upset and fear due to the person's condition.

- Before the MND started, did you hear or see information that caused you to feel a sudden drop in blood pressure and emotions? If yes, explore this.
- You may have moved on from an important role in life. This might make you feel less appreciated and valued. You may have felt that this response from influential people only validated your fall from grace. You have lost the emotional connection to everything around you; nothing matters anymore.
- Losing passion for what you once loved. Why? What happened that made you feel this way?
- Do people respond to you in similar ways as your parents / influential people did during childhood? If yes, how does that make you feel?
- Needing to be tough, otherwise, you will cave in under all your suppressed sadness, anger or depression and feeling trapped.
- You may feel that if all else fails in life then your saving grace is to give power away to others, in order to ensure acceptance.
- You may have felt belittled and undermined by influential people who insisted on always treating you like a child. Explore if relevant.
- There seems to be religious trauma. Religion may have been forced onto you and you often felt obligated to accept certain values and beliefs that did not resonate. You may have been ashamed and made to feel guilty by using religion. Explore further possibilities.
- You have an immense resistance to hearing the truth about yourself from others. Why? What would happen if you had to listen? What would you hear? How would that make you feel?
- You need attention from others in order to feel fulfilled, to feel that you exist and matter. Why? What was missing in childhood? This could include love, attention, support and so forth.
- Conflicting guidance and messages from both parents during childhood. How did this make you feel?
- You may have reached a point where you don't know what to do with your life anymore.
- You have lost track of life's purpose, as you were too busy pleasing others and focusing on being accepted. How does this make you feel? Explore grief and disappointment for not doing what you really wanted to do.
- You seem to have a fear that others might find out you are a fraud and are not strong, great and powerful. Feeling exposed and fear of being vulnerable. Explore further possibilities.
- What do you feel you still need in life? Where do you still feel unfulfilled? Explore further possibilities.
- When did the MND start and what was happening in your life at that point?
- Did your parent's notice you? If no, explore this trauma. Explore the zygote stages, did it feel noticed by your mother and did it feel accepted by her body and womb wall?
- Explore trauma that made you feel like fading away in the eyes of influential people.
- Did you have sufficient love and nurturing from your mother? Explore the stages after birth, did your mother feel hostile toward the baby? Did she breast-feed?
- Another key point here is lack. What emotional needs were not attended to? How did it make you feel?
- Trauma related to feeling a great deal of lack (this could be related to love, attention or validation) in your life. Explore the womb stages as well. This can be related to lack of love,

nurturing and nutrition. Did you receive sufficient nutrition from the umbilical cord? Did the food feel safe to digest? Were there toxins present in the food that threatened you?

- How does the placenta feel? Explore placenta trauma and make sure that it feels like a bright white light when the session is complete.
- What are the hidden benefits of being responsible for everything and everyone? Explore feeling useful and having a purpose.
- Would you still feel worthy of love and attention if you were healed? Your illness allows you to receive support in life whereas under normal circumstances, you would have been a martyr and rejected love or support.
- How would it make you feel to communicate your needs to others?
- Connect with your muscles and even talk to them. Remind them that they can regenerate and grow in a healthy way. How do the muscles feel? Explore further possibilities.
- Reconnect to your life's purpose. You may feel very useless and unimportant; be creative again, find a reason to get up in the morning.
- You have given up hope on achieving goals in life. You feel that your only purpose in life is to live for others and serve others. Why? Who made you feel that way? Explore further possibilities.
- Reconnect to your passion. What makes you happy? Do you have a hobby that you've abandoned, etc.?
- Explore the ancestry line. Was there any kind of abuse or above-mentioned patterns? Explore whether there were hardships, wars, slavery and imprisonment, sexual or physical abuse? What was the ancestors' diet like? Explore emotions and patterns that could have affected you in their life time and contribute to your physical disorders.
- There is an auto-immune (self-sabotage) element. What is your fear of success? What do you sabotage? Why? How does it keep you safe to sabotage this? What are you scared of? You might have a fear of commitment as you may have an association that love is toxic, dangerous or hostile.
- What long-term resentment do you have? Why? Explore further possibilities.
- You have weak boundaries and allow people to suck you dry. What would happen if you said "no?" Do you fear being rejected, abandoned or losing the love and acceptance of the others?
- Explore trauma of having lost the battle with life and having to give in when things became too challenging. Explore Birth trauma.
- Trauma related to seeing someone die or a fear of death. This could also be related to an ancestral trauma.
- Trauma related to feeling lost and disconnected from the family. How did that make you feel? Explore further possibilities.
- Who never expressed enough love to you? Who are you disappointed in? What do you still need to hear from this person? You seem to feel invisible. How does this make you feel? Explore further possibilities.
- What do you feel guilty about? What guilt can you not process? Explore any childhood guilt as well as adolescent years. Explore long-standing guilt issues. Why are you still holding on to it? You may feel you have to punish yourself for wrong doings in the past by holding on to guilt and emotional turmoil.
- You have also made an association with needing love and being abandoned or unhappy. Explore possibilities.

Note to practitioners: It may be challenging to work with this individual. It can be quite upsetting to see someone in this condition; with the level of desperation and sadness they are showing. The key here is to support them and not pity them. Pitying someone will only disempower them and make them feel even more judged.

Important questions to ask yourself:

- Does your condition make it easier to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Multiple Personality Disorder (MPD)

See Addictions, Alcoholism, Alzheimer’s, Dementia, Depression, Huntington’s Disease, Sexual Abuse

Emotions

You experienced a trauma that made part of your personality stuck in time. This personality or characteristic supported you, enabling you to survive trauma (this is often physical, sexual or severe mental abuse).

You seem to revert back to a personality that served you whenever you were stressed and in need of comfort. You have associated this state of mind as a refuge during childhood. This personality (or personalities) provided support and safety. Your body mind and gut instinct memorized and associated this action and personality as a survival mechanism. Different traumas may have occurred, resulting in different personalities. Circumstances, smells, sounds, objects or people may trigger old traumas, making the personalities surface.

General remarks: Traumatic experiences can split part of the self (meaning identity and all the body minds, especially the gut mind) into different parts. Every part contains old memories, unspoken resentment, fears or trauma. The brain is not a single organ. It should however, function as a single coherent mind. Some people can use their left or right side brain more independently -trauma can split this connection between the left and right side process. The more serious the traumas, the bigger the splits are. I would suggest exploring birth trauma and fertilization where these splits often occur.

Key Points

- Do you abuse drugs or have a drug addiction? This may be the cause of or contribute to an already existing problem.
- Do you have a history of using alcohol? Still abuse alcohol? Did ancestors abuse alcohol?
- Explore different types of personalities with the help of someone close to you. Explore each personality closely and see if there is a pattern or trigger that takes place when this personality appears. Explore possible triggers, people, smells, sounds, words, environment or actions of others.

- Explore associations made with trauma, type of personality and survival instincts. Explore how this personality served you.
- It is not safe to be yourself. You may have been punished or abused whenever you were feeling safe and unaware of the fact that you were doing something wrong. Therefore, the state of the mind that you were in registered as being unsafe and should therefore be avoided in order to avoid danger.
- You may have a fear of letting go of the personality that served you, as you might not know how to survive and feel safe without it. Explore new ways to feel safe. Explain the difference between your real personality and any additional personalities that only served you when you really needed it. The abuse can now stop and so can the personalities that helped you survive.
- Explore trauma that your mother may have experienced and the big impact that it had on you as well. Explore the womb stages and what your mother's environment was like during her pregnancy. How did it affect your conscious state?

Multiple Sclerosis

See Attacked, Depression, Muscle Problems, Nerve Problems, Paralysis, Pelvic Problems, Spinal Cord, Tremor

Emotions

MS is caused by an auto-immune attack on the nervous system, causing demyelination or loss of myelin, the protective sheath around the nerves. Imagine a copper wire losing its plastic sheath. The same issue, which is a loss of signal (both communication and control) arises inside the body.

You may have experienced trauma that made you feel helpless and unprotected. You overcompensate for feeling helplessness and unprotected during childhood by using anger to protect and defend yourself. There are cases when a client feels too scared and powerless to even express anger so they choose to become submissive.

You tried to express yourself during a time of stress and were not respected and listened to by influential people. You dissociated from your emotions, as your environment was too stressful and upsetting to process and digest. It is likely that you suffered consistent trauma (either in childhood or in a relationship) and in most cases, you are still in contact with the abusers or with the stressful environment. You suppressed your truth and your boundaries, leaving you unable to discern when situations are becoming unhealthy or even abusive. The longer you stay in an abusive environment, the more acceptable it becomes. Your circumstances become normalized and you feel comfortable being uncomfortable.

Your emotional needs may have been met by abuse, aggression and lack of love. Being in the background, being small or helpless and giving in to influential people's demands kept you safe; out of harm's way.

You have stopped trying to be in control and have handed over the control to others. You fear you will be attacked (either verbally or physically) whenever you communicate your needs to an influential person or the abuser. You are more likely to experience great tension and conflict with people that are of the same gender as the abuser.

You often have a fear of success and also feel very undeserving of it. As a result, you often sabotage your personal progress and success. Everything is a challenge and you punish yourself for feeling worthless. The insults that were often projected onto you by an abuser have been internalized. You now project the same abuse onto yourself by means of self-punishment and sabotaging the goals for the future.

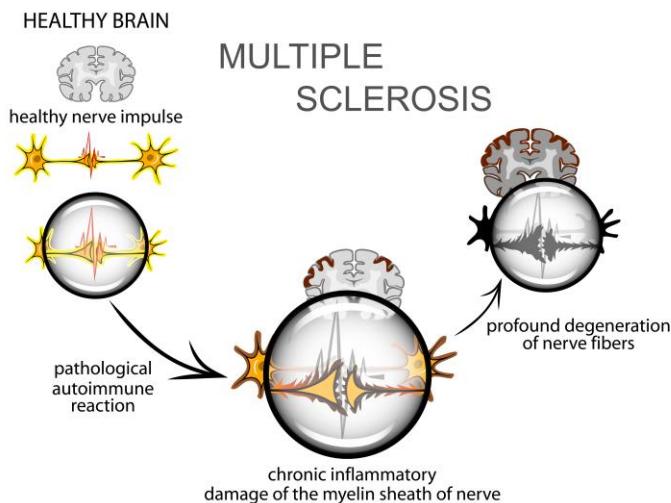
People with this condition often avoid taking responsibility at all cost. You do not want to be more successful than a dominant authority in the house. You do not want to set off another attack or insult, so you have learned how to cope and survive during challenging times. You do not want to do anything that might alter or change your survival instincts and coping skills. You fear that if you change anything in your life then you will not be able to cope with the changes.

You feel resentment, rage or hostility toward past actions and people. You feel a great deal of frustration for not communicating better how you once felt or still feel. You were made to feel as though you were not allowed to voice an opinion, as it might cause upset and provoke further attack. You may feel that it is safer to stay where you are, even if that means being stuck in a stagnant place. It's at least safe from critics, judgment or attack.

You may feel that you cannot control what is happening to you. This makes you feel that you have no choice but to give in and be controlled.

You are eager to please people and as a result, often lose track of your own journey. You feel deeply conflicted with your goals and the expectations that have been placed on you. You are facing a situation where you want to make changes. Your rigidity and unwillingness to change your lifestyle; your fear of repeating past mistakes and trauma is sabotaging your progress. Your stubbornness, endurance and ability to survive the trauma have made you very inflexible, hard-shelled and rigid. Your stubborn streak is what kept you alive and emotionally sane and you have no intention of changing that.

Your past trauma has exhausted and depleted you of all your energetic and mental resources. Any changes might challenge what little resources you have left, being still and stagnant helps you to survive any challenging circumstances.



Key Points

- Trauma related to feeling that there is no way out. Explore also ancestral trauma – feeling tapped, no solutions to problems.
- Fear of moving forward and away from self-sabotage and self-destruction. What are you afraid will happen? How does your current lifestyle keep you safe? You seem to have

learned how to survive and cope. Moving away from what you know might attract new abusive or upsetting circumstances.

- You are waiting for an abuser to validate you. Why? What is the benefit of being validated by someone who abuses you?
- You may have been made to feel that you are in the way and useless. Who made you feel this way? Explore further possibilities.
- Fear of communicating to others. What happened in the past when you did? Explore this. Explore the womb stages and how well your mother communicated herself while she was pregnant. Explore associations that you made during womb stages.
- Explore stages when the egg became separated from the other eggs and moved through the fallopian tubes. The egg became disconnected from the other eggs and could not communicate to them anymore.
- Explore separation trauma. Sperm separated from the other sperm cells just after fertilization.
- You do not want to be responsible for your life and future. Why? What are you scared of? What would happen if you did?
- Stuck blaming others for your circumstances. What is the benefit of holding on to this blame?
- Your boundaries were over stepped to a point where you just gave in – explore this trauma also during the ancestry line, womb and conception.
- Trauma related to feeling out of control. What happened? How did it make you feel?
- It is safe to make changes in your life. If not, why? Explore self-sabotage and secondary gain to your current circumstances.
- Explore disappointment in yourself and others.
- You fear starting new routines. Why? What are you scared of changing?
- Explore self-sabotaging patterns related to self-punishment. By whom did you feel punished? Why? How did that make you feel? Do you feel you have to punish yourself because you are bad people and worthless?
- Explore when the egg was approached by millions of sperm. Did the egg feel disempowered, out of control, violated and dominated? Explore further possibilities.
- You seem to avoid being completely present in your life. What you see is upsetting and you are resisting reality. How does this keep you safe?
- You have had enough of being the nice person. You have suppressed your feelings and moved to a more stubborn, rigid and hard personality. You find safety in being this way. Explore personal relationships, especially the relationship with your parents.
- What was the most intense part of the conception stages? Explore further possibilities.
- The anger that you have felt toward others has now unconsciously been projected onto yourself. You are attacking and punishing yourself, resulting in self-sabotage. The self-sabotage only creates more anger, frustrations or feeling unsupported and unprotected.
- If you are a female, do you have a child? If yes, explore the trauma you experienced when giving birth. Explore further possibilities.
- During early infant stages, did you feel wrapped too tightly in a blanket? If yes, then how did this make you feel? Explore reactions such as, “I can’t breathe, I can’t take a deep breath.” Suffocation, restraint or frustrated due to the lack of movement and feeling controlled.
- You may have experienced head trauma during birth when you started to rotate. The child (you) moving through the cervix could have possible skull damage as you move past your

mother's spine, causing orientation, depth perception and directional issues. Damage might not necessarily be evident at the time; a head trauma later in life could trigger symptoms from the birth trauma. Explore the ancestry line. Was there any kind of abuse or above-mentioned patterns? Explore whether there were hardships, wars, slavery and imprisonment, sexual or physical abuse? What was the ancestors' diet like? Explore emotions and patterns that could have affected you in your life time and contribute to any physical disorders.

- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.
- Your father had strong control issues. Were you conceived with the intention of keeping your mother at home and under control? Explore conception stages.

Note to practitioners: When working with someone with this condition, sometimes the symptoms can disappear completely. Over time, their unresolved self-sabotaging patterns may result in the condition returning. Be sure to have a follow up session, make a time to catch up with them in a few months time.

Important questions to ask yourself:

- Does your condition make it easier to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Mumps

See Fever, Gonad Problems, Headache, Hearing Impairment, Infertility, Inflammation / Infection, Rash, Salivary Gland Disorders, Skin Problems, Virus

Emotions

You seem to be entering a stage where you are learning new information or adjusting to a new lifestyle. A new attitude toward life feels challenged by your relationship with influential people. Influential people may have challenged your self-worth by letting you understand your behavior is or was causing problems. You feel unsure of how to behave or have your needs met in a way that makes you feel safe. You may have been ashamed or manipulated into behaving a certain way, which left you feeling controlled, trapped or angry.

Key Points

- What happened in your life before this condition started? How did you feel before the condition started? Explore further possibilities.
- Do you suffer from anxiety? If yes, why? What happened? When did it start? Explore further possibilities.
- Who challenged your self-worth and ability to discern what is good or bad for you?
- Feeling trapped in circumstances that you cannot change. How does this make you feel?

- Who or what made you feel angry and resentful before the condition started? Explore further possibilities.
- You need insulation from the stress that is in your environment. Why? How do the people in your environment make you feel? Explore further possibilities.

Muscle Problems

See Back Problems, Calcification, Cramps, Fibromyalgia, Hyperthyroidism, Myofascial Pain Syndrome (MPS), Pain, Pelvic Problems, Poisoning, Pressure in Body, Rotator Cuff Problems, Rupture, Shoulder Problems, Tendon Problems, Toxins

Emotions

Muscle weakness often represents an inner weakness due to a combination of emotional exhaustion, being overwhelmed or feeling rigid and guilty. You not only don't acknowledge your power; you seem to have abandoned it.

You may be longing for a time when you had no problems and were free of stressful and angry people in your life. You seem to feel guilty about being the cause of problems within the family and feel blamed for many mistakes.

Your anxiety has a paralyzing effect, making you not want to move forward with life and your goals. You may want to get away from a specific situation or person however you have a fear of taking action as certain elements are serving you in some way. This could include providing an excuse to avoid taking on more responsibilities. You have not processed old fears that left you feeling shocked, horrified or numb. If the client is a child then explore both parents' lives and read the above paragraphs again.

Ancestral trauma related to not being able to escape dangerous circumstances. They had to work long and strenuous hours (could be slavery or imprisonment). They had a near death experience that left them in a state of shock. The ancestor may have been responsible for a great tragedy that took place. This may have caused a great deal of guilt.

Key Points

- How does being weak or disempowered serve you? What does it keep you safe from?
- Explore the need to be rigid. What happened that caused you to become rigid. How does it serve you to be rigid? Does it keep you safe from someone or something?
- What would happen if an influential person blamed you and told you that everything you do is wrong? How would that make you feel?
- Needing to be right and rigid, otherwise you are not heard by influential people.
- Who and what intimidated you? Why? How does that make you feel?
- To whom have you given your power away? Why? How did that keep you safe?
- By whom or by which circumstance do you feel weakened? Why? Explore further possibilities.
- Explore associations made with needing to be strong, rigid or inflexible and achieving success.
- What was your birth like? Do you feel similar issues now to when you were born? See the Birth section. Did you feel too weak to make it through the birthing process?
- Explore womb stages. Did your mother's diet contain enough nutrients in order for you to feel strong in utero?

- Did your mother perhaps feel like giving into her environment and the people around her? Did she feel disempowered by challenging people or circumstances? If yes, then explore how this affected you and if you have similar patterns?
- Ancestral traumas related to seeing someone die or have a near death experience.
- Great danger and not being able to hide.
- Trauma related to feeling lost and disconnected from the family. How did that make you feel? Explore further possibilities.

Muscular Dystrophy

See Duchenne Muscular Dystrophy, Kennedy's Disease, Motor Neuron Disease, Muscle Problems

Myalgic Encephalomyelitis (M.E)

See Apnea, Auto Immune, Chronic Fatigue, Sleep Disorders

Emotions

You do not feel listened to and may have a history of not being believed by others. You are trying hard to be acknowledged by loved ones and exhaust yourself with the amount of effort you invest in getting noticed. You crave the affection and recognition that you see others receive. You feel as if you have to climb mountains to be acknowledged because you do not feel worthy of receiving love and affection.

You had a strict upbringing, with very little room for error. You feel very confused as to what others expect of you and often doubt your ability to meet the expectations of influential people. Nonetheless, you give it your best and often end up failing. This results as a manifestation of your worst fears.

You often feel battered and bruised by life and sense that others do not approve of you. You are not living the life you've always wanted because you lack the support from others to do what you're good at. Instead, you end up doing tasks and starting careers that do not resonate with you. This is a result of pressure and the need to please authority figures. This only leads to more sadness, desiring a life filled with passion and accomplished goals. You feel stuck thinking that you have to serve others. If not, you will be condemned as inadequate, punished or abandoned and rejected by society.

Key Points

- When did the condition start? What has been traumatic / stressful to you during that time? What has been a long standing unresolved issue in your life?
- There is an auto-immune (self-sabotage) element. Do you have a fear of success? It could be because of the pressure from parents or caretakers pushing you in a direction that does not resonate with you. Fear of failure or punishment.
- You seem to feel chronically irritated by an influential person or circumstance. Explore further possibilities. What stops you from changing your circumstances?
- What and who do you need to get away from? Why? How does that make you feel? You are searching for a figure in your life that made you feel suffocated and disempowered – suppressing the right to make your own decisions.
- Did you ever feel unable to escape a situation? If yes, explore this more and heal the trauma that it caused. See if you can find similar emotions and traumas at your birth.

- Did any of your ancestors' experience sexual abuse? If yes, then make this your priority to explore on. Are there any traumas or emotions related to this?

Note to practitioners: Never regress clients back to the past. Use the key developmental points to explore these traumas.

- What disappointments are you holding on to? These disappointments are directed at a person in your life or someone who has passed away. There have been cases when the disappointment was due to a circumstance or situation, such as a failed career or feeling forced to do something that does not resonate with you. Feeling abused and judged by someone, without having the opportunity to explore the problem.
- You feel stuck in your circumstances as the abuse or projections have become a way of life. It is familiar to you and can be a tricky cycle to break, especially if you are still physically in the unhealthy situation. Explore hidden benefits as to why you are still in the situation.
- What long-term resentment do you have? Toward whom and what is the resentment directed?
- You have poor boundaries and allow people to suck you dry. What would happen if you said "no?" You fear being rejected, abandoned or losing the love and acceptance of the others.
- You have to make everyone happy; you don't know when and how to draw the line when it comes to your personal boundaries.
- You have given up hope on achieving your goals. You feel that your only purpose in life is to live for others and serve others. Why? How does it benefit you to serve others? Often what a person needs is what they give to others. Reconnect to your passion. What makes you happy? Do you have a hobby that you abandoned, etc.?
- Trauma related to having lost the battle with life and strong forces (in this case it would be your parents or influential people in your life). Having to give in when things get hard. Explore similar emotions at Birth trauma. Explore ancestral trauma related to this as well.
- With whom do you have a bad relationship? Explore mother, father or siblings. Do you get a long well? Do you talk regularly? Has either of your parents ever betrayed you?
- Explore womb stages. Did your mother perhaps catch a viral flu that may have weakened her immune system affecting the fetus (your) immune system, making you feel attacked?
- By whom do you feel attacked (either verbally or physically)? How did that make you feel? Explore resentment, grief or anger.
- Your need for love and protection may have been met by abuse, rejection, punishment or hostility.
- Do you also have a fungus infection such as Candida? Fungus infection would be a secondary issue and not necessarily the cause. Fungus develops due to resentment toward a mother or female figure. If yes, see the Fungus section as well.
- Explore birth trauma. Did your body release the tension, stress and exhaustion after birth? Are you still holding onto your mother's exhaustion and stress as a result of the birth process? Explore further possibilities.
- Ancestral trauma related to slavery, feeling attacked, unsafe and always had to work hard. The ancestor may have been in a role where he/she was a servant. Explore further.
- Under a great deal of pressure by authority. This could include government, a parent or an abuser. Explore during the ancestry line.

Myasthenia Gravis

See Auto Immune, Eye Problems, Muscle Problems

Emotions

Your empowerment and will to live have been compromised and suppressed by your circumstances and trauma. You seem to feel stressed to the max and are in desperate need of rest. You may feel very resistant to continue your lifestyle with the way things are currently unfolding.

Your body has taken a punch (figuratively). It does not want to be placed under more stress, strain and tension. This is often the result of a physiological issue, such as stressful working routines, abusive partnerships or childhood abuse. You may be sabotaging your progress. You were held back or punished in the past for starting projects and undertaking goals without the permission of influential people. You want to move on with your life, yet you are still longing for what could have been if you didn't have such a challenged self-esteem. On the flip side, you have a fear of moving forward. You feel safe where you are and know how to survive in your familiar challenging circumstances. You know you should move away, but your gut instinct overrides all logic.

Key Points

- Which part of the body has been affected? See the Quick Reference Guide for more information.
- What happened that made you give into your circumstances? How did that make you feel?
- You are painfully sensitive to blame and criticism from others. Explore how this makes you feel.
- You seem to feel that your life is heading nowhere. Why? Who or what made you feel this way? Explore further possibilities. Did your mother feel this way when she was pregnant?
- What would happen if you changed the way your life panned out? How would that make you feel? What do you fear? Why? Explore further possibilities.
- Your ancestors may have digested toxins that influenced the brain, nervous system and muscle movement. Explore what the ancestral environment was like and whether they experienced high levels of stress such war, slavery, imprisonment, poison trauma from their environment, food and water during harsh times where they might have felt like giving up. Explore how any of the mentioned traumas or emotions may be taking place in your life.

Myofascial Pain Syndrome (MPS)

See Back problems, Cramps, Cumulative Trauma Disorder, Dupuytren's Contracture, Hip Problems, Joint Problems, Muscle Problems, Neck Problems, Pelvic Problems, Shoulder Problems, Spine Problems

Emotions

You seem to feel overly sensitive to stress, pressure or feeling controlled and trapped as a result of your environment. You may have experienced a childhood where you never felt safe making decisions and have always felt alert and on guard. Your muscles were always tensed as you may have been stuck in a flight or fight mode.

Relaxing is not safe and you have made an association that by being tensed you will survive challenges. It allows you to be on guard and protect yourself. You may have experienced times where influential people's moods were unpredictable. You were always on edge, with

little time for yourself.

Your adrenals worked overtime, resulting in the adrenals feeling very tired. You take your responsibilities very seriously. You are often the protector, comforter and source of support for others. What you give is actually exactly what you yourself need. You are giving what you cannot receive from others. In a way, this is fulfilling as you find value and importance in being needed.

You seem to feel safe by being tensed, stressed and on edge. This state of mind has served you well during childhood. You may not know how to survive and feel safe without it.

Key Points

- Which area in the body does the Myofascial pain affect? When did this problem start? What were you doing? How were you feeling at the time? Explore combination of mentioned issues.
- Is the pain due to an injury or other condition that may have resulted in you not using your muscles?
- Trauma related to feeling unsupported and unprotected. Explore during fertilization, implantation and womb stages.
- Did your mother abuse drugs or alcohol or use medication while she was pregnant that may have affected the development of the fetal myofascia? Explore further possibilities.
- Was your mother stressed while she was pregnant? Did her stress result in you being tensed and stressed, resulting in the myofascia being tensed?
- Did you have enough space in the womb during the last trimester? If not, how did the confined space affect the myofascia?
- Did you feel stressed and tensed during the womb stages? If yes, why? Which area of the body was affected by the myofascia being tensed? Explore similar physical pain or trauma in your life after birth as well.
- Did your mother use medication or lack a proper diet that may have influenced the development of the fetal muscle structure?
- Needing to be right. What is the benefit of being rigid about your values and beliefs?
- Your rigidity may also have caused you to become emotionally weak, not feeling strong enough to resist old trauma and people that trigger old trauma. Rigidity can also start as stubbornness and being inflexible with choices and people. You may find yourself unwilling to compromise. This may develop in the muscles, tendons and connective tissue becoming tensed, causing physical pain in the body. For example: you might be rigid about your future, fear of success or fear being out of control if you make certain decisions. You might revert back to a state of rigidity as this state of mind may have kept you safe during childhood. This rigidity can start in the leg, knee or foot as this part of the body enables you to move forward.
- Explore the area that is affected and see the Quick Reference Guide for more information.
- Resentment, anger, needing to be in control (due to trauma of being out of control) and rage aggravate this condition. Explore the cause or origin of these emotions and explore any secondary gains. What aggravates you? Why?
- Explore tension that you felt during the womb stages. What was your mother's environment like, her relations with others, was she under a lot of stress? Explore the associations that the developing muscles made with the environment and outside influences.
- Explore tension and trauma that may have been locked in to the myofascia of the baby during the birth process. Explore further possibilities.

Important questions to ask yourself:

- Does your condition make it easier to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Myoma

See Estrogen, Female Problems, Fibroids, Menopause, Muscle Problems, Tumors, Uterus Problems, Weight Problems

Emotions

You seem to feel deeply resentful of what is happening to your body. The consequences have not caught up with the head mind. You are very angry that you cannot continue the life that you once knew. You seem to feel that your personality has changed, as well as the people around you. You do not want to go with the flow, with the direction the body is going in. You seem to resist the way that nature intended. You want to push back against your body clock.

You may feel angry that this condition has surfaced. You feel controlled by your body. You may also feel resentful for not having the opportunity to bear children and experience being a mother. You desperately want to be needed and may unconsciously feel that you have failed in your role as a feminine figure in society. You may have felt a great deal of pressure to bear children, leaving you feeling judged, pressured or devalued, angry and resentful.

Key Points

- Resistance to change and feeling unable to control the change. Why? What is the benefit of staying the same? Explore resentment toward your body and not being to control it.
- Feeling useless and not important enough anymore.
- You seem to feel disempowered and controlled by your own body's biological clock. Explore further possibilities.
- You felt the most important being a mother to your children. You don't feel needed anymore.
- You may have reverted back to a state where you were needed. You often try to recreate circumstances where you can feel important and valued again.
- When did this condition start? What was going in your life? What has been a long-standing issue that has not been resolved? Explore further possibilities.
- What is the benefit of resisting the way that nature intended? Explore further possibilities.
- What do you resent about your femininity and age?

Nail Biting

See Anxiety, Depression, Obsessive Compulsive Disorder (OCD)

Emotions

You seem to feel very insecure in your environment and relationships. You have a fear of expressing your anger because in your experience, aggressive people were often attacked and abandoned. You have been part of a stressful family that never quite got everything under control in life. You have seen influential people go off the wall when they felt overwhelmed, out of control or angry. This made you feel scared unprotected and very confused.

Biting nails gives you an emotional relief from the stress that is taking place around you. Biting the nails is a distraction from your environment and an indirect outlet of anger that you are too afraid to voice. When you feel unsafe, threatened, or angry and out of control, you bite your nails.

Unconsciously you have made an association with this activity. It brought you temporary relief from the anger and emotional chaos. Influential people may have always controlled and protected you. When you feel unsafe in a situation, you feel as if no one is there to protect you, "I am on my own."

Key Points

- Explore what are you trying to control without any success. Why do you feel a need to be in control all the time?
- What was your childhood like? Were influential people in control of your life? Were there a lot of drama and family disputes? Explore how it affected you.
- Did you witness an event that was upsetting or traumatic? Explore further possibilities.
- What would happen if you could not control your environment? How would that make you feel?
- You seem to have an unmet need related to feeling safe. You have a deep fear of abandonment and not being protected. Why? Did your parents punish you by abandoning you? Explore further possibilities.
- What is the benefit of biting your nails? How does it give you a break, either emotionally or mentally?
- Why do you feel so nervous? Whose behavior was unpredictable during your childhood? Explore how it affected you.
- Was an ancestor buried alive and almost had a near death experience? Who was not able to escape a dangerous situation?
- What circumstances are you trying to get out of?
- You feel unable to hold onto to a parent, separation trauma.
- Ancestral trauma related to being stuck in very stressful circumstances.

Nail-Patella Syndrome

See Bone Problems, Hip Problems, Joint Problems, Kidney Problems, Knee Problems

Emotions

You seem to feel overly sensitive toward your environment. This may be the result of being on the receiving end of criticism, judgment or pressure from influential people. You have become rock hard within (a hardening of the attitude) as a result of past trauma and womb trauma.

You do not want to be part of the game called "life" anymore. You may have learned that you will only get hurt or end up in circumstances you do not want to be in. Your rigidity is what keeps you safe, as it made you stay in one place, which was safe. You prefer familiarity to changes and do not want to venture too far from your comfort zone.

You don't feel protected by anyone and have often had to fend for yourself. The more you

push people away, the less unpredictable circumstances you attract. You are working hard at keeping the balance in your life. Nothing was ever stable for you; safety and peaceful environments were hard to come by. You feel pushed down by authority and other's high expectations caused a great deal of stress for you.

Key Points

- Your mother may have been exposed to toxicity, bad food, a virus or bacteria that triggered the onset of this condition while you were in utero. Explore how she felt at the time when she was exposed to substances? How did that affect you?
- Explore ancestral trauma experienced when they had to work in long, strenuous and hard labor. How did that make them feel? Did influential people look after the ancestors needs? Explore similar emotions that the ancestors felt during that time in your life. The trauma will not be the same, however, the emotional stress might.
- Ancestral trauma related to rape and incest. Explore further.
- Do you feel safe in new environments and meeting new people? If no, why? How does that make you feel? What old trauma of emotion does it trigger? Explore further possibilities.
- Trauma related to feeling out of control as a result of outside influences in your environment. Explore further possibilities.
- What was the relationship like with your mother? Was there hostility? Was she emotionally unavailable? Explore more options.
- When you needed to feel safe, were your needs met by protective behavior? If not, then explore what your need was met by. Explore associations made with feeling unsafe.
- Feel pushed down by authority and high expectations. There were high expectations with little support. Explore further possibilities.

Narcolepsy

See Apnea, Fatigue, Insomnia, Muscle Problems, Sleep Disorder

Emotions

You feel a desperate need to escape certain circumstances in your life as you've had enough and want to bail out. You often revert to a sleep state as you associate sleep with safety, peace and feeling protected. It's your way of dissociating from any trauma in your life. This could also be related to ancestral trauma.

You may not have been allowed to say "no" during childhood and had to take things as they came. You are stuck in an old cycle. You often feel like a victim of circumstance and feel there is nothing that you can do about it. Sleep is the only saving grace.

You often feel paralyzed by your life and fears. You find that disconnecting is the best defense. You were not allowed to express emotions, whether it was positive or negative. Any attack or punishment left you feeling numb and frozen.

Key Points

- Did your mother catch a viral flu or condition triggered by a virus while she was pregnant? If yes, explore how the virus may have affected your brain development while in utero. How did it affect your immune system?
- How did your mother feel while she was pregnant? Did she feel out of control, worthless or scared? Explore how it affected you.

- What was the relationship like with your mother? When you needed love, how were your needs met? Were your needs met in an aggressive, hostile or confrontational and abusive way? Explore associations made when you needed love and security.
- Did your mother have too many responsibilities while she was pregnant? How did that affect you? Did she become sick as a result of working too much or having too many responsibilities? Explore further possibilities.
- When you become tired, what do you need to get away from? What is too overwhelming in your environment? Is someone or something triggering old childhood trauma? Do you have too many responsibilities? What do you need to escape from?
- Ancestral trauma related to war, life-threatening circumstances. Something happened that was so intense and stressful that the body had to use all its resources to survive the trauma. Explore further.

Nausea

See Bacteria, Digestive Problems, Malaria, Mercury Poisoning, Migraine, Morning Sickness, Parasites, Ulcer, Virus

Emotions

What in your life are you unable to digest? Who and what are overwhelming you? You may feel challenged by past issues that are now being triggered by recent circumstances.

You want to rid yourself of any toxic circumstances, including old emotions. Your head mind often creates a worst-case scenario that is not always real. The body is always ready to fight or flight and as a result, it produces too much gastric acid. This is also related to the vomiting instinct. The body tries to rid itself of excess acid. This can happen when a person tries to rid themselves of circumstances that are triggering old trauma. It's the body's way of trying to create a barrier between you and a stressful environment.

You may worry about things that have not taken place and might never take place. This often stems from a childhood spent in a very stressful environment. You may have always seen your mother feeling stressed and anxious. This left you with the feeling that life is unsafe and everything is out of control.

Too many challenges and emotions are surfacing and you are trying to digest everything that is taking place. The body is responding by creating more acid to digest challenges and obstacles. The nausea starts as a result of feeling disempowered and unable to change your environment. You are trying to discard and move away from unhealthy, upsetting or stressful circumstances or people. It's all about letting go of the things that are unhealthy, harmful, negative or causing a great deal of stress.

You could be trying to escape from a current or past situation that is eating away at you, especially if the nausea is due to a stomach ulcer. You may fear that a past situation could repeat itself. You don't know when to feel safe and when to relax. You draw your power from the gut area (where a person feels their natural instincts).

You have a fear of letting go of the old and embracing the new. New changes might come with a price, adding stress to current challenges that you cannot digest. You have an unconscious fear that new changes might create more out of control circumstances therefore, it feels safer sticking to old and familiar relationships, habits and patterns.

Vomiting

You need to get rid of toxic people, circumstances and relationships. There are no more

benefits for you in these current circumstances and you might want to consider changing debilitating habits and patterns. You know what you need to do and where you need to go, yet you are fearful of the unknown and future. You triggered an instinct that requires you to move away from certain people, habits and circumstances to improve your quality of life. The body wants to rid itself of old toxic emotions and patterns.

Key Points

- If caused by Virus – explore worthiness issues related to your circumstances and personal relationships. Who or what is causing you to feel worthless?
- If caused by Bacteria – explore the issues related to regret and guilt. You may feel ashamed about something you've said. Explore further possibilities.
- What are you trying to get away from but are unable to, as a result of feeling helpless, powerless or angry? How does it make you feel?
- When did the nausea start? What was happening to you at the time? How did ___ make you feel?
- How does it keep you safe to be powerless or disempowered by your circumstances?
- You might have a fear of making certain changes in life (issues with moving forward). Do you have a pre-existing trauma when you tried to make a change? If yes, explore this.
- What would happen if history had to repeat itself? This might be a bold question and bring up a lot of stuff, however the key is to remember the emotional charge, not re-visit the situation.
- What might surface again in your life that you do not want to experience again?
- What do you regret in your life? Why are you holding on to it?
- Sometimes this person just needs a better diet as well. Eating different foods that don't go together well, diet that might be too acidic.
- Nausea is also the body's way of detoxing. Are you doing a detox at present? Do you perhaps have an ulcer? What in your life does not serve you any more? What do you need to move on from? What stops you from doing so?
- From whom or what do you need to detox or get rid of? You seem to feel a need to overly protect yourself, from whom or which circumstances?
- Explore associations made with your mother while you were in the womb and she had morning sickness. Did her overproduction of stomach fluids affect you in utero? Could she only eat selective foods? How long did she experience the morning sickness?
- How did your mother feel while the fetus stomach and intestines were forming in the womb? Her emotions could have had a negative energetic impact on the environment in the womb and growth and development of your stomach.
- Did you have a natural birth? If yes, explore the birth stage. Did you get stuck in the birth canal? If yes, explore how the pressure affected the development of your stomach / solar plexus area. How did you feel at the time? Are you in a similar situation now that is causing you to feel the same as during your birth?
- If nausea is accompanied by a headache or migraine then explore the stage during birth when your head was stuck in the pelvis, pressure on head, eyes and upper body.
- If you were born via C-section then explore how the anesthetic affected you physically and emotionally. See the Birth section for more information.

Navel Problems

See Hernia – Umbilical Hernia, Intestines, Skin Problems

Emotions

You may feel invaded and irritated by your environment and loved ones. You crave nurturing, privacy and to be left in peace however your needs are being met by hostility, unpleasantness or invasive reactions of influential people. Feeling invaded can be personal space that is disrespected; it does not have to be physical.

Your present circumstances are triggering a challenged relationship between mother and child. Your mother was not able to connect with you at birth perhaps due to exhaustion or maybe you were taken away immediately after birth.

You did not feel safe with the influential people in your immediate environment. You have difficulty expressing clear boundaries and as a result, people often overstep them. You have every good intention of being there for others and supporting them but due to poor personal boundaries, you fail to express your own value, self-worth and need for support.

Key Points

- What happens when you express boundaries to others?
- Did you feel protected and safe in your environment? Meaning do you feel threatened by outside influences and people?
- Do you recognize when a situation is unhealthy? If no, what is the benefit of not recognizing this? You might prefer to be around others to avoid being alone.
- Trauma related to the umbilical cord being cut. Were you immediately given to your mother or taken away? What association did you make losing your connection to the umbilical cord?
- You might be confronted with a current situation that triggered the birth trauma when the umbilical cord was removed. This may include feeling invaded and irritated by outside influences that you cannot control.
- What was the relationship like with your mother? How did your mother feel toward her surroundings and with this new change in her life? How did she feel towards a baby? Toward the staff in the room? Explore as this may have affected you when you had a bruised naval and were feeling upset, challenged by all the new changes and feeling unsafe.
- You feel unable to distance yourself from someone who has an irritating behavior. There is also disgust related to this situation.

Neck Problems

See Accidents, Back Pain, Cumulative Trauma Disorder, Upper Back, Middle Back, Lower Back, Muscle Problems, Myofascial Pain Syndrome (MPS), Pain, Shoulder Problems, Spine Problems, Whiplash

Emotions

You seem to feel rigid and need to control the outcome of everything you do. You feel that if you do not have the ability to control the environment, everything will go wrong. This will only make you feel obligated to fix everything again. This stems from a childhood where there was a great deal of pressure on you to understand concepts and situations that should not have been introduced until a later stage in your life.

You may have observed your parents losing control of their own life and circumstances. You felt helpless and disempowered by the surrounding drama and conflict. When you feel out of control, you become rigid and afraid of failure or that a worst-case scenario might take place.

You took on too much responsibility with the intention of helping, while at the same time,

being recognized and appreciated. Your deep need for love and acceptance is not met and your efforts, time and energy are used and abused by people. You feel as if your desired goals and outcomes are in the hands of influential people. When you try to reclaim your power, you soon find yourself playing into another's agenda, which makes you become rigid, inflexible and feeling controlled.

You are not comfortable expressing your dislike of a situation or person. You feel obligated to move forward in a direction that does not resonate with you. You feel unable to get away from unhealthy circumstances and end up staying in it, only creating further anger and resentment. You seem to feel obligated to see things through even when they bring you no joy.

You are often very analytical and avoid feelings of the heart. The less you know about matters of the heart, the safer you feel. You have learned to see the world through the head mind. You are caught up in the drama of others, without a clear discernment about what is your responsibility and what isn't. You feel dominated by someone else's controlling nature.

Key Points

- You seem to be avoiding an issue that you will eventually have to deal with. What is the benefit of avoiding an issue that eventually must be dealt with at some point? What are you afraid of? What are you resisting?
- Trauma related to the umbilical cord around the neck. Being strangled by someone (could also be related to ancestral trauma).
- You might not have had enough space to move around in the womb area due to lack of space. This may have resulted in different parts of the body feeling stuck in painful and uncomfortable positions. This may have caused physical and soft tissue stress in the body, which surfaces throughout your life. If you didn't have enough space to move around in the womb, how did that make you feel? The answer you find here could often be the same issue that always arises when you are experiencing the pain / problem area (or when it started the first time). The answer that you are searching for should not be a superficial answer. You are searching for a deep answer.
- Feel controlled by a partner's possessive and controlling patterns. How does that make you feel? Explore further possibilities.
- Note that sometimes a person thinks they are supporting others, however sometimes their actions can be more controlling rather than supportive. This may cause others to feel controlled, leaving them feeling debilitated and disempowered. Instead of trying to continuously support others, become a facilitator; it will empower both you and the other person. When you are the facilitator, you automatically create a space of safety and comfort and people feel more empowered when they ask you for assistance. It will also leave you feeling more energized and not so depleted and overwhelmed.
- Explore when the sperm damaged its tail while on its way to the egg after ejaculation. If yes, then explore this.
- Explore the stage when the sperm lost its tail when it entered the egg.
- How does it make you feel to be overwhelmed by responsibility?
- Do you create more responsibilities for yourself? If yes, how does this serve you? What do you get out of carrying so much responsibility? You may overload yourself with other people's problems and responsibilities because of poor personal boundaries. Another reason may be that you are suppressing your pain, by distracting yourself. You receive attention when you carry responsibility well. This attention makes you feel acknowledged, valued and important to others.

- What would happen if you were not able to control your environment? Explore further possibilities.
- What was your birth like? Was the head pressed against the pelvic bone in a painful and traumatic way? Were you pulled out of the birth canal by forceps? Was the neck twisted in a way that resulted in you feeling attacked, out of control or threatened? Are you feeling similar emotions now to what you did during the birthing stages? Explore emotions such as rigidity, feeling out of control and yet needing to be in control during the birth stages.
- Explore emotions such as rigidity, feeling out of control and yet needing to be in control.
- Explore the fertilization stages just before the egg and sperm came together and then continue exploring the stages that follow after that.
- You are putting a great deal of pressure on yourself. Why? How does it serve you to feel this way? Do you feel more successful? Do you feel motivated by the pressure (unhealthy association made with pressure)? You might feel it is positive, but nothing is positive when it takes a toll on your health.
- If you have fractured or damaged your neck then also see Bone Problems. Losing control of a situation, explore when and how you damaged your neck and how you felt at the time. Explore further possibilities.
- Ancestral trauma related to carrying heavy loads on their head, shoulders or carrying a child on their back while working long hours.
- You feel you are not allowed to move in a desired direction. You feel controlled by influential people's agendas and expectations.
- Did your father want to be with another woman while your mother was pregnant? Explore rigidity, stress and tension.

Necrosis

See Bites, Hypoxia, Inflammation / Infection, Pain, Poisons, Toxins

Emotions

The body feels poisoned, under attack and unable to defend itself. Is this how you feel emotionally, too? You may have been exposed to a harsh family environment that made you feel unsafe and unprotected by the world and influential people. Your negative environment had a big impact on your mental state, causing you to stew on negative thoughts, feelings of vengeance and resentment because of past injustices.

Key Points

- This condition starts as a secondary problem. What was the underlying cause? It could be bites or an injury.
- Explore your resentment and anger issues. Why do you feel this way? What happened? Explore further possibilities.
- What happened that made you feel as though you cannot protect yourself? Making you feel unsafe and perhaps causing you to revert to a state of anger to keep you from harm.
- Explore earlier associations made with poison in your childhood and womb stages, as well as how you felt at the time.
- Trauma related to feeling unable to control your relationships with others and your environment. How did that make you feel?
- Trauma related to recent misunderstandings.

- Times when your ancestors experienced similar traumas and poisoning. Did the ancestors feel guilt towards others or circumstances? Explore similar emotions or guilt that may be present in your life.
- Do you have toxic people in your life that may have made you have many negative thoughts? This may have made you completely disconnect from the joy that you used to feel. What is / was your environment like during childhood? Did your parents' battle their own guilt issues that may have indirectly impacted you?
- You may have made a negative association with love. When you needed love and safety, how did influential people respond? Were your emotional needs met by abusive, attacking, and poisonous intentions of others?

Necrotizing Fasciitis (flesh eating disease)

See Bacteria, Skin Problems, Virus

Emotions

This condition often starts when the immune system has been severely compromised. This could be the result of alcoholism, long-term illness or a condition that greatly challenged the immune system. You may have experienced a physical trauma that left an open wound that may have been the starting point of this condition.

You seem to be feeling under attack and invaded by your environment. You may feel that it's dangerous to express boundaries and it is safer to allow others to just have their way. This way, you stay out of the firing line.

You feel a great deal of irritation, anger and resentment toward those who challenge your self-esteem. Your perception of what the world is made up of has been greatly altered by stressful incidents from the past, which also influenced how you feel about yourself. You feel that you will always be vulnerable to humiliation, judgment, criticism and abuse. You often feel destined for the worst-case scenario in everything you plan and manifest.

You may have felt unwelcome in the family from the very beginning. This may be a result of high levels of stress or emotionally absent and stressed parents who affected the mood in the household. These circumstances left you feeling as if you deserve to be attacked or punished, ridiculed and abused. It has become a way of life. You feel deeply ashamed and guilty of who you are, because your identity has been under constant scrutiny and punishment.

Your concept of love, partnership and support has been influenced by conflicting ideas that were filled with abuse, shame or guilt.

As a result of long-term abuse, (emotional, physical or sexual) you have suppressed your truth, opinions and boundaries. You are in survival mode and seem to feel frozen and numb, as this state keeps you safe. Your grief, depression, rage and resentment are eating away at you.

Key Points

- Possible abuse trauma. Explore how this made you feel. Explore during fertilization and implantation. This could also be related to ancestral abuse that is repeating itself in your life.
- Long-term abuse may have left you feeling attacked, always expecting punishment, feeling irritated and trapped or controlled by your environment.
- What emotion is eating away at you? How does that emotion make you feel?
- Did your mother use alcohol or substances during her pregnancy that could have altered and challenged the development of your immune system? Explore further possibilities.

- Did you experience trauma that caused an opening in the skin that escalated into this condition? If yes, then explore how you were feeling at that time and the cause of the opening.
- Trauma related to feeling wrongfully blamed. You may have been the scapegoat in the family. How did this make you feel?
- Your need for love, attention, nurturing and safety has been met by abuse, attack, punishment, irritation and grief. Explore the associations made when your needs were not being met.
- Who made you feel ashamed about yourself and your image? Explore further possibilities.
- Explore the womb stages. Did your mother consume food, drink or medication that caused you to feel attacked, irritated or unable to escape? Explore associations and trauma.
- Explore where the condition started first and then also see the Quick Reference Guide for more information.
- Have you been on a long-term diet, medication or abusing any drink or substances that could have severely altered your immune system? If yes, then explore why you had the bad diet, or began using or abusing drugs or drink. If it was medication, what was it for? Why did you need it?
- What was going on in your life may have resulted in using the above?

Nerve Problems

See Acoustic Neuroma, Arthritis, Bells Palsy, Carpal Tunnel Syndrome, Kennedy's Disease, Pain, Peripheral Nerve, Sciatica Nerve, Trigeminal Neuralgia

Emotions

You seem to feel unbalanced in your personal relationships and circumstances. You have difficulty expressing yourself and feel very misunderstood. You may find it challenging to listen to your gut instincts as well as establish your emotional needs. You have a hard time communicating with others, expressing your feelings. Instead, you often have silent angry fits or rage. This pattern may have developed from a childhood of having your words and actions closely monitored. You may have always been subject to scrutiny and felt like you couldn't ever do anything right. If this was not part of your childhood, it might be evident in your parents' immediate family.

You have experienced trauma to the point that you have disconnected yourself from everything and everyone. This may also go to the other extreme. You may feel that you are not acknowledged or heard in a way that is satisfactory. This causes you to communicate too much, creating conflict and confrontation between yourself and rigid, influential people. This could also include physical activity. You find an outlet for your frustration by becoming active (such as participating in sports or games, for example) with the intention of releasing built-up tension and frustration.

You may be resistant to becoming part of the family. Your needs are not being met in a way that is fulfilling and you feel like rebelling as a result. You seem to have difficulty expressing and communicating these unmet needs.

You feel set up for failure as your goals and desires are often sabotaged or met by opposition. This leaves you feeling hopeless and empty, afraid that you will never connect with your purpose in life.

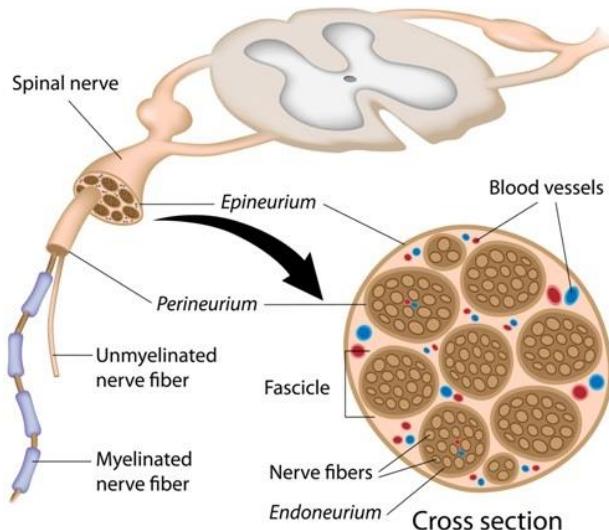
Your creativity is bubbling and coming to the surface. As a result of the interference of influential people, your creative energy has been re-directed and invested in a goal that gives you no joy. This makes you feel resentful, angry or even bitter, as you may feel that you are

not allowed to express your talents. You feel that you lack the proper “tools” to live a fulfilling and successful life.

Your goals and freedom of speech may have been controlled and manipulated by an influential person. This influential person may have felt threatened and challenged by you.

Explore the body part that is affected and refer to the Quick Reference Guide. Where in the body are you storing the anger, rigidity, stubbornness, resentment or unwillingness to forgive? Nerves are mainly related to communication and how a person communicates to the world, as well as how they communicate from the heart mind. The heart mind may be disconnected from the head mind, resulting in all the stress being directed to the head mind, in order to compensate for the absence of the heart mind.

Anatomy of a Nerve



Key Points

- You might be communicating too much or too little. Explore this and establish how you feel.
- Explore your ability to communicate. Do you feel understood by others? If no, then why? What are the miscommunications? How does that make you feel?
- What you have to say is important. Did anyone traumatize abuse or judge you when you spoke up? If yes, then explore the associations made with communication.
- Always explore the birth trauma and see the Birth section.
- You seem to be rebelling against being here on earth. Why? What are you resisting? What do you resent? What can you not accept?
- Communication. The egg became separated from the other eggs during ovulation. How did that feel? You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty, lack of direction, moving through the tube.
- Trauma related to wanting to give up. Why? What triggered this?
- What is your goal in life? Are you being proactive about it? If no, then why? What happened?

- You may feel people didn't respect and understand you and as a result, sabotaged your efforts in life. If yes, how did this make you feel?
- You may have given up trying to be in control. The more control you had, the more overwhelmed you felt. You were more open and vulnerable to criticism. What you heard and observed was upsetting and caused a lot of anger. If this is the case then explore further.
- You find safety in old ways of thinking and communicating. Explore how this is still serving you. What happened in your childhood that made you revert to this state of mind? From whom or what did it keep you safe?
- Influential people immensely suppressed family members. Explore the ancestry line.
- Explore womb stages. Did your mother abuse any medication, drugs, alcohol or diet that may have affected the development of the nerves during fetal stages?
- Was your mother given any drugs while giving birth? If yes, how did that affect you? See the Birth section for more information.
- How do you feel when you communicate? Explore any fears, traumas and issues that cause blocks for you.
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.
- Explore similarities between your emotions, habits, and your mother's. Patterns copied from the mother often set in during the fetal stages when the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.

Nervous Breakdown

See Adjustment Disorder, Anxiety, Depression, Hysteria, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder (PTSD), Seasonal Adjustment Disorder

Emotions

You may be feeling completely out of control. You have been experiencing long-term stress and have reached a point of exhaustion. Your body is burned out and tired.

You may have been placed under a great deal of pressure during childhood to perform tasks where failure was not an option. If you failed, the stakes were high with abandonment, harsh criticism and hostility sure to follow as punishment.

You are placing yourself under a great deal of pressure and take your role in life too seriously. You have temporarily lost touch with reality as a result.

Your expectations have been too high and you are inevitably setting yourself up for failure. The circumstances have become too overwhelming and you may have experienced a boundary failure (not saying "no"). Establishing clear boundaries may have resulted in trauma. This makes it difficult to express yourself when you need to. Your childhood may have been filled with panic and stress; everything was a crisis. There is urgency to everything that you need to do and accomplish. Long-term patterns related to pressure filled, high expectations that were once projected at you have now come to a halt. Your body has had enough.

Key Points

- Lack of expression due to not having the support you needed. Explore how this made you feel?

- Are you going through a divorce or a big change in life? If yes, how does this make you feel?
- Are you being rejected by the same gender as the parent with whom you have a challenging relationship? If yes, explore associations made with this gender and trauma experienced.
- How did you feel just before the nervous breakdown, what were the key emotions that were building up? Why did you feel that way? Explore issues / emotions that spiraled out of control before or during that time.
- Emotional survival depended on how well you could execute a task. This may have been the only way that you were acknowledged, loved or accepted. You seem to have an immense fear of rejection and abandonment, as this may have been the consequence if you didn't work hard enough.
- What do you need the most right now in life? How does not having that make you feel? Explore further possibilities.
- Lack of support. Where in your life do you feel unsupported? How does this make you feel?
- You feel that no one can help you; that no one understands. How does this make you feel? Alone, sad and not good enough?
- Trauma related to believing that you have to do everything by yourself. Why? Who made you feel this way?
- Trauma related to feeling responsible for other's burdens and problems. Why do you feel so responsible? What would happen if you stopped accepting so much responsibility?
- Trauma related to grieving for love, attention, peace, understanding and acceptance. Explore sorrow that made you feel abandoned. Did someone close to you pass away?
- Trauma related to feeling unable to escape danger. This could include childhood trauma or stem from the ancestral line.
- You may have heard news that you couldn't process. Explore further.
- Either parent experienced a trauma during your infancy stages. The impact of the trauma affected you to a great extent. Are you expressing his /her parent's anxiety? Explore further.
- Trauma related to fear of consequences if you had to fail or disappoint an influential person.
- How did your mother feel when she was pregnant? Was she bordering on a nervous breakdown?
- Fear of the future? Feeling out of her depth? Explore how her stress may have affected you. Are there similar emotions taking place in your life? Explore this as well.
- Always explore the birth trauma and see the Birth section for more information.
- Trauma related to an ancestor that was responsible for the death / suffering of many people.
- An ancestor may also have been tortured, sexually abused and unable to escape life-threatening circumstances.

Neuralgia

See Nerve Problems, Pain

Emotions

You seem to feel very lonely and angry as a result of influential people not taking the time to understand your needs. You feel ignored and rejected by the people you love. You may feel that you have been pushed aside, as you may have been a stubborn child. Your parents may have felt challenged by the your needs and felt unsure of how to interact with you.

There was no tolerance for uniqueness and everything had to be systematic. This way of

life did not resonate with you, making you feel isolated from the family. You do not have a choice other than to compromise with the way that things are going. You seem to be experiencing emotions on a very analytical level, instead of feeling with the heart mind.

You may have experienced a harsh upbringing that caused a hardening of the attitude. You avoid your emotions, as they seem to be all over the place. You often feel disrespected by others as your good intentions were misused and taken advantage of.

You may feel a great deal of guilt related to past actions for which you cannot forgive yourself. You tend to sabotage your efforts to change things in your life.

You seem to feel a great deal of rejection from the people you love, finding it challenging to see the love around you. There may have been physical abuse, causing you to possibly associate love with danger / threat. If this is not relevant to you, then the ancestry should be explored.

Key Points

- You seem to feel rejected and pushed aside. How does that make you feel?
- Did your mother digest food or drink that may have affected your nerves during fetal stages? Was she in an environment where others smoked or was the air polluted? If yes, explore how
- these environmental factors influenced you. How did she feel at the time of pollution or smoke pollution.
- Did she feel angry, resentful and sad or out of control?
- Who or what is causing you a great deal of anger and irritation?
- You are painfully sensitive to the environment and to how others view you. Why? Who made you feel this way? What happened that made you feel this way?
- You carry a great deal of anger. Explore why.
- Influential people may have used shame and guilt to manipulate you during childhood.
- What is the benefit of being hard on yourself? You might feel that you have to earn the attention of influential people. Explore further.
- You feel deserving of punishment for past mistakes. Who made you feel this way?
- Your communication blocks seemed to have caused you a great deal of stress in the past.
- You feel very angry over situations that should not have happened and others that seem to be influencing the quality of your life.
- Others are abusing your efforts and hard work. Who might be doing this? How does it make you feel?
- Feeling worthless and not respected by others. How does this make you feel?
- Explore birth trauma. Was there a lot of pressure on the head / face area? How did you / baby feel at the time of birth when there was pressure on the head and face? The birthing process may have caused nerve damage and the actual pain may only have been triggered later in life. Birth trauma to the head may have been the first point of trauma. Physical abuse or further trauma to the head may have triggered this condition along with emotions such as anger, resentment and feeling under attack.
- Which part of the body is being affected? Refer to the Cheat Sheet for more information.
- Trauma related to an ancestor that injured a part of their body (the same area where the client has the condition). Explore birth trauma.
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.

Neurofibroma

See Nerve Problems, Pain, Tumors

Emotions

What you have learned and observed in your environment has caused a great deal of stress. You feel challenged by how the world and your family functions, which affects your motivation in life. You feel the need to run away and escape everything. You are unable to emotionally process your circumstances.

The less you know about what is going on around you, the less stressed and tensed you are. Your rigidity and fear related to communicating yourself does not serve you well. As a result, you keep your own counsel.

You are always ready to defend yourself. Most interactions with people were stressful or resulted in punishment, attack or rejection during childhood (ancestral trauma). You suppress your opinions and goals as a result of fear. You do not feel safe with influential people, with a deep need to protect yourself. Your circumstances have left you feeling out of control, irritated and angry.

You were often attacked verbally whenever you expressed your needs. You have learned not to express any dislike, disappointment or disgust and internalize those strong feelings.

Key Points

- Explore womb stages. Did your mother digest something that may have caused the amniotic fluid to become toxic, acidic or poisonous to you?
- How did your mother feel while she was pregnant? Did she perhaps feel the above-mentioned emotional components? If yes, explore how her trauma and emotions affected you in utero. When you needed love, your needs were met by ____?
- Could be related to current or ancestral trauma that involved arranged marriages. Their opinions and needs were ignored. Given away or sold as slaves. Explore more possibilities.
- Trauma related to regret and guilt. What did you do that you now regret? Did the part of the body that is affected have something to do with your regret? Explore further.
- What do you feel so angry and resentful of? Explore further.
- Explore trauma related to communicating. What happened when you would communicate your needs to influential people? Did you observe similar patterns between family members? Explore further.
- What did you see in the environment that made you feel a need to escape and resist being part of something? How did that make you feel? Explore further.
- What happened in your life that made you feel as though you have no control over your life, environment, goals or relationships? How did being out of control make you feel? Explore earlier trauma points for feeling out of control.
- Explore your parents' childhood trauma and how their trauma is now being expressed in your life, especially during conception. Explore the conflict between your parents.
- Explore the birth. Did you experience trauma to the head such as being squashed or pulled out of the birth canal? Explore similar emotions that you might be feeling in your life now or recent past.

Night Blindness

See Eye Problems

Nose Bleed

See Anxiety, Bleeding, Blood Problems, Nervous Breakdown

Emotions

Your character feels under attack by means of judgment, criticism or abuse. Your way of handling tasks and communicating are not accepted or approved by influential people. You feel temporarily disconnected from the joy in life, as you seem to focus too much on what others think of you. Your focus has been shifted away from the family or your partner.

You are a people pleaser and focus too much on supporting others as you feel accepted and validated by pleasing people. The more you do for another, the more you feel valued and important. It also takes you further away from your accomplishments, as you are always busy pleasing others.

You are in a situation that is challenging your bad habits. Happiness is always accompanied by hardships, leaving a bittersweet aftertaste. You often fail to recognize the difference between when a situation is dangerous and when it is non-threatening. You feel irritated and offended by your circumstances.

These circumstances have challenged your ego and you are trying to resist certain emotions from surfacing. You regret recent decisions and mistakes.

Key Points

- What is the benefit of pleasing others? Explore further.
- Needing to be acknowledged and recognized. What is the benefit of this? Who did not attend to your needs as a child?
- What would happen if you shifted your focus back onto yourself instead of deflecting by becoming involved with other people's dilemmas and needs? Explore which issues you are trying to avoid in your personal life?
- You may have experienced a great deal of pressure during childhood. Your parents might be trying to fulfill their goals and dreams through your accomplishments. You might feel unable to fulfill their expectations.
- What would happen if you decided to change your lifestyle and journey? Explore further.
- When does the nose bleed start? How did you feel just before it happened? Explore fears and also what you are actively resisting in your environment?
- Trauma related to feeling torn in two. By whom or under which circumstances?
- What is or has been challenging your ego? What do you fear others might see in you? Explore further possibilities.

Nose -Bone

See Accidents, Bone Problems, Nose Bleed

Emotions

Structure of your nose often relates to your mother's relationships with her partner during your womb stages. Your mother may have felt rejected, pushed away or needed the protection of an emotionally unavailable partner. There seems to be a great need for the approval of a masculine figure. Resolve unresolved issues with a father figure.

There may also be trauma related to not getting the amniotic fluid out of the airway quickly enough. You may have felt that you had to fight for life and to breathe. This pattern may still

be repeating itself in your life via a fighting instinct and stubbornness. If you have actually experienced physical trauma to your nose, it often means that your character and identity was a threat to someone else. Your masculinity has been challenged within the home; influential people did not tolerate your strong personality.

Resolve trauma and issues related to being successful and rising above your past baggage.

Long Nose

As a child, you were searching for the love of a father who may have been unintentionally emotionally unavailable, as a result of the conflict between your parents. Your father's focus was elsewhere. He spent many hours / days away from home, often to avoid conflict / stress due to unrelated issues. While you were in the womb, your mother was reaching out or longing for her husband, who was indecisive about what he wanted in life (this pattern often stretches as far as to the time when your mother was in the womb). Did your mother feel safe in the presence of her husband while she was pregnant? You may have felt powerless to push threatening people away, as someone judged the strength of your character, you stopped believing in yourself.

Also related to ancestors who lived during stressful times where they may have had to always be on the look out for danger / threats – often related to abuse in the family.

Key Points

- Who challenged your masculinity or ability to establish your personal power?
- Often feeling controlled by an influential person and unable to escape or move away from this person's agenda and domineering projections.
- Birth trauma – not getting the amniotic fluid out quick enough, feeling that you had to fight to breath. Life = fighting and it's life threatening.
- Fear of being successful. Why? Imagine you have achieved the success you dream of. How does that make you feel? Explore the fears that arise.
- Explore conflict between your mother and father during your womb stages.

Numbness

See Alcoholism, Back Problems, Carpal Tunnel Syndrome, Cumulative Trauma Disorder, Multiple Sclerosis, Neck Problems, Osteoporosis, Spine Problems, Tumor

Emotions

You do not want to continue a certain action, behavior, direction, role, relationship or activity. Your current circumstances bring you no joy. Instead, you feel resentful, as though you have no time for yourself and you feel controlled. You had to behave a certain way that would ensure safety and emotional survival (ancestral trauma).

Your ability to be in the flow of life has been restricted by influential people and circumstances. You may have experienced trauma during childhood. This caused you to feel trapped and activated your frozen and paralyzed survival instinct. You have reverted to a state of numbness (freezing instinct) as it kept you safe to disconnect and dissociate from your environment and emotions. Feeling emotionally numb may have started to physically develop.

You have been part of a relationship or circumstance that caused a great deal of stress and created a need to escape. You weren't able to move away from these circumstances and you had to rely on people you fear for support. These circumstances seem to trigger childhood

and fertilization trauma. Which part of the body is being affected? How do you feel when using that part of your body?

Key Points

- What would happen if you stood your ground and expressed boundaries towards an influential person or circumstances? What happened in the past when you said “no”? Explore further possibilities.
- Which part of the body is being affected? See the Quick Reference Guide for more information.
- You seem reluctant to ask for support as support and love was very conditional in the past.
- You have a pressing issue that needs to be expressed. What are you avoiding? How does suppressing yourself keep them safe?
- When did the numbness start? How did you feel at the time? How does the numbness serve you?
- Does it help to get out of situations without provoking confrontation? Explore further possibilities.
- What association did you form around numbness during the fetal stages? Did your mother abuse drugs, alcohol and substances that may have resulted in a physical numbness in the fetus? Explore further possibilities.
- Explore the birth. Did the medical staff administer drugs to your mother before giving birth? If yes, how did it make you feel? Explore associations feeling out of control, resistant, not wanting to move forward and numbness.
- You may have felt numbness during childhood as a way of dissociating from your emotions and stressful environment. You might be confronted with a situation that is causing you to revert back to a state in childhood that made you feel safe, such as desensitizing yourself and dissociating. This made you numb emotionally, but safe. This numbness may have physically started as a direct result of old trauma that was triggered in your current circumstances.
- Birth trauma. Being stuck and squeezed in the birth canal for too long challenged your circulatory system, possibly resulting in numbness. How did you feel? Do you feel similar emotions now as when the numbness started? Explore further possibilities.
- Ancestral trauma related to an incident that left them feeling paralyzed and in shock. The numbness kept them safe from feeling or experiencing ____ in their life.
- Trauma related to medication that caused the body to feel numb. This could also be related to an ancestral trauma.
- Ancestral trauma related to an accident that left them paralyzed and numb.

Obesity

See Weight Problems

Obsessive Compulsive Disorder (OCD)

See Anxiety, Cumulative Trauma Disorder, Nail Biting

Emotions

Repetitive behaviors may have given you mental and emotional relief from the stress that was taking place around you and within. Repeating certain behaviors are a distraction from your circumstances and how you feel. When you feel unsafe, threatened or out of control, you

revert to an action or habit that made you feel safe in the past. This behavior or pattern has become a source of comfort whenever you are stressed or feel out of control. You found a survival pattern within a moment of trauma. You fear letting go of the habit or pattern because it is a reminder that you can cope and survive in stressful circumstances.

You are stuck in flight mode, as if you need to go somewhere, or be actively busy either mentally or physically in order to escape your thoughts and emotions. This may be the body's way of trying to complete the flight instinct that was triggered but left unresolved. This is often related to ancestral trauma. It begs the question, "What could the ancestor not escape? What mistake caused the death of others?"

You may have experienced a childhood where moods swings, abuse and verbal attacks were random and very unpredictable. You are still holding onto old trauma as a result of being at the receiving end of unpredictable moods. This made you become paranoid, afraid and living in fear, as you never knew what might happen next.

You may have posed a threat to the family (triggering jealousy in others for example) and were often on the receiving end of punishment, abuse, rejection or abandonment.

You may have been punished for your parents' mistakes. Influential people's stress was taken out on you. In other cases, you may not have been a direct target, however you were greatly affected by their behavior toward each other. This caused a great deal of stress, as you never knew when your foundation (parents) would split and fall apart. You have been lied to many times, making it difficult for you to trust others.

You are overcompensating for a lack of control you've had in life. You are masking and numbing suppressed ancestral trauma that has surfaced.

You were the scapegoat in the family, taking responsibility for situations that were not your fault. You feel a great sense of urgency to fix things that have gone wrong in an effort to keep the peace.

You often hide behind laughter and mask your deep-seated pain. You feel you had no stability in childhood, which has left you overwhelmed, as if you can't handle anything.

You may have hardened yourself to survive the verbal or physical blows of others (also related ancestral trauma). You express (either verbally and physically) your parents' unexpressed pain, stress, tension or trauma as a result of conflict during conception.

Key Points

- Explore birth trauma. Many emotions were triggered during these stages. See Birth section.
- Your inner peace has been disrupted causing the survival instinct to be triggered and this changed into anxiety. The body is trying to complete old ancestral trauma that the psyche does not resonate with. This creates conflict, stress and more unrelated trauma. When did the OCD start? What happened to you? What were your circumstances like? Explore traumas.
- Trauma related to circumstances where you felt out of control and disempowered by influential people. How did being out of control make you feel? Explore how being overly controlling is serving you. You are overcompensating for the lack of control in childhood by being overly controlling in your own life. Is it really your out of control trauma that you are expressing?
- You have a fear of losing something or someone. On the other hand, what have you lost already? Explore if relevant.
- Trauma related to feeling insecure. This would be the result of abandonment, rejection or punishment trauma. When you needed to feel safe or loved, you were abandoned, rejected or punished.

- Lack of trust in your own judgment. What happened that made you lose faith in your own judgment or ability to trust others? What association was made with trust?
- You do not feel safe being yourself. You may have been punished or abused while feeling safe and unaware of the fact that you were doing something wrong. Therefore, you avoid re-creating that state of mind. Explore further possibilities.
- Were either of your parents responsible for losing someone / someone's death / someone's hardships? This could include either by death, public environment (not losing a child). The incident is emotional and significant. If yes, did this significant incident have an affect on you? Explore further if relevant.
- Your need for love and attention was met by emotional absence, meaning the influential people were either not emotionally available or deliberately ignored your needs. Explore how this affected you.
- With whom did you have a stressful relationship during childhood? What scared or upset you the most? How did it make you feel?
- When you think about this person, how does it make you feel? Explore associations and trauma.
- Imagine you feel an urge to do something and it is physically impossible to do it. How would that make you feel?
- You may have been aware of your mother's anxiety during womb stages. She could have pushed down on her womb hoping it would settle down the baby's movement. This may have caused the fetus to feel uncomfortable moving around as their movement was interfered with hostile and controlling behavior from the mother. Explore the fetal stages for rigidity, feeling drained, frustrated or controlled.
- Explore similarities between your emotions, habits and your mother's emotions. Patterns copied from your mother often set in during the fetal stages when the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.

Onychophagia

See Anxiety, Nail Biting, Obsessive Compulsive Disorder (OCD)

Osteitis Pubis

See Cumulative Trauma Disorder, Inflammation, Hip Problems, Joint Problems, Muscle Problems, Pelvic Problems, Spine Problems

Note: Explore feeling under a great deal of pressure, control and in some cases, forced to achieve. You felt the need to be successful or pushed to be better than others. You feel pushed down and controlled by authority. Support was given and expressed in a way that may have been abusive. You feel a great deal of conflict with people that you consider yourself responsible for. Explore ancestral trauma related to the above mentioned as well.

Osteoarthritis

See Arthritis, Cumulative Trauma Disorder, Inflammation, Joint Problems, Pain, Reactive

Arthritis, Rheumatoid Arthritis, Tendon Problems

Emotions

You have been so caught up in doing things for others that you often forgot to attend to your own needs. You have done so much for others that you have depleted your energy and resources; you are running on empty. This makes you resentful of others for taking your time and also angry with yourself for not taking time to enjoy life.

You may have experienced a childhood where you felt forced or obligated to do things that did not resonate with you. This may have caused you to do activities while feeling angry, resentful or rigid. Therefore, these activities brought you no joy.

Influential people may have manipulated you into believing that you are of service to others. This is a direct result of an influential person projecting their insecurities and low selfworth onto you. As a result, you feel obligated to always serve, help and fix other people's mistakes. No other option or way of life may have been available to you during childhood.

You have made an association with serving others and feeling trapped, angry and resentful. You worry that you will never be able to focus on your own goals. You want to express how you feel, but you were often made to feel guilty or ashamed for communicating these feelings.

This resulted in a great deal of inner conflict. You feel controlled and trapped by the needs of others. You felt controlled, manipulated and treated in ways that were hurtful and upsetting. As a direct result, you have become resistant, rigid and inflexible in your relationships. This is where your power comes from and it has allowed you to endure many hardships. You have dissociated from your emotions, keeping them under control at any cost.

Key Points

- What would happen if you expressed rage, disappointment or resentment? Fear of being abandoned.
- Trauma related to feeling disempowered. Why do you feel this way? Who made you feel this way? Explore further possibilities.
- What is the benefit of attending to people's needs instead of your own? When did this pattern start? Why? How did this make you feel?
- You seem to feel a great deal of anger and bitterness as you are pulling the short end of the rope. What stops you from changing this? Explore self-sabotage. You seem to unconsciously feel that you do not deserve anything good.
- Feeling that you deserve to be punished. Why? Who or which circumstances resulted in you feeling this way? Were you blamed for someone else's shortcomings and mistakes?
- Who forced or manipulated you to do things that you didn't want to do during childhood? How did that make you feel?
- By whom do you feel controlled? Explore fear related to setting boundaries and standing up for what you believe. Explore consequences when you did speak up.
- What repetitive action did you have to perform or carry out throughout your life that brought you no joy? How does it make you feel when you do that? Explore further possibilities.
- Where did the OA start? Did you execute a certain job, task, sport or activity at home that affected that part of the body? How did it feel when you used that part of the body? Explore further possibilities.
- How do your anger, resentment or bitterness serve you? What benefits do you get from holding on to it? Do these emotions make it easier for you to express boundaries when you feel upset? Do these emotions make you feel safe? This may stem from childhood where

you had to give and give and were deprived of your own needs as a result. You have never processed or let go of this anger and feeling of lack.

- You made an association that when you have needs, it will be met by lack. Who made you feel this way?
- When pain in the joints flare up, what were you doing, feeling or thinking of? Explore the emotional triggers.
- Trauma related to giving too much. How did this make you feel?
- Explore relationship issues / challenges you had with influential people in childhood and how it affected your adult life. Explore secondary gains that resulted because of past habits, patterns and treatment.
- There may be secondary pain as well, focus on the Osteoarthritis first, before moving on to muscle pain.

Osteomalacia

See Alcoholism, Bone Problems, Osteoporosis, Skeletal System

Emotions

You feel a need to hide, as you often feel exposed and unprotected. Your environment has been challenging and a mother's love has not been very nurturing. Your support system is unreliable, making you feel unable to accomplish any of your goals.

You may feel snowed under by life's responsibilities, rules, regulations and the needs of others. You feel that everyone wants something from you and you are running out of resources to hide how you truly feel.

Your need for support was met by lack and not having enough of anything that you want or need. You may worry that everything could cave in at any minute.

Key Points

- You've made an association that you have to do everything. Why? How does this pattern serve you?
- People are unreliable. How does that make you feel? Who was unreliable in your life?
- Why do you feel obligated to carry so many responsibilities? Who made you feel this way?
- Who tried to control the joy in your life? How did that make you feel?
- Explore womb stages. How did your mother feel? Did she feel stressed, under attack by people in her life? Did she feel supported? Was she going through circumstances that required her to support herself? Explore more possibilities and how it affected you in utero.
- How did your mother and father feel during your conception? Did they feel a need to fight, be strong; did they feel any guilt and regret? What in their life was falling apart or caused them to feel they cannot cope with their circumstances? Explore further.
- What stops you from saying "no" to the demands of others on your time and energy? What happened in the past whenever you said "no"?
- Feeling unsupported as a result of pushing people away. This often relates to feelings of guilt and a sense that you don't deserve support and love. Why? What happened that made you feel this way? This will also be related to ancestral trauma.
- You may have made an association that life = supporting others, no fun and no freedom.
- You may feel that you are only loved when you are working for others and keeping everything together.
- Love = depletion, work, giving and not receiving.

- Do you have a history of heavy drinking (alcohol)? If yes, explore why you needed alcohol? What did you need emotionally when you consumed the alcohol? Explore alcohol abuse in the ancestry line and how symptoms of their behavior and damage to their biology may be repeating itself in your life?

Osteoporosis

See Alcoholism, Bone Cancer, Bone Problems, Osteo-Malacia

Emotions

You are trying to avoid being controlled by people at all cost. You feel resistant to compromise as in the past, compromise has often left you holding the short end of the rope, which leaves you angry and resentful.

You have reached a point where you may be desperate to feel free from all the negative thoughts and emotions. Your emotions are getting the best of you. You have become stubborn as a way of protecting yourself from the high expectations of those around you and setting a boundary. You feel challenged by the idea of forgiving people that have challenged you and caused you harm.

You may be experiencing strong emotions such as resentment and anger. This is a result of dissociating from how you feel and failing to recognize where your limits and boundaries are. You are tired of fighting with no “armor.” You feel defeated by the challenges you’ve experienced and giving up is starting to look like a good option.

You have dissociated from how you feel in your current circumstances, causing you to avoid taking responsibility for yourself and achieving your goals. You feel that outside influences keep reinforcing your anger, your disempowered state and feeling out of control. You are reluctant to let go of the past and how it made you feel.

You have always been relied on to be strong. You have been drained by your past—mentally, emotionally and physically. You gave too much and invested all of your time and energy into fighting against controlling people.

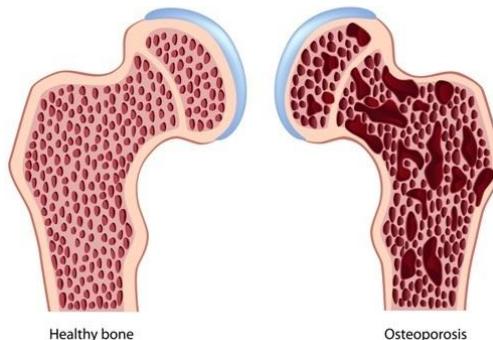
Abuse and unpleasant circumstances seem to be repeating in new ways in your adult life. This reinforces the feelings of anger, resentment or bitterness and feeling very unsupported. You give more support than you receive. You have to save, rescue and provide for other’s needs and shortcomings, often despite your own needs. You feel taken advantage of though your complaints go unheard. You feel you have done your fair share for others. It is now time for you to retire from always helping and rescuing others. You can also retire from the anger and bitterness that no longer serve you.

You no longer need to step up to the plate as you have accomplished great success in your own right, whether you can see it or not. Every word and act of goodwill is a contribution to a person’s life and that in itself is good enough.

You are going through a phase where you’re still trying to keep up with old, out of date patterns. Mentally you feel conflicted as the head mind is racing to keep up with the demands of life and your loved ones. The body is in conflict with the head mind. The heart is ready to move on to bigger and better things that can support your passions and goals.

You may have experienced a role that gave you great importance and value. Now you are no longer in that role and so you feel devalued and unimportant. You may feel that your qualities and strengths are no longer required.

Osteoporosis

**Key Points**

- Your childhood foundation was built on supporting others. Explore who and what made you feel this way? What were your circumstances? How did this make you feel?
- Do you have discernment between what is your responsibility and what is not? Explore further possibilities.
- By whom or what do you feel so burdened? Explore how this made you feel.
- What was the benefit of having so many burdens, providing or supporting and being responsible? You may have been loved and cared for by others when you took on this role and enjoyed feeling admired. This is the result of not being acknowledged, loved, cared for and protected by influential people.
- Explore womb stages. What was your mother's diet like when she was pregnant? Did she consume alcohol or use medication that had an impact on your bone structure and growth? How did she feel? Explore how it affected you in utero.
- Did any of your relatives also have this condition? If yes, can you recognize similar traits, emotions, habits and patterns? Explore similarities and patterns you may have observed from other relatives' life experiences, behavior and consequences of actions.
- Love = work, rescuing, supporting and being responsible for all. This is often related to the ancestral line.
- What would happen if you allowed yourself to be supported?
- Ancestral trauma related to two families battling it out, feeling caught in the middle. Felt attacked by their family and loved ones. Their source of support is also their greatest enemy.
- Trauma related to alcoholism in the ancestral line. Why did the ancestors feel a need to drink alcohol? What were they suppressing in their life? Explore further possibilities.
- Do you have a history of alcohol? If yes, explore why there was alcohol abuse.

Ovarian Cyst

See Cyst, Cancer, Ovary Cancer / Problems, Polycystic Ovary Syndrome

Emotions

Emotions such as resentment have grown out of control. You may be consumed by the unjust treatment and behavior of others (relationship with your mother or a partner). You don't feel that you are permitted to put a stop to people's behavior, which is upsetting to you. You may have been made to believe that women have to obey, listen and always compromise for the sake of other's needs—emotional, physical or intimate.

You are rebelling against projections and expectations from influential people and fighting off dominant figures. You seem to feel that your mother or an influential female is a sore reminder of how disempowered women are. Abusive and domineering people are a part of your life.

You may have been on the receiving end of abuse or emotional torment from your mother or father. Your mother may have projected her own trauma, suppressed anger or frustration toward you. She may have been aggressive toward you, as she herself felt threatened or suppressed by her own partner. The whole idea about being or becoming a mother raises confusing or conflicting emotions. You don't seem to know what you really want. Your decisions are greatly influenced by your anger and lack of control.

Key Points

- Pain in ovaries during menstrual cycle is often an indication of poor personal boundaries, anger toward an influential female figure or resentment about being a woman. This also includes feeling overwhelmed and bombarded by domineering people. You lack personal space and interacting with people exhausts you -this is a direct result of poor boundaries.
- You have an urge to have children. This need for a child may be as a result of feeling lonely, needing to be needed and to feel you have a purpose (adding value to your life and identity). Make sure you want a child for all the right reasons.
- You might feel sexual frustration, as you are not allowed to express your needs. Your needs are not being met in a fulfilling way. Explore what the block is.
- How does being a female make you feel? Explore further possibilities.
- What is the relationship like with your partner? Do you feel safe enough to have your needs met by this person? Explore further possibilities.
- Growths or cancer in the ovaries may be an indication of poor boundaries and feeling invaded by others, especially men. In addition, you may not be ready to become pregnant due to deep unconscious fears and traumas.
- Explore ancestral trauma related to the above-mentioned points.

Ovary Problems / Cancer

See Birth, Bleeding, Cyst, Estrogen Problems, Fallopian Tube Problems, Female Problems, Hysterectomy, Hot Flushes, Melasma, Menstrual Problems, Menopause, Uterus

Emotions

You have been suppressing sexual anger. You do not feel worthy of having your own sexual needs met and you often feel obligated to put the needs of others ahead of your own. You may feel invaded by men whose needs are selfish, making you feel unable to receive the love and intimacy you desire.

You may be grieving for missed opportunities to be a mother or feel that you failed in your role as a mother. Being a mother didn't work out the way that you intended.

You may not feel good enough in the eyes of influential male figures. You may have been shamed and made to feel less valued than other people in your life. You have been belittled and demeaned by influential people over a long period of time making you uncertain as to where you fit in the family and society, in general.

Your creativity has also been suppressed by a certain role that gave you no joy. This role not only challenged your ability to feel and be free, it also suppressed your talents and creativity, which is associated with the fallopian tubes.

You feel strong sexual anger and frustration as a result of failed relationships and unmet

sexual needs. You felt invaded by your partners (though the partner did not necessarily do anything wrong). This may be the result of sexual abuse or physical abuse childhood that has been triggered by a partner's behavior (this is also related to ancestral trauma).

You may feel that you are not worthy of having your sexual needs met in a way that is satisfying. In short, abuse suppresses a person's creativity, talents and ability to express them in a way that makes them feel safe and empowered. When abuse is referred to in this context, it could mean abuse during childhood years and the ancestral line. Abuse had a traumatic impact on the uterus, resulting in long-term tension. The trauma may have extended to the ovaries. This memory may stem from the ancestry line and was triggered by sexual relations and an invasion in your life.

You feel a lack of emotional freedom and lack of expression. You want to be creative, yet feel controlled, attacked or judged by domineering figures. You do not feel safe to be loved by people that you should be able to feel safe with.

Your mother may have been cheated on and betrayed by her partner while she was pregnant. A third person's presence and hidden agenda may have challenged her territory, identity, future goals and source of support. They may also have experienced a miscarriage and suppressed their grief (also related to ancestral trauma).

Key Points

- Pain in ovaries during menstrual cycle is often an indication of poor personal boundaries, anger toward an influential female figure or resentment related to being a woman. This also includes feeling overwhelmed and bombarded by people; you lack personal space, interacting with people exhausts them. Who made you feel ashamed when you started your menstrual cycle?
- Explore and resolve shame related to being a woman. Who made you feel dirty and impure?
- Explore ancestral grief related to losing a child, miscarriages, rape, sexual abuse and incest and invasion and violation trauma. Explore further possibilities.
- How does being a female make you feel? Explore further possibilities.
- You might feel that you have failed being a good mother, female role model or guardian and that your efforts as an influential female figure were not of high enough standard. Explore further possibilities.
- You may have experienced insincere or hostile love from your mother or father during childhood. Explore further possibilities.
- Your mother was seen as a god-like figure during childhood. She was the source of everything that you needed in order to survive. Did you feel that all your needs were met? Explore the relationship that you had / has with your mother or influential female figure.
- Explore resentment and anger that may have been projected onto you by influential people when you were born and during childhood. How did this make you feel?
- Anger: What have you not deal with? Why? How did that make you feel?
- You may have made an association that love = abuse, pain, hurt, rejection, violation and invasion. Explore further possibilities.
- Do you feel worthy of being respected by others, especially your mother and men?
- Which creative talent have you suppressed? Why? How did suppressing it make you feel? What stops you from doing it? If it is time, then work on the ability to express boundaries and structure your time more efficiently. Explore sabotaging patterns.
- Growths or cancer on the ovaries may be an indication of poor boundaries and feeling invaded by others, especially men. You may also not be ready to become pregnant due to deep unconscious fears and traumas. Resentment toward men – why?

- Explore associations that you made with your mother after birth when she held you for the first time. How did the baby feel?
- Your ability to make decisions was suppressed by a controlling and dominant figure. Explore further possibilities.
- Ovary problems are often related to abuse (emotional, neglect, physical or sexual) within the immediate family. You may have experienced challenging relationships with close family members. Focus on how you feel. Start by identifying which relationship has caused you the most traumas and focus on how this relationship made you feel.

Oxygen Problems (Lack of)

See Hypoxia, Birth – Oxygen Deprivation

Paget's Disease

See Arthritis, Bone Problems, Hip Problems, Pelvic, Pineal Gland Problems

Emotions

You may feel that you don't have enough support to reach out during a time of need. You may feel unworthy of being here and do not feel worthy of asking for support either. Your environment is unbalanced and out of order which is now being reflected internally. You feel that you have no plan or person to fall back on when your goals fail, almost as if you are being punished for some reason.

You regret that you were not guided in a way that would enable you to make decisions on your own and take responsibility where necessary. You may feel that you are hanging in mid air and there is no reliable structure or guidance to follow. You require superior guidance that makes you feel safe. The more support you need, the more you fear you won't get it. This inevitably attracts the worst-case scenario.

You have a fear of letting in support, as you never know when your support system will collapse. Relying on others often made you feel vulnerable.

Influential people were always occupied with important tasks, rather than attending to your needs. This could also be related to ancestral trauma where children were always in the way and used for cheap labor.

You often feel unprotected which could be due to womb trauma. This could also be related to an ancestor that had a poor diet along with a major injury.

Key Points

- Who made you feel so unworthy? How did that make you feel?
- Did any of your ancestors experience a life that consisted of hard work, no support and feeling useless and unworthy of living? Did the ancestor suffer an illness as well? Explore emotions and traumas and how this might be taking place in your life through different people and circumstances.
- When did the PG condition start? Was it after you had measles, viral infection or respiratory problems? If yes, how did you feel at the time of illness onset? Explore feeling invaded or overwhelmed by what. Explore feeling unworthy, worthless and deserving to be punished. Explore further possibilities.
- Explore trauma or long-term stress and why the emotions surfaced.
- Did your mother become ill while she was pregnant? If yes, explore her condition and how it affected your fetal developmental stages, bone and joint growth, as well as the immune

- system. Was there a part of the body that was weakened or attacked by your mother's condition or medication? Did your mother feel supported? Explore further possibilities.
- Do you feel safe and worthy of asking for support from influential people? Explore further possibilities.
 - Place your hand on the affected area. What does it feel like (you are only allowed to give a one word answer and it has to be an emotion)? If that part of the body could speak, what would it say? How does it feel? Why does it feel the way that it does?
 - Which area of the body is affected? See the Quick Reference Guide for more information.

Important questions to ask yourself:

- Does your condition make it easier for you to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in your life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Always explore the birth trauma and see the Birth section.
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Pain

Emotions

Pain is often an indication that you should move away from unhealthy people and bad habits. You should resolve problematic circumstances that have become out of control. It is also an indication that it is time to move away and change your thinking, as it is out of date in regard to the way your life has changed.

You hold on to your pain because you fear letting go of the pain will allow those who've harmed you to get away with their behavior. You are angry for allowing yourself to be disempowered or manipulated by influential people. You have a fear of taking responsibility for your future goals – fear of the unknown. You have disconnected from future goals and temporarily lost control of your journey.

You have allowed past trauma to sabotage the future, to challenge how you handle life and people.

Pain is an indication that you are doing something that you do not want to do. Your life has stopped being joyful and you spend your time stewing over things that cannot be changed anymore. Living in the past is only holding you back.

Stagnant toxins along with emotional components could contribute to the intensity of the pain in the body. These emotions could include anger, grief, injustice, and feeling out of control. If your body does not detox properly, then the toxins can attack or move to a weaker area in the body that is inflamed or irritated. Pain in the body could be a result of inflammation, infection, irritation and bruising and accidents.

The pain is prompting you to re-evaluate your life. Do you live the life that you want? Which emotions are you trying to suppress? What unresolved anger do you have towards someone? Old hurt and feelings of injustice need to be expressed and dealt with. The more pain you feel, the more you resist expressing yourself. As a result of the pain, you often express issues in a way that others do not understand. You communicate issues that you

currently feel upset about, instead of re-evaluating the trauma that was triggered as a result of an unresolved past. See the section “Working with Injuries.” Often you have anger and find it challenging to translate complex emotions into the appropriate words. Instead, you unintentionally provoke confrontation.

As a result of the pain, you have disconnected from your body. The body has become a separate entity. It is important that you work on your relationship with your body. You may resent your body for causing the pain and so you punish it for failing you. This is also a result of an ancestral trauma related to self-punishment, suffering and feeling that life is hard.

Key Points

- When did the pain start? If it was due to injury, what happened? How did you feel just before the injury took place? Explore trauma associated with how you felt at the time.
- If the pain started as a secondary symptom, then explore the cause of the pain as well.
- Do you feel deserving of punishment and pain? Do you feel guilty about something or toward someone? Explore further possibilities.
- Does the pain flare up when you are with a certain person or in a certain type of environment? If yes, then explore how this person or circumstances make you feel? Why do you feel this way? Explore any secondary gains as to why you are still holding on to certain emotions.
- Being in pain keeps you small and out of harm’s way. There might be secondary gain where the pain gets you out of doing things that you don’t like. This is the result of a boundary failure. What stops you from saying “no”?
- Do you feel stuck or trapped with someone or in a certain situation?
- Have you been doing something against your will?
- Explore associations made with pain. Pain = love, attention, acceptance, not being attacked and no arguments.
- What happened in childhood or the past that you cannot let go of? Why? What would happen if you did let go of ____? Explore the secondary gain of anger.
- Any condition accompanied by pain, is an indication of suppressed resentment, unwillingness to forgive, anger, bitterness, hatred or feeling disempowered.

Pancreas Problems

See Alcoholism, Cystic Fibrosis, Diabetes, Inflammation, Jaundice, Gallstones

Emotions

You often feel conquered or defeated. Hard efforts were not praise or appreciated. This made you feel rejected and triggered an old rejection trauma from childhood. This pattern that began in your childhood is still being repeated in your adult life. Your need for love may never have been met in a fulfilling way, so you are always searching for more love. You seem feel a great emptiness, almost like a void that has no end.

You also seem to feel robbed of your power and ability to stand strong against launched attacks, whether it’s verbal or physical. Influential people may have regularly rejected you, causing you to reject yourself and your goals.

You often feel there is something wrong with you and you are not good enough. You feel bulldozed over by life and influential people who never took your needs or feelings into consideration. You often have self-sabotaging patterns that are destructive and debilitating to your own health, personal success and growth.

Your needs were met in a way that left you feeling confused and unsure of what you needed

from an influential person in the first place. You may not have felt safe enough to express and ask for any needs to be met.

You seem to feel that everything you wanted and attracted came at a price. This may make you angry, leaving you with a lingering sense that life is not fair.

You might also be feeling challenged when you need to organize things in your life. You spend too much time looking too far ahead, making you feel overwhelmed. You have a tendency to overcommit your time because of your desire to be in control.

You have suffered a great deal of stress as a result of your parents' marital stress, tension and trauma. Your parents may have betrayed and cheated on each other, creating an environment that was always filled with resentment and lack of trust. You feel that, "My territory is not secure." You often bore the brunt of your parent's anger.

You are holding onto a great deal of anger that needs an outlet. The anger seeps into your conversations and your suppressed anger is evident in the way you communicate.

You seem to feel ashamed and embarrassed, as a result of a past action. Your success made loved ones feels devalued and challenged, making you feel a great deal of regret and guilt. You also need to find balance between your professional life and personal life.

This could also be related to womb trauma. Was your mother angry or felt abused while she was pregnant? Did she have problems with her partner that caused regular stressful conflict?

This could also be related to alcoholism and infidelity in the ancestry.

Key Points

- Trauma related to betrayal in the family. Feeling that your security and environment is not protected and secured. Explore further possibilities.
- Feeling caught up in the middle of heated debates, arguments and projection of anger. How did that make you feel? What did you need emotionally during that time from your parents? Explore further possibilities.
- Has this condition affected other family members or ancestors? If yes, then explore similar patterns that you shared with the family.
- What do you need to control in your life? What has grown out of control? When did it start? Why? What would happen if you could not control ____?
- Do you drink excessive amounts of alcohol? If yes, then who or what are you trying to get away from? What are you trying to forget? What does the alcohol give you that you cannot find in life without the alcohol?
- Who challenged your ability to express what you needed to say? You seem to have experienced an incident when you felt out of control and were unable to express it. You may have shutdown your emotions at that moment and refused to accept any love and joy in your life.
- You seem to feel that joy and happiness have been taken away from you. Explore who made you feel this way. What stops you from taking it back? What has changed in your life that made you feel this way?
- Do you feel equipped to feel confident in another's company and with your own future? If no, explore why? What is missing? What do you still need emotionally?
- You are wary of friends and loved ones turning on you making you feel attacked, judged, resentful and unappreciated. If this is relevant, explore why you are not expressing boundaries or expressing yourself within these circumstances?
- You stopped seeing and taking in the joy and beauty of life. Why? What made you feel this way?

- Trauma related to feeling out of place, undeserving and inadequate. This may cause you to push others away. Explore what the benefit is in pushing others away.
- Trauma related to feeling in danger or feeling threatened. By whom or what? How did that make you feel?
- You look too far ahead into the future and what you need to do in life. You live life in the future. You feel overwhelmed and can over-commit due to a need to be in control of a situation or future situation. What is the benefit of living your life so far ahead of time? Explore further possibilities.

Pancreatic Cancer

See Alcoholism, Cancer, Pancreas Problems

Emotions

You feel invaded by people, controlled in how you should feel and experience life. The love that was shown to you was often very conditional.

You seem to feel that there is nothing out there for you. You try and find your passion and happiness outside of yourself. This often means that any feelings of fulfillment are fleeting as what you want is never within reach.

Your passion for life has been squashed by a need to be in control of everything. You overcompensate for the lack of control you experienced during childhood. This typically backfires, as you are too desperate to correct past mistakes. You have given up on friends and good acquaintances, as you are not seeing any reward for the time and energy invested in other's needs and goals.

Your goals, emotional needs and success in life were controlled, invaded or disempowered by controlling, influential people. You may feel that you don't have any goals to live for. You have often sabotaged your success and goals due to giving power away to manipulative authority figures.

You have never stood up for yourself in a way that would allow you to be heard by influential people. The negative emotions are too overwhelming to suppress. You might also abuse alcohol or substances to ease anxiety and stress.

Key Points

- What have you had enough of in life? Explore further possibilities.
- You have given up on life and challenges. Why? What happened that made you feel this way?
- Who in your childhood made you also feel this way? Explore associations made with an influential person when you had emotional needs, such as expressing a need for love, security and attention.
- Did anyone else in the family also suffer from pancreatic problems? If yes, explore what was happening to that person, how they felt, what their lifestyle was like? Are there any similarities between your life / issues or environment and the ancestors' lives?
- Trauma related to betrayal, incest and cheating partners. Explore ancestral trauma as well.
- Did you or ancestors struggle with obesity, smoking or drinking excessively? If yes, explore the associations the body made with the substances – what did the person need when they were drinking or smoking? Explore the trauma that was inflicted on the body and pancreas. How did the person feel when they smoked or drank alcohol (did they drink or smoke out of anger, resentment, feeling unhappy, no joy in life)?

- Self-punishment. Why do you punish yourself with harsh thoughts, emotions and habits? You seem to feel that because there is nothing out there for you, nothing matters anymore. Explore why you feel this way.
- Did you use or abuse any medication or substances that may have resulted in pancreatic cancer or damage to the pancreas? Explore further possibilities.
- It is important that you start to feel the joy in life again. Besides having this condition, what stops you feeling the joy in life? What happened? Who contributed to it? What is the benefit of holding on to your anger, resentment or bitterness? Do you know who you are without these harsh and negative emotions? Explore options.
- Trauma related to great shame. What happened that made you feel this way? Who made you feel this way? Explore further possibilities related to shame and being shamed by people you respect.
- Explore womb stages. Did your mother feel betrayed or cheated on by her partner while she was pregnant? Explore further possibilities during this time and also how it affected you in utero.
- Did your father cheat on your mother? Did he have a child with another woman that the family does not know about?
- Trauma related to not receiving your fair share of an inheritance or treatment. Explore further.

Important questions to ask:

- Does your condition make it easier to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztof>

Panic Attack

See Anxiety, Alcoholism, Depression, Hyperventilation, Hysteria, Phobia, Sexual Abuse

Emotions

You have an intense fear of which the origin is often unknown. You have been over thinking and stewing on past actions and incidents. You have an unconscious fear of being punished for possible mistakes you've made.

You were made to feel as a scapegoat and were treated as the root cause of everyone's problems. You often feel that it is your fault that everyone is unhappy and struggling. You accept responsibility for issues that you are unable to change.

You often feel intimidated by authority figures and feel powerless in their presence. You may have to accept challenges as a result of poor boundaries, assuming you have can only suck it up, shut up and deal with it. You often feel that you are intruding on everyone's life. Everything is a mess and chaotic with no pause button.

You may have experienced multiple traumas at a time when you thought you were safe (this is also related to ancestral trauma). This made you feel unsafe at a time when you assumed

you were protected. You do not know when to relax and when to be on guard. The fight or flight instinct has been activated and this state of alertness is serving you, but in a negative way. This may make you feel paranoid about people's intentions. You don't know who to let in and who to block out. As a last resort, you may isolate yourself from everything to avoid any danger.

Feelings of rejection and abandonment are overwhelming. You have suppressed your trauma and emotions, only for it to be triggered by influential people in your current circumstances. The trauma and suppressed emotions are overwhelming.

Your body is going through a system failure. You need to re-evaluate what your problem and what is not. What is the benefit of worrying about something that this is not your problem? This is related to being made to feel responsible for other's problems. Your feel that your need for love was only met when you carried another's burdens and problems.

You should evaluate what is really going on in your life. What is a real threat and what is not? Expecting the worst-case scenario only adds fuel to the fire. This may be the result of a childhood where the worst-case scenario was the only scenario that was ever going to take place, regardless of any efforts to change or avoid it.

Key Points

- Who or what challenged your ability to trust others? How did that make you feel? Explore further possibilities.
- Trauma related to an unexpected, tragic or stressful circumstance that took place either in your life, your parents or ancestor's lifetime. Explore further possibilities.
- You may have been sexually abused. Were any family members or ancestors ever raped or sexually abused?

Note to practitioners: Never ask a client if they were sexually abused. They need to feel ready and safe to talk about it. Use conception and fertilization stages as a way of starting the session.

- Were you physically abused? If yes, explore trauma related to being physically abused. What often triggered the abuse? If your mother or father had medical issues that caused them to become unstable and unpredictable, then explore how that made you feel.
- Trauma related to never feeling safe. Feeling attacked by people that should have protected you. Explore further possibilities.
- When you needed love, your need was often met by abuse, attack, hostility or confrontation. Explore further possibilities.
- Trauma related to not knowing what to expect next. Explore further possibilities.
- Explore womb stages. How did your mother feel toward you? Were you wanted? Did your mother resent you? What was her emotional state of mind during the pregnancy? Was she in a healthy relationship? Explore further possibilities.
- What are you scared of? What happened just before the panic attack took place? Were you upset, scared, stressed or under pressure? Explore why you felt like you did.
- Love is dangerous and unsafe. Explore what your view is on love, both giving and receiving love. Explore further possibilities.
- Were you able to express and communicate to influential people (especially your mother)? If no, explore why? What happened when you did? How did this made you feel?
- Who made you feel like an intruder in the family? Did you feel welcome? Was there an influential person that made you feel threatened when you should have felt safe?

- Fear of success. Successful people in the family may have been rejected for being better than others. You have a deep fear of being alone and rejected, so you may hold yourself back.
- Explore similarities between your emotions, habits and your mother's. Patterns copied from the mother often set in during the fetal stages when the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.
- Ancestral trauma related to feeling trapped. This could include prison, slavery or an abusive marriage. They felt consumed by their emotions. Explore further possibilities.
- Ancestors lost complete control over their life, such as finances, territory and supporting their family.

Papillomavirus (HPV)

See under Human Papillomavirus (HPV)

Paralysis

See Brain, Paraplegia, Multiple Sclerosis, Muscle Problems, Myofascial Pain Syndrome (MPS), Nerve Problems, Spinal Cord

Emotions

You may have been blamed for causing stress in the family. This may be the result of influential people not taking responsibility for their own actions. You have accepted what was coming your way, making you overly cautious and aware of what you are doing. You are trying to avoid causing problems and recreating old mistakes that had traumatic consequences.

You have stopped dead in your tracks as a result of fearing the unknown. Your actions may have been punished in the past. As a result, you are hyper vigilant about what you do and say. You were made to feel as if you were overstepping a boundary by moving outside of the family values.

You want to start a new journey in life. You feel held back by controlling influential people; as if you need permission in order to change. You have learned that resisting influential people does not have a desirable outcome.

You feel paralyzed by your fear, as you cannot say what you need to say. You suppress your feelings and prefer to keep your own counsel. Keeping to yourself cuts down on arguments, personal attacks and negative consequences.

You seem to have reverted to a state of numbness and freeze response. The survival instincts served you well during childhood. As a result of many accumulated traumas (womb or ancestral trauma or both) the freeze instinct was activated. This may be the result of feeling overwhelmed by a great deal of responsibility and not exercising clear boundaries. You feel frozen and numb when confronted by influential people. All these emotions that are surfacing are a direct result of trauma and stress experienced during womb stages. It begs the question, "What caused your mother to feel paralyzed in her life as well as your ancestors?" You fear that if you express your boundaries, you will lose the love and admiration of others.

You often have a fear of success and feel very undeserving of it. You may feel that you are not allowed to be more successful than a dominant authority figure in life. Being in the background and being small keeps you out of harm's way. The pressure you are under has become

too much to bear and you want to give up.

If paralysis occurs at nighttime, then explore what happened during the dark hours of the day. This could also be related to ancestral trauma where rivals attacked them during the night and they were not prepared to defend themselves. Were you abused, felt unsafe or unprotected by people that should have protected you? Are you scared of insects or noises? What is the worst thing that could happen if you fell asleep? You have associated darkness with trauma, such as feeling out of control, trapped or invaded by people and noises.

Key Points

- Explore which area was affected and see the Quick Reference Guide for more information.
- You seem to take people's words and actions very personally. Why? What happened that made you overly sensitive?
- What would happen if you said "no" to others who abused your time, energy and goodwill? Explore further possibilities.
- Who or what overwhelmed you? Who expected too much of you? How did the pressure make you feel? Explore further possibilities.
- Ancestral trauma related to wars, slavery or being part of circumstances where if they moved they could die. Paralysis is also related to ancestral domestic abuse where the partner wants to leave but feels too scared and as a result, feels paralyzed to stay at home. Explore further possibilities.
- Feeling paralyzed as a result of feeling too scared to run away from authority. Fear of confronting authority. Explore further possibilities.
- Explore the birth stages. Did your mother use drugs to numb pain during pregnancy? If yes, explore how this made you feel. Did you feel paralyzed, numb, scared, helpless or disempowered? See Birth section for more information.
- What happened just before you became paralyzed? How did that make you feel? If it was due to an accident, explore how you felt on the day of the accident (long before the accident took place)?
- Explore long-standing issues that have been suppressed. Why? What was the benefit of suppressing ____?
- Trauma related to feeling pressured and trapped. Explore fertilization when sperm entered the egg, womb stages.
- Being safe = being frozen and numb. Explore what happened that made you revert to this state of mind. What became too much to handle?
- You seem to feel that every move is being watched and mistakes are not tolerated. If this is relevant, explore how this makes you feel.
- Stubbornness and resistance has been your only strength thus far. Explore how it serves you to resist people and new changes. What happened that made you so stubborn and resistant?
- Explore Pelvic Problems as misalignment of this area, may cause seemingly unrelated issues in the nervous system, tendons, muscles and joints.
- Ancestral trauma related to feeling and being unprepared to defend themselves in the face of danger. Unable to protect their family. Shock and threat was so great that they were paralyzed by shock. It was safer to be still. Explore further.

Paraplegia

See Accident, Paralysis, Spinal Cord

Emotions

Your journey has temporarily come to a halt. This condition may have surfaced just as you were about to embark on a new journey or make big new changes. You may have a deep unconscious fear of success, failure and new changes (this is related to ancestral trauma).

This condition also affects your loved ones. This is a time when people will have a more in depth experience and understanding of what compassion, acceptance and forgiveness means to them. This is a condition that can turn someone's life upside down if you do not have sufficient support in your life. This condition brings about many new life experiences, for everyone involved. From what I have learned, it will trigger many unresolved issues in you and those around you.

Unresolved issues related to guilt, despair, grief, rage or depression and an understanding might be triggered during this time. Consider yourself a teacher, for you will bring profound change and insight to many people you met.

Key Points

- You might feel that you do not deserve any success, as you might not feel good enough to achieve ___. How does that make you feel? Explore during ancestry as well.
- Anger related to feeling that life is unfair. What is the benefit of holding on to these emotions? What would happen if you let it go?
- Were you about to make new changes before the onset of this condition? If yes, explore how you felt before or after making the change. Did you feel deserving and worthy of the change? Did you feel supported during this change?
- When you needed support, love or acceptance, how did your mother and father respond to your needs (before the onset of this condition)? The need for love, support and acceptance was met by ___ emotions from influential people. Explore further possibilities.
- Your need for support may have been met by more challenges and pressure from influential people.
- Did you feel supported before the onset of this condition? Explore further possibilities.
- Before this condition started, when was the last time you felt like giving up on something? Explore whether you felt similar feelings before this condition started. As well as long-standing issues, what other issues have not been resolved?
- How did you feel on the day, several hours before this condition started? Did you feel vulnerable, scared, unsafe or insecure? Were you afraid of the future or have a fear of success? Explore more possibilities.
- How do you feel about your future?
- It is important to explore trauma and emotions you felt just after the onset of this condition, such as fear, terror, freeze response or dissociating from your emotions and body.
- Ancestral trauma related to an accident that also left the ancestor paralyzed. What trauma did the ancestor not resolve? Is this trauma now surfacing in your life? Explore further.
- A good book to read; Waking: A Memoir of Trauma and Transcendence by Matthew Sanford.

Parasites

See Crabs, Lice, Malaria, Cercarial Dermatitis, Bacteria, Virus, Fungus, Microplasma

Emotions

Parasites in a person's body relates to people or circumstances that may be parasitic and taxing on their time and energy. Influential people only expressed love when you followed their strict instructions. You are a people pleaser, causing you to exercise poor boundaries. This is

strongly linked to your lack of worthiness. You often felt you had to work and sacrifice your happiness in order to be validated and loved.

People often think that parasites, bacteria and viruses are bad or evil. They are actually just a part of nature. The parasites, bacteria or viruses are doing what they are programmed to do.

Your mother may have been in a polluted environment and consuming a bad diet. This is an early start point where boundaries could not be expressed. You felt controlled by the decisions and lifestyle choices of others. You may feel that you are not allowed to say “no” or stand up for yourself. You often land yourself in circumstances where others are in control. This may make you feel useless, unable to do things on your own and make decisions.

You are often a follower instead of a leader, as influential people gave you no option to lead at any point in time. You often fear being in a leadership role, as you do not have discernment over where your responsibilities stop and start. You end up taking on more than you should. You have seen first hand how needs and burdens can overwhelm people.

You feel that others only seek you out when they need you. You often feel guilty for expressing a boundary to someone that is demanding your time and energy. You allows others to take advantage of you because it makes you feel important and valued when you are needed.

There have been clients who reported that they feel immense loneliness and emptiness or a void within. Parasites that were present at an early age in their body were unconsciously almost accepted as company. This is not the case for everyone. However, this possibility should not be ruled out. The physical body itself has its own consciousness that is not always knowingly detectable by the head mind.

Key Points

- Did your body make a positive association with parasites at an early stage?
- Were there parasites present during fetal stages?
- Did your mother have problems with parasites (such as Candida, intestinal worms) while she was pregnant? If yes, explore how it affected you in utero.
- Experiencing poor personal boundaries. Why? What happened in the past when you said “no” or set a boundary with the person that was then disrespected? Poor boundaries are often the result of a childhood where you were not given opportunities to express clear boundaries. You felt controlled by a strict, stern or emotional mother. In these cases, you will often suffer from a very low self-esteem and fear abandonment. As a result, you may give too much of yourself with the hope of being valued and accepted.
- Explore a time when you, as a baby, were separated from your mother. How long were you separated for? How did it make you feel?
- Fear of success and moving forward. Due to past treatment that made you feel disempowered, you may not feel confident enough to accomplish success or intended goals. Why? What do you need in order to be successful? Explore why there is a missing link and what may have caused this to be suppressed.
- By whom do you feel verbally or physically attacked during childhood? How did that make you feel? What did you need when you were attacked or punished? Explore further possibilities.
- Did you feel invaded after birth when medical staff handled you? Explore trauma related to feeling invaded and powerless to express boundaries.
- This condition is also brought on by low immune system. Explore the zygote stages. Did the zygote feel under attack by the mother’s body? By whom do you feel under attack in your life?

- Explore fertilization. Did the egg feel under attack and invaded by masses of sperm approaching it?
- When you were a newborn, how did you feel when you were being washed and handled by the maternity staff? You are searching for emotions related to feeling overwhelmed; personal space is violated and invaded. These are all moments when a person starts to experience boundaries, what they like and don't like and being touched.
- Trauma related to a stressful relationship with your mother. Explore how the relationship with her made you feel. Why was she hostile? Did she project stress that was related to her marital problems with her partner onto you? Explore further possibilities.

Parkinson's Disease

See Muscle Problems, Myofascial Pain Syndrome (MPS), Nerve Problems, Tremor

Emotions

You are resistant to learning new information from the environment. The more you see and process, the more overwhelmed you feel. You experience life in a very sensitive way. What you have learned, seen and experienced so far is enough—you do not want to continue this emotional journey.

You want to change the way you execute tasks and respond to your circumstances. There is a part of you that no longer wants to play this game called life.

You are withdrawing from society as you do not want to compromise your emotional and mental health anymore. You feel rigid about what has happened in your life. You do not want to continue along that path anymore. Your stubbornness and rigidity have served you well. As a negative side effect, you suppressed your emotions. Instead, you relied on the rigidity for emotional support and comfort. You felt conflicted with your goals and what others expect of you. As a result, you never find any joy in what you do. If you choose to do what you want, you sacrifice the love and acceptance of others. This is a no win situation and either way you feel angry, stuck and resentful of your circumstances.

You have a desire to experience life in a way that makes you happy and free of stress, pressure and control. You have given up fighting against the demands of others. You seek permission to have fun and explore. This may have made you feel that there is an invisible threat that you cannot see. You are cautious not to venture too far outside of the family values and what is familiar and safe.

You seem to regret missed opportunities, wondering what could have been done differently. You now realize that you could have achieved more success and acknowledgement if you had followed your own path. You have kept your emotions under wraps because you feel expressing them will only expose your vulnerabilities and leave you unable to defend yourself.

You are often a rigid communicator. You think the more you say, the more ammunition you hand over to others to be used against you in the future.

You do not feel rewarded for the hard work you have carried out. You seem to be blocking out love. Love may not have given you any reward or motivation in life. Love may have been hostile and felt dangerous.

Your life has been stressful and you feel a great deal of guilt towards those you have crossed paths with. This includes children, a partner or your parents. You have experienced many incidents that were traumatic and significant. This could include divorce, troubled relationships with parents or children, work related stress or financial loss. During times of stress, you were never sure which direction to follow.

You felt a great deal of doubt and stress related to the future. Nothing comes into your life in a gentle way. Everything seems to go off with a bang, resulting in chaos and more stress. This may have made you feel a great need to put a stop to everything that is spiraling out of control. You have an immense amount of unprocessed guilt that you do not want to let go of.

You have a fear of disappointing people. This often caused you to work even harder in order to avoid this. You live in fear of upsetting others or causing ripple waves in the family.

Key Points

- Explore ancestral trauma. Being bitten by poisonous spiders, insects, food or environment that affected the brain and nervous system. Explore whether the ancestors had imprisonment, slavery, and poverty and abuse trauma at the time of poisoning. Ancestral trauma may be resurfacing.
- Explore the womb stages. Did your mother experience trauma where she felt attacked or invaded by her environment or her partner? If yes, explore how it affected the fertilized eggs developmental stages during cell division.
- Ancestral trauma related to chemical exposure, war trauma, radiation and pollution, along with poor diets and compromised immune systems. If yes, how did the ancestors feel during that time? All these environmental exposures may have irritated and damaged their nervous system. Explore whether their right to speak up for themselves has been suppressed. Explore work related stress, feeling overly responsible, attacked, guilt, out of control, not able to escape and feeling trapped and frozen. Explore how any of these traumas may have affected you.
- Feeling unsupported. No one to reach out to. Fear of burdening others. Who made you feel like you were a burden? What would happen if you asked for support? What happened in the past when you asked for support?
- Stubbornness related to forgiveness. You seem to feel your stubbornness and rigidity is what helped you to survive thus far. If you forgive, you may allow yourself to become weak and others will get away with their wrongful actions. Holding on to trauma and not forgiving means you are still able to hold others accountable for what they have done. See the Forgiveness section and explore the benefits of holding on to grudges and trauma.
- Who and what do you resent and why? Which of your parents are also very resentful? Explore how you may have copied your parent's behavior in order to keep yourself safe from their harsh environment. If it was your mother, then explore how her resentment affected you in utero. When you needed security from her, were your needs met by resentment, anger or unfairness?
- You feel rigid when setting boundaries with others, as you fear you will be disliked, abandoned or rejected. You have a fear of being alone and therefore would rather tolerate unhealthy relationships than be alone.
- What is the benefit of not being alone?
- How would it make you feel if you were left to be alone?
- Who abandoned you during childhood? How did that make you feel? What stopped you from communicating your need to be comforted? Explore further possibilities.
- Trauma related to losing control of your life. In which area of your life? Why? How did that make you feel?
- You seem to feel guilt, confusion and fear whenever you are intimate with a partner. Why? What happened during your childhood when your parents expressed love? You might feel that love = abuse, pain and disappointment. Explore more possibilities.

- You feel that you have to become someone different in order to be loved and accepted. Why? What would happen if you never fulfilled influential people's expectations?
- You live and feel emotions from the head mind, causing you to avoid emotions. You may have experienced birth trauma that resulted in moving your whole consciousness to the head with the intention of escaping the physical pain that the body was experiencing.
- You are suppressing your feelings of guilt, shame, resentment and grief. Why? How does it keep you safe to suppress these emotions?
- Explore anxiety, feeling like a victim, fear of being attacked and surrendering due to giving up during the fertilization stages.
- How does being in control of everything serve you? Explore further possibilities.

Important questions to ask yourself:

- Does your condition make it easier to express boundaries, such as saying "no"?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Are you avoiding certain responsibilities in life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Pellagra

See Alcoholism, Anxiety, Depression, Digestive Problems, Fatigue, Nerve Problems, Skin Problems, Suicide

Emotions

You feel overly sensitive to verbal attacks from others (related to ancestral trauma). You often sabotage your spiritual and emotional growth by holding on to the past. Feeling stagnant and isolated caused a great deal of anxiety. There is a deep fear of being left behind.

Your environment has become emotionally and physically toxic to you. Love may have been expressed in an abusive or hostile manner. You feel that you didn't have enough nurturing and protection during childhood (related to ancestral trauma). You have been made to feel guilty for having needs, especially when you expressed yourself during times of stressful events.

No one can be trusted, as everything and everyone may eventually disappoint you. Influential people may have manipulated you by using guilt. This kind of manipulation often surfaces when an influential person was not able to control you. There may have been times when abuse was used as a means of control (could also be related to ancestral trauma). You do not feel cared for by others. You may have associated mealtime with negative experiences such as tension, stress and conflict. This may have caused you to digest food while feeling angry, afraid of quarrels and blame.

Key Points

- Ancestral trauma related to physical abuse that made you feel unable to protect yourself.
- The joy has been beaten, tortured and abused out of you.

- Your ancestors lived during a time of war, where food was toxic or poisonous and affected by the environment. They may have been slaves, tortured or endured times of poverty with limited amount of food that may have been affected by toxins. They have been going through rough times where their inner strength and ability to be strong has been challenged. Explore how this may have affected the ancestors and how certain traumas, diets or emotions affected you.
- Explore womb stages. Did your mother consume enough healthy food while she was pregnant? Did she consume alcohol? If yes, then this may have challenged the vitamin levels in her body, affecting you as well. Explore how it affected you.
- Your ancestor's body may have made a negative and traumatic association with this vitamin, resulting in the body responding in a negative way when it was digested. Explore further possibilities.
- How do you feel when you consume your food? Do you feel anxious, scared, angry or resentful? If yes, why? Explore associations made when digesting food.
- Did this condition start due to excessive alcohol intake? If yes, explore why you felt the need to drink in the first place? What does the alcohol give you that you cannot find or feel in your life? Explore further possibilities.

Pelvic Organ Prolapsed

See Prolapsed Problems – Bladder

Pelvic Problems

See Back Problems, Bone Problems, Constipation, Female Problems, Fibromyalgia, Foot Problems, Gonorrhea, Chlamydia, Herpes, Hip Problems, Inflammation, Joint Problems, Knee Problems, Neck Problems, Male Problems, Paget's Disease, Salpingitis, Tendon Problems

Emotions

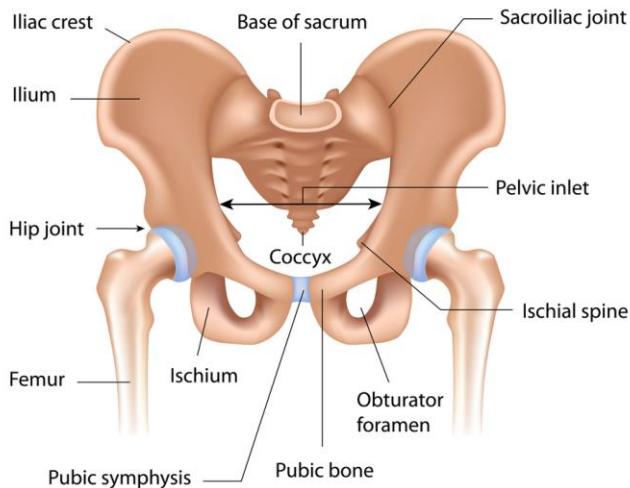
Your childhood may have been built on a foundation of instability, confusion, lack of consistency or chaos. You have been introduced to a life that may have forced you to fend for yourself early on.

You may have made an association that support is not safe, not helpful or creates an opportunity for betrayal. When you needed support, how were your needs met? You had to rely on your ability to support yourself.

Issues related to the pelvis may surface in many different ways. The pelvis is the foundation of the skeletal system, if this area has been injured, misaligned or damaged in any way, it may cause pain in many different areas in the body. The pelvis also relates to one's sexual relationships. It also relates to how you feel about your sexuality and bearing.

Trauma related to sexual abuse may affect this area to a great extent. Could be related to an ancestor who was raped or who had a child with someone outside of her marriage.

The Pelvic Girdle



Ilium Bone

Trauma or pro-longed stress related to an unexpected pregnancy. You may feel greatly challenged by changes that took place in your life and you may still be resisting changes that already took place. Often related to making the wrong decision that had a big impact on your future / relationships / quality of life. Also related to conflict with a partner—are you with your partner for all the right reasons?

Key Points

- When did this condition start? How did you feel? What has been a pressing issue in your life up and to that time? Explore further possibilities.
- Trauma related to a medical procedure that involved the pelvis. Explore further possibilities.
- If you are a female and mother, then explore if you are still holding on to old birth trauma, especially if you had a natural birth. Explore physical trauma that may still be in the pelvic area and also explore how you felt at the time.
- Ancestral trauma related to women and men being raped, sexually abused and used for influential people's entertainment. This may also start in the pelvic area even though you may be male. Explore by exploring the fertilization stages.
- Did you have enough space to move around in the womb during the last fetal trimester?
- If you felt too compressed, explore where there was pressure in the body. Was it on the back area that may have influenced the pelvic area? Were the legs squeezed into the chest resulting in unnecessary pressure on the pelvis? Explore how you felt at the time.
- Have you ever injured your spine, neck, head, shoulders or hips in childhood or your adult life that may have affected the pelvis area? Such as falling. If this is relevant, then also see the Accidents section. If you did injure the pelvis area or an area that directly affected the

pelvis, then explore how you felt before the actual injury took place. Explore how you felt after the injury.

- Imagine that the pelvis had a voice. If it could speak, what would it say? How does it feel? Explore further possibilities.
- Explore guilt related to your sexual relations with others. Have you been unfaithful to a partner? Sexual anger and frustration. Explore further possibilities.
- Explore rigidity in your intimate relationships. How does being rigid serve you? Where in your body do you feel the rigidity? Explore further possibilities.
- Feeling that you had to give up something in life in order ensure a good life for someone else. This left you feeling out of balance and joyless.
- Who or what is causing you to feel off balance in life?

Penis Problems

See Alcoholism, Genital Warts, Gonad Problems, Infertility, Male Problems, Muscle Problems, Pineal Gland Problems, Peyronie's Disease, Premature Ejaculation, Prostate Problems, Sexual Abuse, Testosterone Problems

Emotions

You seem to have associated guilt and shame with your penis and the purpose of it. You may have been exploring this area as a child and were made to feel guilty, disgusting or ashamed.

This memory may have affected you throughout your adult life, resulting in emotional and psychological issues relating to your genitals.

You seem to feel uncomfortable when you are intimate with someone. You feel that you are disgusting for using this part of your body, which you made a negative association with during childhood.

You may also have had a challenging relationship with an influential person who dared your masculinity and your ability to cope with male responsibilities. This could include being a breadwinner, leader and support system for others or being stronger than others. You seem to feel that you are caving in from all the anxiety and stress related to performing in life and also in your sexuality. An accumulation of all the stress has taken a toll on your mental, emotional or physical ability to cope.

You seem to have a fear of being judged if you do not keep up a certain standard and façade. Your façade was often rewarded with praise during childhood. Lack of this praise and acknowledgement made you feel invalidated, inadequate or unsuccessful.

These patterns may have a great affect on the ability to be intimate and also to explore your sexuality with a partner. You have a fear of not being able to meet a partner's needs and standards. You often set yourself up for failure. This caused you to be overly controlling and domineering in order to compensate for the fear of losing control.

You may also have had a stressful relationship with your mother. There is a part of you that feels you have to be loyal to her. You feel controlled by a feminine figure and have a deep unconscious fear of breaking away from this controlling grip. There is still a part of you that associates your mother with the source of food and love. Replacing her with a partner might result in isolation, abandonment or punishment.

Fermosis

Your mother was not allowed to have sex. You may have been conceived by means of rape or a parent cheating on the other partner. Sex is forbidden. Your mother did want to have sex.

Key Points

- Did you abuse drugs or alcohol? This may have caused problems in this area. Explore why you felt the need to use drugs or alcohol. What do you feel was missing or suppressed in your masculinity?
- You have control issues related to intimacy and how you express yourself. Lack of control and feeling abused or judged by the opposite sex from an early age. This may result in you overcompensating for the lack of control you had by being overly domineering, controlling or judgmental towards a partner(s). What is the benefit of being in control and domineering a partner? Explore further possibilities.
- You may be searching for attention that you didn't receiving during childhood. You are often competitive with others as you are coming from a place of unmet needs. Your need to be acknowledged, adored and loved may result in having multiple partners, always seeking that someone who can fulfill your needs. Explore the relationship with your mother and explore abuse, neglect, abandonment and feeling controlled trauma.
- Fear related to performing well and pleasing a partner. Was your mother ever happy with your father? How did conflict between your parents affect your idea and goals in a sexual relationship? Explore further possibilities.
- When did the problem start? How did you feel at the time? How do you feel when you are intimate with a partner or masturbating? Explore how this might have contributed to your emotional state.

Peptic Ulcer

See Bacteria, Digestive System, Ulcers

Emotions

You seem to be feeling intense anger and resentment towards an influential female figure for treating you in a way that made you feel trapped and controlled. You are suppressing intense rage as a result of not being able to speak up and feeling ignored.

You seem to feel controlled by what others think. You may feel unworthy of being accepted as who you are. You have adapted to a façade that is more desirable to others.

You may feel traumatized by influential people that should have protected and loved you. Instead, your needs were met by negative reactions from short-tempered influential people.

You can't stomach how your mother made you feel. You need an outlet for all the intense emotions. Expressing yourself might result in more rejection and abandonment. You have associated self-expression with punishment and rejection. Silence has been a saving grace, yet it resulted in many emotions and traumas being suppressed and stewed on. Your own turmoil and emotional pain is eating away at you.

You do not seem to feel safe moving away from the people and circumstances that are causing you problems. You are still longing for love and acknowledgement from those who regularly rejected you. You have inevitably rejected yourself.

You do not feel good enough in the presence of your mother. You are placing a great deal of pressure on yourself to be better than others. You want to behave like someone your mother approved of, yet you feel that you can never please her. This is a never-ending rejecting cycle.

You feel lonely, empty and fill your life with people who end up rejecting you as well.

Good deeds have resulted in being acknowledged, however the efforts cause you a great deal of stress.

Key Points

- You have suffered from separation anxiety, resulting in intense anger and resentment for being abandoned. Who abandoned you? Explore further possibilities.
- Feel forced and pushed into doing things or compromising for others or circumstances that were against your will or conflicted with your own values. Making you feel resentful, angry, used and lonely.
- You may have been using medication or painkillers that may have resulted in a peptic ulcer. Explore why you were using medication? The peptic ulcer in this case is only secondary symptom of another issue that started first.
- Explore possibility of being abused by an influential person that should have protected you during childhood. You have made negative associations with love during childhood. Love = abuse, pain, rage, betrayal or confusion. You need and fear love.
- You have suppressed a great deal of anger. The slightest mistake will cause you to be rejected or abandoned. It is safer for you to keep your own counsel rather than expressing yourself. Why?
- You are overly sensitive toward people's emotional state and moods. You over analyze what others might be thinking. Your eagerness to please others causes you to take on other people's pain, responsibility and suffering with the intention of being loved and accepted in return.
- Personal boundary failures. If you had good and healthy boundaries, you would not be taking on other people's problems. What is the benefit of taking on people's pain and responsibilities? Why do you allow yourself to be abused or manipulated by your mother?
- Explore what would happen if you said no to people's demands, requests and delegations of more responsibilities.
- What are you always worrying about? What is the benefit of worrying all the time? Explore further possibilities.
- What do you feel you were lacking? What is causing you to feel unsafe when looking ahead into the future?
- What in your life do you regret? The regret may have caused you to place unnecessary pressure on yourself to correct past mistakes. Explore more possibilities.
- When did the peptic ulcer start? How did you feel at the time? What emotions and situations were building up to an explosive point before the ulcer started? Who or what in your life can you not accept? How does this make you feel? Explore further possibilities.

Periodontitis

See Gum Problems

Peripheral Nerve Problems

See Anxiety, Blood Pressure High, Heart Problems, Impotence Problems, Lung Problems, Muscle Problems, Nerve Problems, Spine Problems, Toxins

Emotions

You feel challenged by traumatic incidents that you are unable to express or communicate to others. Past trauma has caused you a great deal of turmoil.

Life has surprised you with unexpected events and actions, leaving you feeling scared, angry or out of control. You feel suffocated by your current circumstances. This lack of expression has created a great deal of suppressed anger, to the point where it makes your

blood boil. The lack of control you experienced was a result of unexpected events, behaviors and circumstances. This made you overcompensate by becoming too controlling.

You still have a great need to say what should have been said in the past. These unexpressed truths have now become urgent. You may have been punished, abused or ridiculed whenever you tried to communicate. Your sensitivity to people's reactions and behavior has caused you to become disconnected from everyone.

The love you received from influential people during childhood may have left you feeling attacked, scared or rejected. You are walking through life feeling as if you have to fight for what you want (this is related to ancestral abuse). Everything you want to do is hard and challenging. You cannot get anything without working hard for it.

You are moving forward filled with anger, suppressed emotions and feeling suffocated with your circumstance. You want to please others, but feel your efforts are in vain. You have trouble communicating your value and worth.

Key Points

- If none of these points resonate with you, explore these issues on an ancestral level.
- What caused this condition? Explore the cause first then refer to this section.
- You are not expressing your anger, need for love and support or your fears.
- You feel suffocated by the past and feel challenged to process any trauma. Explore why. What would happen if you were able to process it? How does it keep you safe to hold on to it?
- What causes you a great deal of anger right now? Or what has been causing you to feel anger for long periods of time?
- Do you have high blood pressure? If yes, then explore how you feel when your blood pressure increases. What made you angry or what are you resisting? What made you angry during childhood? Is this pattern being repeated now? Explore possibilities.
- Do you allow yourself to receive support and love from others easily? If not, why? What trauma do you associate with receiving support and love?
- What would happen if you were able to express your true value and self-worth? Say it out loud to yourself, or a trusted friend. How does that make you feel? Explore the issues that are triggered by this exercise.
- When did the nerve problem start? How did you feel at the time? What was happening in your life? Explore long-standing issues that may have built-up, causing this condition to repeat itself.
- What do you feel anxious about? What happened in childhood that made you feel anxious?
- Which emotional need has been left unfulfilled? Why? How does this make you feel?
- Explore womb stages. Did your mother abuse any medication, drugs, alcohol or diet that may have affected the development of the nerves during fetal stages?
- Was your mother given any drugs while giving birth? If yes, how did that affect you? See the Birth section for more information.
- Your need for love may have been met by negative reactions. Explore further possibilities.
- Explore the area of the body that is affected and see the Quick Reference Guide for more information.

Peyronie's Disease

See Male Problems, Muscle Problems, Penis Problems

Emotions

This is often related to a controlling, hostile or emotionally absent mother. You may feel a great need to control your partner(s), as loved ones may have abandoned you in the past.

You often had to fight against abusive or manipulative parents or authority figures. You had to solely rely on your masculine qualities in order to emotionally survive, as any feminine aspects were judged and criticized.

Key Points

- How do you feel when you are in an intimate relationship? What fears are activated? Explore further.
- Explore the relationship with your mother. How did it make you feel? Is there an overlap with the patterns in your current intimate relationships?
- Who challenged your masculinity? This could be related to the relationship with your father. Was he very controlling / abusive? This may have caused you to become stuck in a fight instinct, with a great need to control everything around you.

Phantom Limb

See Accident, Anxiety, Depression, Gulf War Syndrome, Inflammation, Nerve Problems, Pain, Post-Traumatic Stress Disorder (PTSD), Spine Problems

Emotions

In some cases, people feel that they deserve to be punished for being a bad or not good enough. This often stems from a childhood that was not emotionally fulfilling.

You may feel attacked by life and treated in an unfair manner. This condition may be the result of two issues. You were either controlled or you needed to be in control of everything. Your need to be overly controlling may have been the end result of being too controlled during childhood. You may now be overcompensating for the lack of control you had in the past (or the lack of control your ancestors had). There is a part of you that is expressing trauma related to an ancestor's lack of control in his or her own life.

You felt challenged whenever you had to communicate any needs. You only felt safe when you were able to control the environment. The reward of being in control of everyone and everything soothed the void you felt within.

You feel under a great deal of pressure, leaving you with the desire to give up. There is trauma related to feeling incomplete. What in your life feels incomplete? What task did you fail to achieve? What project has not been finished?

Key Points

- Explore why you lost a limb. If it was because of medical reasons (not an accident) then explore what the medical issue was and explore the original cause first, then move onto this section.
- If you lost the limb during an accident then explore how you felt on the day before the accident took place. This is important; if you were angry or upset then the negative emotions were associated with the accident and loss of the limb, as well locked into the part of the body where you lost the limb. Explore further possibilities.
- You might have a fear accepting the lost limb. You might still be in denial of the trauma.
- Dissociating from reality and what happened has kept you safe from feeling the full extent of the trauma and its consequences.
- You seem to be frozen in time, as you felt immense fear and loss of control of your body.

- You seem to have locked in a trauma that involved the missing limb. Explore further possibilities.
- The need to continue the lifestyle you had before the amputation is often very strong.
- You may be experiencing resentment for not being able to do what you need to do in order to complete unfinished business. The resentment you are feeling is being directed at the missing limb.
- You might be in denial of the circumstances. Accepting it might mean that you have to accept things as they are now. Your resistance to change and stubbornness is what has kept you safe and able to cope.
- Explore ancestral trauma related to a member of the family who might also have lost limb. Explore similar traumas and emotions in your life if relevant.
- Weather changes might aggravate the pain. Explore in which season you lost the limb. Did you make an unconscious negative association with the weather and the pain experienced? Does the weather trigger other negative emotions that might influence your already stressed state? Explore further possibilities.
- You may not have accepted this new change in life. This may result in still having a need for the limb. Explore trauma of losing the limb. Explore resentment, grief, feeling attacked and feeling more unworthy or judged.
- See the Quick Reference Guide for more information.

Phobias

See Anxiety, Depression, Panic Attack

Emotions

You have experienced a trauma that caused you to develop a phobia in order to keep yourself safe, as well as not attracting the same trauma again. You have made a negative association with an activity, person, object, animal, insect or specific circumstances.

Fear of flying

Trauma related to being born. You were not pushed through the birth canal quickly enough. You or your mother nearly died during birth. Trauma related to being dropped by a parent as well or falling over and not being able to stop the fall.

Fear of heights

You may have fallen out of the cot or bed. Your mother or someone else may have dropped you. This may have made you feel out of control when you are being moved by something other than your own two feet. Your mother may also have fallen while she was pregnant. There is an underlying fear of dying and fear of losing control.

Fear of public speaking

This may be the result of being ridiculed, punished or abused whenever you expressed yourself during childhood. This may include being punished for crying. There may have been an incident that made you feel vulnerable and exposed. Trauma related to feeling overpowered by influential people. An ancestor may have been relentlessly punished for speaking up.

Fear of being outside

You may have felt vulnerable when you left the house and were unexpectedly frightened by something that made you feel out of control and traumatized. There was already an activated trauma and a secondary incident that triggered the final outcome. This may have caused you to associate leaving the house and participating in outdoor activities as being potentially dangerous. You had an existing underlying trauma of feeling out of control, vulnerable and exposed. The circumstances only triggered the issue that was already a predisposition.

Fear of animals

The animal might have caused you harm. In other cases, you may have experienced a trauma unrelated to a cat or bird. The bird or cat was present during the time the trauma took place. This resulted in making a negative association with the cat, bird and the environment. An animal may have attacked your mother while she was pregnant. Ancestors may have died (or witnessed someone die) as a result of being attacked by a wild animal.

Fear of darkness or confined spaces

A client of ours was once locked in a small cupboard for many hours as a punishment. She had an intense fear of confined spaces and darkness. Fear of confined spaces could also be a result of not having enough space to move around in the womb. This often surfaces during the last trimester as well as during birth trauma, while being squeezed through the birth canal. This could include being wrapped too tightly in a blanket during infancy or be an ancestral trauma related to imprisonment.

Fear of dark or murky water.

This could also be a result of experiencing trauma that relates to a time when you walked in long grass or shallow water and stepped on something that frightened you. It could be a result of executing a task, while not being able to predict the outcome or foresee negative consequences. It's a fear related to not being able to see ahead. There could also be cultural phobias, where a whole culture feels a certain phobia.

Fear of water

Ancestral trauma related to a near drowning experience. You may also have witnessed a near drowning experience. Trauma related to the time after birth, when there was still amniotic fluid in the newborn baby's throat.

Key Point

- Trauma related to falling, feeling out of control, being attacked, drowning or feeling trapped. Why? What happened? Explore further possibilities.
- Alcohol abuse often worsens phobias and general paranoia. Explore why you are drinking too much alcohol and explore underlying issues.
- Your mother might have experienced a trauma that made her form a negative association with an activity, animal, insect or person. Explore how her fears or phobia are repeating itself in your life. Did you observe your mother being scared of something?
- Ancestral trauma related to a phobia. Explore how phobias started and also explore similar issues that you may have experienced.
- Trauma related to feeling unprotected, distrusted and abused. Explore further possibilities.

- Can you recall why you have a phobia of ____? If yes, explore why you were traumatized. Were you traumatized because of ____ issue or was the object, person or environment part of a different unrelated trauma? Explore further possibilities.
- You seem to be holding on to the trauma and phobia as it serves as a reminder to stay away or avoid ____ to ensure survival. This situation may have triggered the instinctual flight response.
- Who failed to protect you? This could be accidental or deliberate. How did that make you feel?

Pineal Gland Problems

See Epilepsy, Fatigue, Hypertension, Immune System, Impotence, Infertility, Insomnia, Paget's Disease, Penis Problems, Post-Traumatic Stress Disorder (PTSD), Seasonal Adjustment Disorder

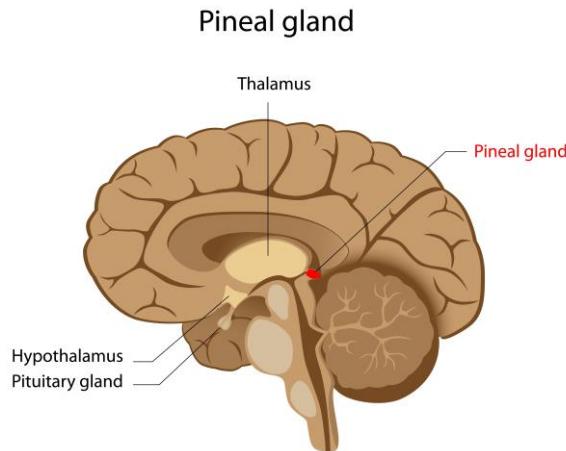
Emotions

You feel a great need to belong somewhere, as though you are misplaced in life. Your trust has been betrayed and challenged by influential people. As a result, you feel unsafe and distrustful of other's intentions. You have a hard time just letting yourself "be." Feeling safe might attract unpleasant experiences, especially if you let your guard down.

You were overly alert and aware of everything around you. The more you know, the safer you feel. You seem to feel challenged when you try to let go of past mistakes and unjust treatment. This pattern has a negative effect on your quality of life. You do not want to move away from what you know. You prefer to rely solely on self-acquired knowledge, as any other resources cannot be trusted.

You may be stuck in a flight instinct. The trauma cycle never completed itself, causing you to remain in a constant state of readiness. You are now overcompensating for the lack of awareness you had during childhood. Your need to always be on guard has turned into anxiety. The anxiety is an end result of a system failure in the body. The body can only tolerate heightened emotions for a certain amount of time. This state of mind takes a big toll on your health. Other medical problems are triggered as a result of these survival patterns that have not been switched off.

You may have been exposed to unpredictable and harsh moods in the family household that made you block out exchanged grievances.



Key Points

- Explore ancestral trauma related to feeling exposed to too much or too little light as a result of seasons changing or imprisonment. Did this affect the pineal gland?
- Explore womb stages. Did you feel safe as a fetus in utero? Did you trust your mother? You may have felt unwanted or that she was not capable of living up to the standards and demands that a newborn child would need. Was she suppressed and controlled by her partner? Explore further possibilities.
- What happened that may have caused you to mistrust others? Who betrayed your trust? Explore further possibilities.
- Explore fertilization. Did your parents trust each other when you were conceived? Explore how this affected the consciousness of the fertilization process.
- Trauma related to constantly interrupted sleep cycles. Explore why and how it made you feel.
- Did you feel safe sleeping? If not, then why? Trauma related to being abused at night and ancestral war trauma.
- When did the majority of traumas take place, nighttime or daytime? Explore associations made with time of day, amount of light / darkness.
- Who violated your privacy and trust? Explore further possibilities.
- Who invaded your personal space and values? Explore further possibilities.
- Did bad things happen when you felt safe and relaxed in your environment? Explore further possibilities.
- Who or what are you trying to block out from your environment?
- You seem to be holding on to the trauma. You figured out a way to stay safe during a time of stress. You fear that if you let go of the trauma, then you might let go of the survival instinct that kept you safe. Letting go of trauma might cause you to feel vulnerable and unsafe. You feel familiar with the abusive or challenging circumstances and any change might cause you to feel unsafe. You do not know how to survive in new circumstances without your trauma and coping tools. Familiarity often overpowers common logic.

Pinguecula

See Eye Problems -Pinguecula

Pink Eye

See Eye Problems – Conjunctivitis

Pituitary Gland Problems

See Blood Pressure High, Goiter, Graves' Disease, Hot Flushes, Hyperthyroidism, Hypothyroidism, Weight Problems

Emotions

You often take on too much and can overwhelm yourself easily. Your feminine and masculine side is out of balance. You have been emotionally scarred in life. You learned how to use your pain as a barrier/ buffer between yourself and others. Your pain helps to keep you safe. You often use anger to express personal boundaries and to push forward in life.

Your ability to freely express yourself has been suppressed and tightly controlled by others who couldn't tolerate happy people. An influential person's mood dictated the mood of the household. If this influential person was unhappy, then no one else was allowed to be happy.

Selfish influential people controlled you, making you feel resentful and resistant to compromise when it comes to someone else's agenda. You have a great need for freedom and independence. Your needs may have always been the last priority.

Your past trauma suppressed the ability to see the goodness in others, in life and in your circumstances. You feel that life has depleted you of energy resources and you had no support. Your ability to support yourself has also been challenged. As a result, you worry that you do not have what it takes to continue your journey. Instead, you revert to pushing and shoving to get where you need to be.

You are not sentimental as any traditions or family values have given you no reward. You long for a place from which to draw your energy, freedom and guidance. These resources were not available during your childhood and adolescent years. You dissociated from everyone, especially those who should have loved you. You did not receive any acknowledgment or love for your accomplishments.

You may have experienced a hostile, confusing or emotionally absent relationship with your mother. You had no safe place to go to receive the love, support or protection that you craved. All of the sources and people who should have met your needs were either absent, hostile or untrustworthy. These repetitive patterns may have left you feeling like a victim of circumstance. You often give into negative thinking whenever you find yourself slipping behind.

Your actions are not driven by motivation. Instead, they may be driven by vengeance, blame, anger, resentment, jealousy or despair. The more you want to change your life, the more out of control you feel. This only makes you revert to a state of anger and resentment. You may feel more confident and safe being in this state of mind. You project anger towards others with the intention of regaining control of your environment and circumstances.

Your emotional needs have been met by instability and unstable moods of influential people. This pattern began during your womb stages and your childhood has been more of the same.

You have held on to a façade that gave you and others the illusion that all is well. Your façade has tricked others into believing you don't need them anymore. Like everything in life, things do come to an end and so will this attitude.

Your suppressed pain, sadness or trauma does catch up eventually. It is during this time that your medical symptoms may seem to become aggravated. Influential people's selfish nature

has rubbed off on you. You have learned that by living for yourself, you will get what you want and need. Worrying about others will only hold you back.

Key Points

- Explore the fertilization stages. Were you a planned pregnancy? What kind of relationship did your parents have with each other? Explore how it affected the consciousness of the fertilized egg.
- Explore womb stages. Did your mother suffer from high blood pressure, high levels of stress or experience an unhealthy diet? What was her relationship like with her partner? How did stress that stemmed from that relationship influence the fetus' emotional state? How did it affect the developmental stages, as well as the womb environment?
- Explore the placenta while you were still in the womb. Which emotions from your mother filtered through the placenta to the fetus? How did that affect you in utero? Explore further possibilities.
- A stubborn and selfish influential person has tightly controlled your happiness and freedom. Explore the relationship with this person and how their behavior affected you.
- Explore the relationship with your parents, especially with your mother or influential female figure. When you needed love, how did your parents respond to your need?
- What do you feel unworthy of? Why? Who made you feel this way? Explore further possibilities.
- What feels out of balance in your life? Why? What stops you from making a change? What is the benefit of always feeling unbalanced? This may be an association made during childhood as your emotional needs were met by instability. This means that every time you want love or attention, you attract instability in some area of your personal life. It takes you back to a familiar emotional and mental state in your childhood that you resonate with and in a way feel safe with.
- What would happen if all of your problems disappeared today? How would that make you feel? It could make you happy or trigger a fear of not knowing how to live without all of the drama. Explore further possibilities.
- Trauma related to feeling verbally or physically attacked, rejected or abandoned. Explore further possibilities.
- How does being and feeling negative serve you? This is a childhood pattern and is also related to ancestral patterns. You may have experienced only upset, stress, rejection and unhappiness. It may be that this state of mind is a part of your personality. Explore the difference between how you feel versus what is really going on in reality. Life = negativity. Explore associations and trauma that contributed to you feeling this way.
- You shy away from people that acknowledge you for who you are. You seem to have a fear of being exposed by others. Deep down, you feel ashamed and do not want others to see that side of you.
- What do you feel ashamed of in your life? What stops you from changing these aspects of your personality? This often triggers and reinforces a victim state (related to an ancestor). If this does come up, then explore the secondary gain of being a victim.
- You prefer to be in the background rather than to have been noticed. Why? How does that make you feel? This often stems from a childhood when you were always ignored or rejected by influential people. You feel that your place in life is in the background.
- Always explore the birth trauma and see the Birth section.

Plantar Fasciitis

See Achilles Tendon Rupture, Bone Problems, Foot Problems, Heel / Heel Spur, Inflammation, Pain

Emotions

This condition often starts during the womb stages, only to be triggered later in life when a similar stress and pressure occurs. Your mother may have felt pressured to be supportive to her partner. She may have had a challenging relationship with your father and was always on the move in order to calm her nerves. Your father was often quite stern, stubborn or controlling and this had a direct influence on how you tackled any goals and projects.

You are too hard on yourself and very often sabotage your progress by overdoing certain tasks or activities with the intention of activating an adrenaline rush. You feel alive, in control and joyful when you participate in activities that distract you from old childhood blocks and/or traumas.

An influential person with strict conditions may tightly control your future and direction in life. Their support is contingent upon your cooperation.

You are searching for freedom in ways that only make you have more responsibilities, stress or challenges.

It's often related to ancestors who had to walk for long periods, such as working in the field, with a lack of transport etc.



Key Point

- Explore stress experienced in the womb as a result of your mother's experiences relating to walking, how she felt, etc.
- Explore the relationship with your parents. Were they supportive of your future plans and goals?
- How did you feel when you started a project? What is your biggest sabotage?
- What is the benefit of participating in activities that give you an adrenaline rush? This pattern is often related to great stress or anxiety that was experienced during womb stages. Was there any emotional or physical abuse in the family?
- You often feel trapped and unable to move away from stressful circumstances in your life.
- How did that make you feel? You often use anger and resentment to protect yourself.
- Who controlled or limited your source of support? How did that make you feel? What did you need the most during that time? "My need for love and support is met by _____?"

Plantar Warts

See Warts – Plantar Warts

Pneumonia

See Acute Interstitial Pneumonitis, Alcoholism, Auto Immune Disease, Bacteria, Fever, Fungus, Immune System Compromised, Inflammation / infection, Lung Problems, Parasites, Virus

Emotions

You feel overwhelmed by old grief, disappointment or a feeling that you are suffocated by your emotions. In other cases, you might be in an environment where people's emotions are running high. You are very sensitive to people's behavior and reactions towards you. People and circumstances triggered your suppressed issues during a time when you felt exhausted by your own challenges. You feel helpless and powerless to change challenging circumstances. This is especially true if the client is a child. Nevertheless, even as an adult, you may find similar situations that leave you feeling powerless to change what's going on around you.

You feel overburdened by what you cannot change and desperately need a break from an upsetting and controlling situation.

You may have been exposed to a change or drop in temperature in the environment, while simultaneously feeling upset, stressed or helpless. This caused a build-up of tension or anxiety and highlighted your inability to cope. You feel choked or suffocated by what is going on, both inside and outside the body.

You may feel invaded, controlled or trapped by outside influences. Your boundaries felt disrespected several times, leaving you defenseless, unable to protect yourself either physically or emotionally.

If the client is a child, explore what they have had enough of in their circumstances. The client often feels held back, controlled or trapped. The child often expresses their parents' unexpressed trauma. What issue have they been struggling with in their life and what is their relationship like with their parents? It is also important to explore what the client's mother and father's relationship is like with one another. Their marital problems might have a big impact on the client. The child might also be very sensitive to their parents' mood in the house. This person might take on too much stress from their parents with the intention of helping them deal with their stress. They might feel overly responsible for certain circumstances in their life and environment.

Explore all the above mentioned during the womb stages as well. Did your mother experience any of the mentioned emotions while you were developing in her womb? Her immune system might have been compromised due to high levels of stress. Her stress may have been related to fear of the future, a bad diet, illness or relationship problems. Your mother may also have been a first time mother. She may have smothered you with too much attention, either physically or emotionally. This may have resulted in your feeling overwhelmed when she is there and anxious when she was absent.

Key Points

- You seem to feel suffocated by a parent's stress and tension. Which parent suffocates or suffocated you? How did that make you feel?

- A very controlling individual may have met your emotional needs. You push people away as your needs were not met by love. Instead, they were met with a negative response, followed by a loving reaction.
- Explore any long-standing conflict in your life and how it made you feel.
- What are you grieving for? Explore further possibilities. Does the grief belong to you? You could be expressing someone else's disappointment or grief. Explore further possibilities.
- Who in your family suppressed their grief while you were a child? How did it make you feel to be around this person? Do you know how to draw the line between your grief and the other person's feelings? Was your mother grieving or feeling conflicted about something in her life while pregnant with you?
- You always want to save others and want to serve as a foundation for others to lean on.
- What is the benefit of having this responsibility? This may stem from a childhood where the parents or siblings relied a lot on you to be the strong figure in the household and also to be the problem solver.
- Explore what would happen if this role were taken away from you? You might fear that you will cease to exist. When you step into this role, it makes you feel important, valued and admired by others.
- You often take on too much in order to show others that you can do the impossible or handle high levels of stress. This often stems from a childhood where you were not acknowledged for your efforts and hard work.
- This pattern may also cause you to abandon your happiness and any activities that give you joy. Explore why you feel this way. You lose, as you have given up everything for nothing. Explore further possibilities.
- By whom or what do you feel suffocated? Explore further possibilities.
- What would happen if you let go of your grief? What is the secondary gain of holding on to it?
- Do you know who you are without the grief? Who's grief are you expressing?
- You may have been exposed to an extreme change or drop in temperature in your environment, while feeling upset, stressed and helpless. If this is the case then explore how you felt at the time and explore the association made with the people and circumstances in your environment.
- Example: feeling scared, upset and out of control, while feeling smothered by your mother and cold wind blowing in your face. Working long hours, feeling challenged and controlled or trapped by a dominant figure at work and the air-conditioning is too cold.
- Did bacteria, virus, parasite or fungi trigger this condition? See the appropriate section in the book for more information.

Poisoning

See Bacteria, Mercury Poisoning, Toxins

Emotions

There is something in your life that you need to get rid of. You may be in an emotionally toxic and unhealthy circumstance and/or relationship. People are causing you a great deal of stress, testing your boundaries and putting you in positions you do not want to be in.

The love and attention you received from influential people may have felt toxic or poisonous. Often your need for love, security or attention was met by hostility, and/or negative attitudes from a very early age. You do not want to continue struggling anymore, you have had enough and want to block people from getting too close. You may have decided

that life is full of challenges, there is no joy and what's the use.

You want to get away but at the same time feel trapped and unable to make changes. You are afraid of being abandoned and left all alone.

Your mother may also have poisoned herself accidentally by consuming bad food or drink while she was pregnant. She may have used medication that felt like poison to the fetus. She may have abused drugs or alcohol, which allowed you to make an association that toxicity nurtures. This may cause you to become destructive as an adult.

Key Points

- The body may have made an earlier association with poison during childhood or fetal stages. This could increase the effects of the poisoning, as the immune system has already been compromised in the first incident. Explore how you felt, both emotionally and physically, when you experienced poisoning for the first time.
- It boils down to the body feeling attacked and unable to defend itself. This begs the question, “Who or what is causing you to feel under attack and defenseless or helpless?” Explore ancestral trauma.
- Some people absorb and hold on to certain toxins due to different sensitivities to the poisoning. The more compromised the immune system, the more sensitive you will be to toxins. Explore how you felt before the poisoning. Explore long-term stress that may have affected the immune system.
- Explore trauma related to your first encounter with toxins. You may have accidentally digested something that was unhealthy. How did it make you feel? Does something else in your life make you feel the same way?
- Explore your emotional state at the time the poisoning took place. How did you feel before the poisoning? Explore this as well.
- Is there an earlier trauma related to poisoning in the ancestry line? If yes, explore how the ancestors felt before poisoning took place and how the poison made them feel. They may have experienced the poisoning under stressful circumstances when their immune systems were compromised. Explore why they may have been stressed (such as war, slavery, strenuous work, imprisonment, torture and poverty) and why their immune systems were compromised.
- Ancestral trauma related to poison that was used to murder family members.
- Explore the shock and stress the body felt after the poisoning took place. Explore how it affected you emotionally and physically. How did you feel on the day before the poisoning took place?
- What has been a pressing issue in your life? Explore any built-up frustrations and emotions that aggravate the poisoning. Shift the focus to getting better instead of pouring energy into old regrets.
- What do you regret? What do you want to change, but can't? How does this make you feel? Explore further possibilities.
- Trauma related to feeling under threat or attacked. By whom or what? How did this make you feel? Explore during fertilization stages.
- Trauma related to feeling like a victim, helpless and defenseless. Who made you feel this way? Who or what circumstance challenged you, causing you to believe that you don't have what it takes to change?
- Trauma related to feeling under attack and invaded. Explore fertilization and implantation.

- Being poisoned by food and being nurtured. Love and food are dangerous. Trauma related to feeling poisoned by your mother's breast milk. She may have consumed something that was dangerous to a newborn baby.
- Chronic poisoning may be a result of your unconscious belief that you deserve to be attacked. This often stems from a time when you were continually attacked, either verbally or physically whenever you expressed your needs. This may have set in motion unconscious self-debilitating patterns and self-punishment.

Poliomyelitis / Polio

See Inflammation, Muscle Problems, Nerve Problems, Spine Problems, Virus

Emotions

You may feel that there is no hope of escaping the life you have. You feel frozen, as you cannot change it in any way. You may feel disheartened by life and all the doors that are closed. Desired goals are not materializing. Your circumstances have challenged you in terms of achieving your goals; they are right in front of you, but feel just out of reach. Hard work never produced any good results, so you may feel, "What is the use of all this?" You have nothing to live for or work towards and your passion or motivation has been diminished. You feel bitter as your expectations in life have not been fulfilled and you may have experienced failed relationships.

Key Points

- Your need for love, attention and security has been ignored. You feel unable to provide, feeling worthless and useless, as though your efforts are in vain. The family may have given you the impression that there was never enough of everything for everyone – often related to ancestral trauma.
- Never getting what you want or need. Your needs were unable to be met.
- You felt under immense pressure to provide for others but in return, were never given a share in life. Lack of reward for your hard work and efforts.
- You feel deeply challenged by low self-worth. You feel this is your biggest block to achieving success. Who made you feel this way? Explore further possibilities.
- Explore the womb stages. Did your mother feel any of the above while she was pregnant? How did it affect you in utero?
- Was your health and immune system compromised as a result of your mother's diet or poor living arrangements? Explore further possibilities.
- What was your living arrangement like? How did that affect you?
- Did someone abandon you because your efforts were not good enough?
- Explore associations that your body has made with toxicity, poisoning and lack of health. Explore further possibilities.
- Which area of the body has been affected? See the Quick Reference Guide for more information.

Polycystic Ovary Syndrome

See Acne, Cyst, Ovary Cancer / Problems, Depression, Diabetes, Hormone Problems, Infertility, Weight Problems

Emotions

You feel blocked when connecting to your feminine side. It is one thing to show / project it, but it's an entirely different scenario to feel it and be connected to it.

You have had periods of your life when you have had to be more masculine. You were often relied on to cope with very stressful circumstances.

You may have seen your mother become helpless in her life due to too many expectations and responsibilities. This may be the result of challenging relationship issues, jealousy toward a child or not being able to cope with her life.

You had to remain strong and be a shoulder to cry on. You may be confused as to what your actual role in the family should be. Looking back, you realize you've been playing the role of victim due to circumstances, which required you to step into certain roles into which you felt trapped. You have held a high level of responsibility from a very young age.

You often feel challenged by your sexuality. It feels safer to be more masculine, so that side is more noticeable. You don't feel beautiful and do not enjoy your natural beauty. You may have witnessed women or female authorities being demeaned or belittled and so made an association with femininity and disrespect. Men were valued more therefore, you choose to be more masculine. In order to do so, you had to work on building a tough exterior for protection.

You may feel that everything has to be hard and challenging; if it's too easy, you will fail.

Key Points

- Explore ancestral trauma related to wives being abandoned or left by their parents. This may have caused you to take on more traditionally masculine roles, jobs and responsibilities.
- Having to be as strong as a man for survival. Woman being raised in harsh conditions and treated like men.
- There may have been conflict between your parents about the desire for a boy or a girl during conception stages. Explore further possibilities.
- What made you take on the role of sole supporter or comforter for others during childhood? How did this make you feel? Explore further possibilities.
- Do you enjoy being a female? If not, why? What happened to make you feel this way?
- Did you witness men treating woman in a degrading way? This may have made you decide that it is safer to be more masculine than feminine. Explore this in the ancestry line.
- Which responsibility made you feel like you were losing control? Why did you have this responsibility? Was it a reasonable responsibility? If no, then explore this. How did it make you feel to be in that position?
- There is a history of sexual abuse in the ancestry line. This type of trauma may have encouraged females to develop qualities that are more masculine in order to keep themselves safe from harm.
- Resentment and anger toward men along with a deep need to protect themselves. This is related to ancestral trauma.
- Built-up anger, high blood pressure, resentment and vengeance in your mother had an impact on you in utero. Explore whether this had an impact on your hormonal development.
- You feel challenged by your sexuality. Why? What would happen if you expressed it? Some people feel very angry when this question is raised. It stems from being suppressed, taken advantage of or laughed at and abused by men.

- Feel belittled and degraded for being a female. Why? What happened that made you feel this way? Explore further possibilities.
- What is the benefit of being in control of everything, along with feeling responsible for everyone? Explore when this pattern started.
- What must change in your life in order for you to embrace your femininity? Explore further possibilities.
- Explore any resentment toward your mother. You may feel that she failed in her role and you had to step in. Explore more possibilities.
- You find it challenging to connect to men. Why? What happened in the past that made you feel this way? Explore the relationship with your father or influential male figure.
- Love = abuse. Your need for love may have been met by abuse, hostility or jealousy and rejection.
- You feel that everything had to be hard and challenging otherwise, you will fail if it's too easy. You don't know how to be happy without always being in the middle of a challenge. This is a familiar pattern. You know how to survive in challenging circumstances.
- Explore the womb stages. Did your mother smoke or was she with a partner that smoked? How did this affect the fetal developmental stages, especially the fetal hormones? Did she consume alcohol or use medication while she was pregnant? Did she have thyroid issues while she was pregnant? Explore how this may have affected you in utero.

Polyps

See Colon Problems, Lung Problems, Menstrual Problems, Sinus Problems, Uterus Problems

Emotions

You have a great need to appear strong and always be right. Your façade is strong willed and surfaces when you take on too much responsibility.

You may have experienced a great loss in your life, including people leaving you unexpectedly, passing away or a relationship, which broke up, triggering old separation trauma.

You seem to be stuck in the past emotionally, dealing with how certain people and circumstances made you feel. You fear letting go of the past will mean letting go of everything you hold dear. The good came with the bad and you associated positive memories with challenging and negative memories.

You may feel stagnant, while everyone around you seems to be moving forward. This is the natural flow of life, yet it feels to you as if you are being abandoned and left behind.

You are very set in your ways, willing to challenge anyone that dares interfere with your plans. The wall you've built around yourself is a means of protection. Your rigid patterns serve you, even though this inflexibility may be what keeps you from reaching your goals.

You may have always felt overpowered by the controlling people in your life. You now feel unsure of taking steps without the guidance of influential people.

The people you love either leave by moving away, passing away, or by means of rejection and deliberate abandonment. You are filled with regret over past decisions that may have caused you and those around you a great deal of stress.

Polyps in bladder

You feel controlled by an authority figure. This is often a male figure that challenged your individuality and self-worth. You feel very angry with this person and have a need to shield

yourself from this person's harshness, manipulation or meanness. You may feel that someone is stopping you from being able to establish your own identity within the family.

Polyps in Cervical

This may be related to sexual abuse (ancestral). Trauma related to sexual encounters that were traumatic or stressful. Feel a need to sexually protect yourself (often a fear from your maternal side). You may also have suffered a miscarriage that you've been unable to process (this is often related to ancestral trauma as well). What child was lost and never had a name?

Polyps in Lungs

This often relates to being abandoned by a mother figure. Living in an environment that was stressful caused you to live in fear. You feel, "I always have to hold my breath because I don't want to upset anyone. If I breathe quietly, no one will see me and I will be safe." You feel very unprotected and vulnerable. You may have experienced a significant trauma during a time / moment of happiness. You feel as if your happiness was attacked and suppressed by negative people. There is trauma related to ancestors who were unable to process grief over losing a partner and separation trauma. You have a fear, "What might happen next, will my life be in danger?" There is trauma related to escaping a near death experience (could be ancestral). Trauma related to taking your first breath as a newborn baby.

Polyps in Nasal

Related to feeling offended or irritated by your surroundings. You have made a negative association with a certain smell or person. What trauma or association did you form around a certain smell? When do the polyps in the nasal become aggravated? Who / what is in your environment? This is also related to feeling angry, as you are not able to control or manipulate the circumstances, resulting in a loss of joy, which disconnects you from your territory. Feel disrespected by people, making you feel powerless to regain any power or individuality.

Key Points

- Where did the polyps start in the body? See the Quick Reference Guide for more information.
- Who abandoned you? How did that make you feel?
- What are you still grieving for? Did someone pass away or leave you? Explore further possibilities.
- Carrying too many responsibilities and burdens. Why? How does that make you feel? You accept this role as it makes you feel needed, important and loved.
- How does holding on to past trauma and bad experiences serve you? What would happen if you let go of it? Do you have a fear that something might change as a result of letting go of the past?
- Who do you have trouble forgiving? Why? Explore how this grudge is serving you? See the Forgiveness section if relevant to you.
- Letting go of the past could mean that you would let go of everything you hold dear. You can still hold on to the good memories of the past without needing to hold on to the sadness. This is especially true if someone close to you has passed away. Explore how to remember people without needing to hold on to emotional trauma and painful memories.
- You are very set in your ways and find it challenging to make changes. What is the benefit of always being the same and following the same protocols? What would happen if you

changed it? How would that make you feel? Did your lifestyle and career change? How did that make you feel? What is the benefit of being stubborn?

- When did this condition start? What happened before this condition started?
- What has been a long-standing issue in your life that has kept repeating itself? Explore why this pattern keeps repeating itself.
- What is the benefit of blaming others for your pain and holding on to resentment?
- Explore further possibilities. See the Responsibility section if needed.
- Explore womb stages. Did your mother feel similar issues as listed above while she was pregnant? Explore how it affected you.
- You may have become disempowered by your past, making you feel like a victim and becoming stuck in that cycle. Explore how it serves you to be a victim of circumstance, instead of changing how you feel and moving on.

Post-Laminectomy Syndrome

See Failed Back Syndrome

Post Nasal Drip

See Sinus Problems

Postpartum depression / Postnatal Depression

See Depression, Hormone Problems

Emotions

The birth process may have caused an old ancestral trauma to surface. The difference now is that you are experiencing PPD. Traumatic and new changes seem to trigger this old cycle of depression as your environment / territory has changed. Things are not the way they used to be. It is possible that your mother also suffered from this condition (it depends on the individual and how long this condition lasts).

You may have been placed under a great deal of pressure to deliver a healthy child with no complications. High expectations were projected onto you (and ancestors) about how you should handle the birth.

You seem to have felt controlled and angry with others that suppressed you and tried to control the process. You unconsciously felt resentment toward the newborn child due to the pain, stress and emotional exhaustion you experienced after birth. The resentment might be an old trauma that was triggered by the process. Ancestors may have experienced these very same emotions and it was triggered in your life.

You may have felt very little support from others before and during the pregnancy. You may feel that you are now on your own to handle this big responsibility.

The imbalanced moods felt during your pregnancy were never resolved; instead they were suppressed. The trauma of the birth may also have triggered these suppressed emotions, causing it to surface after giving birth.

You seem to feel increasingly resentful toward your circumstances. You were aware that certain situations might arise that would challenge your environment, including your relationships and the responsibilities you have. Being a mother is a great experience and deeper issues and problems might be masked by your mother's experience and love for her child. Trauma related to feeling out of control was suppressed. Suppressed trauma might be surfacing now that all the stress of giving birth has subsided.

Key Points

- Trauma related to ancestors. Example: someone may have given birth to a child during a great depression when circumstances were hard and especially challenging. A mother may also have been deeply depressed, as she may have lost her husband during a war or accident, after giving birth.
- Explore the relationship you had with your mother when you were born. Explore your mother's own birth. Were there similar traumas and depression patterns after her birth?
- When you needed love, comfort and safety, was your mother emotionally available? Explore further possibilities.
- Were you unhappy before the birth of your child? If yes, then explore those issues, as they will only be magnified by the newborn baby's arrival.
- Did you have a fear of becoming a mother? If yes, why? Explore these fears and how they are contributing to how you feel now.
- Do you feel that you had or have sufficient support to raise the child? Did your mother have enough support when she was raising you? Explore similar patterns.
- Do you have a fear of making changes? If yes, explore why. What happened in the past when you made changes? Explore trauma associated with change.
- Did influential people's horror stories about being a mother influence you? If so, why? Explore further possibilities.
- Explore trauma related to feeling unstable and unbalanced in life before your pregnancy.
- Trauma related to feeling out of control and resenting the newborn child and having to go through such a traumatic experience – ancestral trauma. Explore further possibilities.

Post-Traumatic Stress Disorder

See Adjustment Disorder, Anxiety, Attention Deficit Hyperactivity Disorder (ADHD), Depression, Gulf War Syndrome, Nervous Breakdown, Seasonal Adjustment Disorder (SAD)

Emotions

Circumstances may have threatened you; the trauma does not need to be explored in detail. What matters is how this trauma made you feel. People experience trauma differently with various levels of intensity. Whereas one person may experience PTSD during a war or military training, another person may have gone through the same experience without developing this condition.

Intense trauma experienced by your ancestors may make you very sensitive towards harsh circumstances and certain behaviors of influential people. This means you will have a sensitive predisposition for certain circumstances and reactions of others.

You have experienced a traumatic event and haven't completed the trauma; instead it has been suppressed. You want to escape your emotions and instead of improving your situation, you effectively make it worse. You are using a great deal of energy to keep this trauma at bay. The symptoms of the trauma are or were too painful to deal with.

Your biggest block is to let go and heal the trauma. You also need to explore the unresolved survival instinct cycle that helped you to survive during traumatic circumstances. There may be a pattern of sexual and physical abuse (also related to ancestral line).

Generational built-up trauma can be triggered when you experience similar old ancestral traumas. This can cause the body to become overwhelmed by past and present experiences. Your mother may have experienced a great deal of stress while she was pregnant with you. This could have a major affect on your emotional state.

Your ability to feel safe has been challenged in a way that you have never experienced before. People with whom you should have felt safe have betrayed your trust and may have caused great emotional stress. You have been exposed to unsafe circumstances. These types of circumstances triggered a survival instinct such as fight, flight or feeling frozen. In this case, your flight or fight instinct would have been triggered. This has made you continuously nervous, always on the look out for danger. Always being alert is what kept you safe during traumatic times. You have experienced trauma that the body did not complete, resulting in your survival instinct not completing the survival process. Being in this state of mind may cause you to become angry, irritated or very moody. This may result in paranoia and immense stress for all those around you. In other cases the survival instinct, numbness or feeling frozen also kept you safe during times of trauma. It allowed you to dissociate, often causing intense mood swings. You may even experience minor issues that could trigger the trauma. You often attract people and circumstances that remind you of your suppressed trauma. This cycle will stop once you've processed the trauma.

You may be unconsciously attracting circumstances that would trigger certain instincts that helped you to survive in the past.

Your need to be in control is a result of overcompensating for the lack of control you had. You often feel that, "It's me against the world." You are stuck in competition with everyone and everything. Even saying "no" could be seen as a challenge. It may trigger the trauma related to feeling controlled, punished or dictated to.

You may choose to avoid responsibility because you were overwhelmed and burned out by it in the past. You are avoiding going back to old patterns.

Key Points

- When did the PTSD start? What happened? How did that make you feel? Name at least four emotions (use one to three word emotions such as, control / loss of control, anger and rage) rate them all 1 out of 10 (10 being the worst and highest). Explore the emotion that is the highest and then explore the other mentioned traumas.
- If it was physical abuse then also see the Attack section. If there was sexual abuse involved then also see Sexual Abuse section.
- Explore any guilt you are feeling. Explore self-blame, survivor's guilt and feeling responsible for what has happened.
- What would happen if you experienced the trauma again? Explore the worst-case scenario, as this is your biggest unconscious fear. How would it make you feel in the heart mind? Explore further possibilities.

Note to practitioners: Never regress someone back to the initial trauma! Always remind and reassure them that they are safe and are presently with you.

- Explore the birth process. Can you feel the same emotional stress during the birth process at the time you experienced the trauma (when the PTSD started)? If yes, then explore these traumas.
- Do you have any ancestors that were involved in a war, life threatening situations or experienced severe abuse? If yes, explore how this made the ancestors feel. Explore any old traumas that may have been triggered with your experience with traumatic situations.
- Explore trauma related to needing to be in control (or fear of being out of control). You are overcompensating for the lack of control in their life.

- Explore rage and anger. Anger is your way of setting boundaries. Your right to express boundaries has been suppressed, making you become aggressive in order to be heard. Anger is your source of power and confidence. Explore the benefits of being angry. How does it keep you safe? From whom or what does it keep you safe?
- Feeling helpless and threatened. How did this make you feel? Explore further possibilities.
- Was your mother involved in a traumatic or life threatening situation while she was pregnant? This could include being physically, emotionally or sexually abused or being a witness to tragic and traumatic events. If yes, explore how similar traumas and emotions may have started in your life. How did these incidents make you feel in utero? Explore further possibilities.
- Did your mother have a stressful lifestyle while pregnant with you? If yes, explore how it made you feel? High levels of stress have a very negative effect on an unborn child and it's important that these stress factors are identified and cleared.
- You are stuck in fight or flight mode. Explore the trauma that caused this survival instinct to be activated. Is there anything else in your life that causes you to feel this way? Explore the origin of the trauma, without needing to talk about the specific details, just how it made you feel.
- Explore points where you feel unsafe. Explore the relationships with your parent(s).
- How does it keep you safe to hold on to feeling traumatized? The answer would be that already existing trauma helped you to survive. Remembering the trauma reinforces the survival instincts. This ensures survival on a daily bases. Walk through the hidden benefits guideline.
- Explore associations made with certain people, objects and environments or smells that trigger the trauma. Look for a pattern—when do you feel triggered? Who was in your environment? What happened, what was said and done?
- You don't feel safe feeling safe. Feeling safe is dangerous. You might be caught off guard, resulting in more traumas. Explore the benefit of avoiding feeling safe. You may sabotage relationships as a result.
- Explore similarities between your emotions, habits and your mother's. Patterns copied from the mother often set in during the fetal stages when the stomach, nervous system and heart develop. You receive your programming from your mother's heart chakra just before turning the head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.

Important questions to ask yourself:

- Does your condition make it easier to express boundaries, such as saying “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?
- What have you discovered now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness?
- Watch Emotional Healing Session <https://tinyurl.com/y99nztotf>

Pregnancy

See Abortion, Adoption, Birth, Eclampsia, Female Problems, Infertility, Melasma, Miscarriage, Postpartum Depression, Thyroid Problems

Emotions

The more conscious the parents are at the time of conception, the happier and calmer the newborn may be. Ironing out any stress between the mother and father is import as it lessens the stress that is present during conception. It is always important to avoid pesticides and wash vegetables and fruit before consuming them.

Many mothers have reported that by eating a lot of beans, peas and broccoli it may help to prevent neurological defects. Avoiding hair dyes, especially for the first three months is also recommended. There have also been many debates over whether a parent should give a child cow's milk. My opinion is that cow's milk is designed for cows and for a developing calf's brain. It is not designed to nurture and develop a complex human brain.

If you drank a lot of alcohol during your adolescent years, the immune system might be compromised. This could result in making the reproductive area more vulnerable to medical conditions, challenging fertility levels or causing harm to an unborn child.

If you are pregnant and have thyroid problems that are not treated, imbalanced hormones could cause medical problems for the developing fetus.

Limit exposure to stressful circumstances and do not be afraid to express boundaries and say "no" when needed. There are great ways of dealing with awkward circumstances such as, "I will get back to you on that."

You may have sleepless nights when your body starts to change in preparation for a newborn. Catch up now on the things you won't have time for once the child arrives.

If relevant and possible, sort out financial worries long before the actual birth date, so that you have less to worry about.

A husband may experience the pregnancy blues. He might have trouble with his boundaries toward his partner. He might be feeling guilt, as his partner has to go through all the pregnancy phases while his body doesn't change. He might be feeling helpless and not sure what to do in order to support her. He is emphasizing too much with his partner. Find a role that will make him feel important during the pregnancy.

Couples need to communicate to each other what their needs are and how to be supportive toward each other. The clearer each person's role is during this time, the easier they can make adjustments and avoid the guilt trips.

There is also a lot of excitement during this time. They will have the rest of their life to enjoy this new experience. They don't have to prop all their emotions and excitement into this one moment.

Some men have even reported that they feel challenged by their wife's ability to cope with this strenuous phase, as well as giving birth. The men feel challenged, as it is their job to be strong and to carry burdens. Do your best to give each other attention. Everyone likes to feel validated in his or her relationships. Bringing a child into this world will most likely challenge everyone's position in the family. Finding balance and a routine that works for both parties will ease the stress and challenges that are ahead.

Key Points

- You were told that you would have morning sickness. Law of attraction heard your fears and inevitably, you developed morning sickness during the first three months.
- Explore any fears you might have regarding the birthing process.
- Did your mother have birthing difficulties? If so, explore what her fears were. Do you have similar fears? If so, explain the difference between her fears and your own fears.
- Fear and trauma related to feeling unsupported. Explore situations that may have resulted in feeling that you have to do this on your own, almost as if you were being punished.

- Explore guilt, stress and tension you might be feeling in regard to becoming a mother. Explore self-worth issues. The more at peace you are with yourself, the more confident you are going to be in the future.
- Fear of asking for help or support. If so, why? Explore what happened in the past when you asked for support. Explore association made when asking for help.
- If you have a partner then it's important that you find ways of keeping the sex life alive and compromise so that both your needs are met.
- Always explore the birth trauma and see the Birth section. Do you have any conscious fears of having the same experience as your mother? Explore further possibilities.
- Explore grief, depression and fear of miscarriage. Explore why you feel this way.
- Do you have a fear of expressing boundaries to your mother or mother in law? If so, why?
- Explore further possibilities. You might fear being abandoned during a time of need if you express boundaries. It is important that this is acknowledged and dealt with, before giving birth.
- You should surround yourself with happy and supportive people!

Premature Ejaculation

See Male Problems, Penis Problems

Emotions

You feel pressured to please a partner. Your masculinity and self-worth is connected to your sexual performance. You might be very intimidated by a partner's sexual needs. It could be that you associate sex with shame and guilt (often related to an ancestor who had sex with someone other than their partner) creating an unconscious desire to get the process over and done with. Your mother may also have wanted to have sex very quickly as it felt like an obligation or it triggered old trauma related to possible sexual abuse.

Key Points

- Feel pressured to please a partner. Why? What would happen if you couldn't? How would that make you feel?
- Intimidated by a partner. Why? Explore unresolved issues that you've had with your mother.
- Were you conceived with guilt and shame present during conception?
- Did your mother want the process over and done with very quickly? If yes, why? Explore this during conception stages as well.
- You may have been conceived by mistake, as your father was not able control the timing of his own ejaculation. Explore during conception.
- Feeling powerless when you are sexually active. Fear related to intimacy. Explore ancestral trauma related to sexual abuse.
- Do you feel loyal to your mother? Were you responsible for many tasks, taking on the role of an adult while still at a young age? Explore further.
- Did your parents feel rushed when they conceived you as a result of being tired and not allowed to have sex?

Pressure in Body

See Muscle Problems, Myofascial Pain Syndrome (MPS), Pelvic Problems

Emotions

There are times when a person has unexplained pressure points in their body that can be annoying. In rare cases, it can even be uncomfortable and painful. A good way to approach this is to take notes of where the pressure is surfacing in the body. Ask the question, "When did this start? Who or what was pressuring me during that time?"

Example: Sally had an uncomfortable pressure in her left leg, close to her ankle. No one could really figure out what was medically wrong with her leg. When she was asked herself the question of when it started, she realized that she just quit her job to start a new career as a naturopath. She was asked how the transition made her feel. Her answer was that she had a fear of moving forward in her new career. She also had a fear of trusting in her ability to make a success of this new role. She did end up putting herself under a great deal of pressure not to make any mistakes and make the right decisions every time. She also had a lot of bills to pay. Her parents were not supportive of her new career choice. Her parents used to put tremendous pressure on her in the past to be successful in the corporate world. Sally felt even more pressure to prove them wrong; that she can in fact be successful in a career of her choice. She also felt out of control with the lack of support in her life. Her parents, whose opinion she values, have challenged her confidence and what she wants for herself. She felt held back by her parents' disappointment, fear of failure on her part. She was not confident in her ability to make a success of her future without their support. Feet and ankles support you in moving forward in life and control how you walk. The emotional pressure that she felt in her life was connected to her leg.

There are also times when half of a person's body feels lighter than the other side, almost like it is split in two. This often occurs if the person experienced trauma on the effected side. Take note of which side the sensation is on. When did it start? How did you feel at that time? This could also be an indication of fertilization trauma. Alternatively, you may feel torn between your mother and father.

You might also feel a pressure on the chest, which would be an indication of female issues, especially between you and your mother. Your mother's love might not have been sincere or could be interpreted as hostile, irritable or rejecting.

Your idea of what love should be like has been challenged by mixed signals from your mother. You have a deep and sincere need for comfort. You attracted love in a way that was not fulfilling, creating a fear of commitment. You have a fear of opening up to people, as your experience with love and expressing needs has been negative thus far.

Key Points

- The approach can be simple. When did it start? What were you doing at the time? How did you feel?
- Did you feel pressure from someone or were you pressuring yourself? If yes, why?
- By whom do you feel pushed away? How did that make you feel?
- Who are you trying to push away in life?
- Explore trauma related to pressure during fertilization and birth.
- Sometimes you find yourself in a situation that you cannot control. Explore feeling out of control. What happened at that time in your life?
- Always explore the birth trauma and see the Birth section.

Prickly Heat

See Rash, Skin Problems

Emotions

You seem to have an unconscious fear of change and may be stalling in some aspect of your life. You are approaching success yet seem to be feeling irritated by the possible consequences and outcome of the new changes.

You may be going through a transition and feel that your plans have been invaded or are being controlled by outside influences. You are rigid and are not flexible. As a result, you feel stuck and trapped. You have a deep need to clearly express clear boundaries and be more independent. This independence is a source of power so the more your independence is suppressed, the angrier you feel toward influential people or your circumstances.

A lack of guidance and support in your childhood has left you unable to ask for or attract support as an adult. You expect criticism or judgment in return. You feel a deep anger due to lack of support, love and acceptance in your life. This past is burdening you yet you feel helpless to change it. You feel irritated by the things that you cannot change.

Key Points

- You seem to be living in the past. You are not letting go of old hurt. You seem to be stuck in a cycle of needing someone to accept you for who you are. You need permission from an influential person in order to move forward in life. You feel irritated and very angry for being in this situation.
- What is the benefit of holding on to the past? How does it serve you? What are you hoping to get from this?
- This condition may start in an area where you have an emotional block. Example, if you have a rash on the chest then explore what the relationship was like with your mother or other influential female? Did she push you away or did you try to push her away?
- If the rash is on the back, explore who and what is burdening you. Do you have sufficient support? Who is putting too much pressure on you? Why? Who attacked you from behind? Who betrayed your trust? Explore further possibilities.
- Did your ancestors experience similar conditions as mentioned above? Explore injustices that they may not have been able to let go of. How did that affect the ancestors?
- Explore anger as a result of recent circumstances. Why?
- Explore lack of support and abandonment trauma. Who made you feel this way?
- Feeling immense anger because you cannot seem to change how you feel about others.
- You feel even more rage and anger because you are powerless to change how others treat you. What would happen if you expressed boundaries?
- Feeling powerless and helpless is resulting in anger. Your boundaries were never respected, so you use anger to be heard. In most cases, you have a fear of expressing this anger. Instead, you may become submissive and suppress your anger again.
- Ancestral trauma related to severe abuse (often physical, however may include sexual abuse). Explore further possibilities.
- See the Quick Reference Guide for more information with regards to the affected area.

Progeria

See Aging, Alopecia, Congenital Disorders, Depression, Eye Problems, Heart Problems, Motor Neuron Disease

Emotions

You are resistant to be part of this dysfunctional world. You are part of a family line where ancestors struggled to survive and endured a great deal of pain, trauma or depression. Your

ancestors experienced countless traumas and stressful circumstances. This includes surviving in environments that may have been polluted and poisoned by toxins.

There seems to be a war trauma that resulted in Post-Traumatic Stress Disorder or Hysteria. Along with being exposed to toxicity, radiation or poison there may have been infected wounds that caused tremendous trauma to the biology of the body (in the ancestry).

Your mother may have been exposed to a substance in her environment. This interaction or exposure may have triggered an old suppressed combination of traumas before her pregnancy.

Key Points

Ancestral trauma & Parents

- Explore war, radiation and toxicity trauma in the ancestral line. Explore slavery trauma.
- Ancestral trauma. What happened that emotionally, mentally and physically shattered someone's life? Such as witnessing a mass murder or severe abuse. Explore more possibilities.
- Trauma related to not being able to find one's way after a trauma took place. Feeling lost, unable to reclaim one's own power and individuality. Explore more possibilities.
- Explore trauma related to patterns of depression, a sense of having nothing to live for and scarcity. Explore how these feelings may have been triggered in your parents, especially your mother's life by circumstances. Did she suffer from postnatal depression during early stages of the pregnancy? Explore further possibilities.
- Ancestral pattern where they just wanted to get things over and done with. Explore prolonged stressful or traumatic situations that took a toll on them. Explore further possibilities.
- Work with the parents. You blame yourself. You feel guilty for not being able to help relieve and improve your child's condition.
- Explore survivors' guilt within the parents and siblings.

For you

- Trauma related to needing to do something that you do not want to do. Soul exercise and explore trauma, fears and blocks related to this.
- Trauma related to feeling like a disappointment to your parents. Explore further possibilities.
- Explore any regrets you have in life. This is often related to the parents.
- Trauma related to feeling stared at by people. How does that make you feel?
- Feeling judged by others. Explore further possibilities.
- If you have chest pains, explore the relationship with your mother. Do you know the difference between your pain and your mother's pain? Your parents are feeling immense fear, uncertainty and grief for you. Explore how this might be affecting you.
- Do you sometimes feel pushed away by your parents?
- Explore earlier trauma related to pressure. Explore fertilization and birth trauma.
- Sleeping problems. What keeps you awake? You are processing untreated emotions from your parents.
- How did they feel during your conception?

Prolapsed Problems

See Anal Problems, Digestive Problems, Colon Cancer, Intestines, Hemorrhoids, Heart Problems

Emotions

You are desperate to let go of patterns, relationships or trauma that don't serve you anymore. You seem to feel that your trauma is part of what you are made up of. Letting go of your trauma might mean that you have to let go of a part of yourself. You don't see past trauma as an experience, you feel that it is part of who you have become. In reality, trauma only influences who a person is. Your trauma is not necessarily who you are at a core level. When a person releases their trauma they are then free to become the person that they were supposed to be all along.

You have experienced loneliness and fear abandonment. Past trauma seems to feel like an old friend. You have felt rejected by others and are deeply disgusted with yourself for being so inadequate and unlikable. You are very self-conscious about how others perceive you. You feel that what others see in you will never meet your own expectations.

You may feel helpless and unable to control the circumstances and how others make you feel. You have resigned yourself to what other's project onto you. You feel unable to defend yourself so you just give in.

You feel very misunderstood. No one has taken the time to understand or acknowledge you. You feel rejected by influential people, as if you are only in the way. You feel that you are beneath other people.

There is a deep trauma related to a parent who may have rejected, abandoned or suddenly stopped supporting you. Your life has been built on a rocky foundation that is filled with uncertainty. Your emotional needs have been met by dominance, control, intimidation or hostility. You have been controlled to the point that you have no source of motivation or place within yourself from which to draw any personal power.

You may have been made to feel that there was always something wrong with you. You have to fight to keep your head above water in order to be accepted by others.

Acceptance is a battle that is not easily won. It feels like a fight to get acceptance and love. You feel like it is you against the world. This has caused you to feel severely attacked, undermined and worthless. You feel unable to process the challenges that have surfaced in your life. There is a desperate need and desire to bail and walk away from everything. Due to continual violation or abuse, it has gotten to a point where you might feel you deserve what you get.

This condition often occurred when you felt great stress in your life and the pressure of the stress was resolved or subsided. This made the affected area that was tensed and under pressure relax too much. The affected area overcompensated for the stress and pressure that it held.

Bladder

You may have experienced child birth trauma that affected this area. The pressure and trauma of bearing and giving birth to a child is still present in the reproductive area. You may not have resolved the stress and pressure.

You have lost touch with your inner beauty, femininity and self-worth. You may feel unwanted and rejected by influential male figures. The more male figures accept and validate you, the more important you feel.

There is a history of being obligated and forced to follow the demands of influential males. You may have been disempowered by these figures. You feel unable to mark your own territory and establish an identity within the family. You may feel a great deal of anger and rage about current circumstances for which an influential male may be to blame. Your

suppressed anger and resentment have become debilitating. It has disempowered you to the point of feeling helpless.

You feel unable to change what needs to be changed in relationships as you feel you have no voice or right to act within someone else's territory. Did your father respect your mother? If no, how did his behavior toward her affect you? Are you expressing her disempowered victim identity?

Mitral Valve Prolapse (Heart Valve Abnormality)

You may feel very undeserving of love and so you push people away. This is a result of a self-sabotaging pattern. You feel a tremendous block related to receiving love from others as your own need for love may have been met by rejection, abandonment or abuse. You feel helpless and not able to ask for love. The love you received disempowered you, leaving you insecure and feeling unsafe.

You often accepted any form of attention given to you by a parent, even if the attention was in the form of hostility and rejection. This may have made you feel unworthy and not important enough to be loved in a deeper and more meaningful way. Now, when sincere love is shown to you, you often shy away and avoid it. It only triggers your fear of receiving love. Love in the past may have caused you pain and upset. It triggers a love / hate relationship with a parent or influential person. Explore the relationship with your mother and how it affected you. Do you feel worthy of receiving love? See Heart Problems.

Rectal

You are living in fear, reliving the trauma you experienced during childhood. This relates to issues that stem from the relationships with your parent(s) or siblings. There is also a much earlier trauma where one or both parents rejected the arrival of you as a newborn baby. You may have felt rejected and unloved by your source of food, love, comfort and safety (this is often ancestral trauma).

You feel numb and terrified by what you cannot change. This includes the coldness and lack of love from those who should love you.

You often throw yourself into circumstances that will only cause you harm or a great deal of stress and rejection. Your childhood experience was filled with stress, anxiety, uncertainty or fear of the future. This way of life has become normal and you often unconsciously create circumstances that force you relive many aspects of your childhood trauma again.

You seem to feel you have to be challenged and nothing can be achieved by taking a short cut. You feel unsafe, no matter where you are or whom you're with. You are too scared to let go of familiar routines, habits and patterns, as they may be the only way of life you know.

The underlying need to be in control causes several behavioral patterns. You have the desire to micro manage your environment, even controlling the people around you. You often feel that the world is stupid and you are the only sane one left.

You feel unable to identify and resonate with a father figure. Your own father may have abused your mother. As a result, your mother may have been abusive to you.

You may feel that the fewer people you have in your life, the more control you have. You want to be seen and noticed by an authority figure, as you feel your value and self-worth are related to this person in your life. See Rectum Problems.

Uterus

You feel sexually used, abused or disrespected by men or partners. You give others what they

want in exchange for love, acceptance and finding peace within a relationship. You feel powerless to change the circumstances and how males treat you. Your poor boundaries are attracting men that are abusive, dominant or controlling.

You often find yourself in conflicting circumstances. People are controlling you while at the same time; you also need to be in control. There is a battle of the forces taking place. This is your way of compensating for the lack of control you had in childhood. This is the result of an influential female's behavior toward you. You may have felt utterly unsupported by your mother in the past. The same lack of support pattern is repeating in the relationships with your partners. You only feel valued by others when you satisfy other's emotional needs with very little reward.

Your value as a mother and feminine figure in society has changed. You feel a great deal of rejection and trauma related to not feeling needed in a way that is fulfilling.

You feel rejected by your children and you have abandoned your passion and creativity in order to serve others. The direction your life is headed in has not been fulfilling and you want more out of life. You feel that you have missed many opportunities and regret past decisions.

You feel unable to forgive a female in your life. This condition could also be related to the trauma of losing a child, losing a partner or mother figure in your life. See Uterus Problems.

Key Points

- Your stubbornness and rigidity is not serving you anymore. This was your only reliable defense and it is failing. As a result, you feel helpless with a desire to give up and just throw in the towel. Why do you feel this way? What happened? How did that make you feel? Explore further possibilities.
- What have you had enough of in your life? How does this make you feel? Explore repetitive self-sabotaging patterns. Explore boundary issues as well. This is related to a fear of saying "no."
- When did the condition start? How did you feel shortly before it started? What has been a pressing issue?
- You seem to feel immense guilt toward someone. Explore why you are feeling the guilt and still holding on to it.
- Trauma related to feeling that you have lost control of your life. Explore fertilization. If you are a mother then explore any trauma in regard to giving birth.
- Trauma related to losing a child, a parent or grieving for an irreparable / broken relationship. Explore further possibilities.
- Your identity is strongly tied-in with your trauma. You want to throw away everything that isn't needed. Fear of losing part of yourself if you let go of the trauma. This is a result of feeling guilt. What would happen if you let go of your old trauma? Do you feel ready to let go? If not, why? Explore more possibilities.
- What would happen if you let go of your past trauma? You might be afraid that a part of you might change, resulting in even more powerlessness. You seem to be holding on to everything that is familiar. This includes old patterns, control issues and old resentments.
- Self-loathing turned into anger. Your emotional security is linked to being accepted by others. The more others reject you, the more you reject yourself.
- Ancestral trauma related to circumstances that caused you to give up. Influential forces were too strong and overpowering to fight against.
- Who in your childhood made you feel powerless? Explore how that made you feel.
- Which influential person controlled, abused or violated you either emotionally or physically?

- Who rejected you during childhood? How did that make you feel?

Prostate Cancer / Problems

See Gonads, Hormone Problems, Male Problems, Penis Problems, Testosterone Problems

Emotions

You feel blocked / held back in your creativity and spirituality. You seem to feel suppressed by a dominant partner who resembles a dominant parent from your childhood. This may also be playing out in your spiritual path. Influential people and stressful circumstances are challenging your rigidity and sense of competitiveness. This may be a direct result of a fear of abandonment, rejection or losing your purpose. It could be something that gives you importance or status.

Your masculinity and what you stand for may have been challenged by circumstances. This again, results in a great deal of anger, rage or resentment. Your dominant nature could not find an outlet, causing you to lose your personal drive and passion. Sometimes you communicate through anger; sometimes you go with the flow. Your motivation and success is often drawn from your dominance and territorial traits. When this is suppressed, you can become depressed, experiencing deep grief and anger. You feel disconnected from your life purpose or have trouble setting goals.

You are uncertain about what your role should be as a masculine figure after a great traumatic event took place. This could also be a result of a long-term issue that has now become an urgent problem. You want to be yourself, yet you seem to feel restricted by outside influences.

You feel insecure in your role and position within relationships. You have created a façade to project what you want others to see. When you lose the routine of the façade, reality creeps in.

Loss of sexual power due to high expectations of a partner and feeling challenged by a partner's sexual needs. You have been in a rigid, controlling or dominant role for a long period of time. This pattern has taken a toll. What you project to the world is not what you feel.

You seem to feel a loss of spiritual power. Your focus has been elsewhere and you have neglected your spirituality. You suppressed the ability to communicate and live comfortably with your masculinity.

This may stem from a dominant relationship with a parent that controlled, judged or ridiculed you during your adolescent years. This has challenged your confidence and ability to stand strong in your sexuality as a male figure.

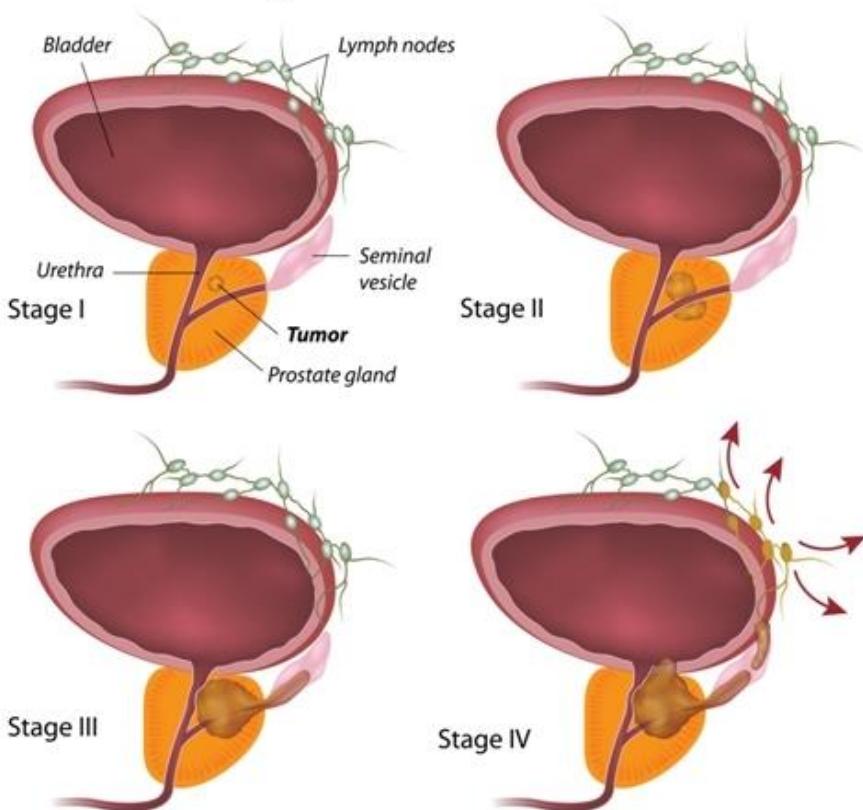
You are not going with the flow of life. Instead, you feel only you know best and things only work when they are done your way. An influential person has challenged your role in your career or private life. This made you feel unsure of where to fit in with life. You feel stuck in a role where you have less authority than before. You are having difficulty adjusting. You feel a deep need to rebel against those circumstances that cause you to feel trapped and out of control.

You may be feeling guilty, as your dominant role may have caused hardship, upset, rejection or great anger. Your "fall from grace"—which may include losing a significant relationship or an important role—is a sore reminder of what should have been done and said. You seem to be stuck in a self-blame cycle that needs to come to an end. Blame has not done anyone any good.

You may have been bullied as a child and this may have caused you to become a strong force that does not like to compromise. Compromise with loved ones usually results in being

taken advantage of.

Stages of Prostate Cancer



Key Points

- What do you feel anxious about? What pressing issues do you have in your life? How does it make you feel? Explore self-blame, guilt and regret related to pressing issues.
- Do you feel allowed to express yourself? Do you use anger or dominance to express your needs? If so, why? Who made you feel that you have to communicate this way? Who never listened to you?
- Which parent did you have a challenging relationship with? Do you still have issues with that gender? If so, explore the blocks and traumas that resulted from that relationship. Explore how these traumas may be repeating in your adult life and how it made you feel.
- Why do you feel undeserving of the good things in life and to have your needs met? You might feel guilty because of past actions and therefore feel you deserve to be punished by depriving yourself. Explore further possibilities.
- What is the benefit of being like a dominant parent? You copied the behavior of the dominant figure, which is often the father. How did being like this dominant figure serve you? Explore trauma where you went against your own values and beliefs to follow in the footsteps of someone else.

- Did you lose something that made you feel like you'd lost your life's purpose? This could be related to a divorce, loss of a partner, a child or an important role. Explore further possibilities.
- Trauma related to losing your masculine power. Especially if you lost a job, got divorced, lost someone or failed to reach an important goal. If relevant, explore how this made you feel. Explore guilt, regret, anger and rage, disappointment and feeling helpless.
- You feel that you have to work hard in order to be someone worthy of acknowledgement.
- What do you have to work hard for? How does that make you feel? Who made you feel this way?
- "I can't be myself." Explore times when you were under immense pressure to be or become something else that didn't resonate with you. For example: Being too masculine in order to avoid being attacked or defenseless.
- Explore any tension and stress you felt within your intimate relationships. Do you feel you can please a partner? If not, how does that make you feel? What happened to challenge your masculinity?
- Why did you allow your personal power to be suppressed; why did you feel like giving up? What did you give up on? How did that make you feel?
- Explore any self-sabotaging patterns. How does this make you feel? Explore fear of failure, not feeling good enough, under pressure, controlled and trapped. This may have made you rebel in your adult life. You are overcompensating for the lack of control you had in childhood.
- Do you feel shame or guilt related to something that you did in the past, either to yourself or someone else? Explore further possibilities.
- Did your mother resent your father during your conception? Did she reject his masculine qualities? Did she try to dominate your father? Explore power games that were played back and forth.
- How did it make you feel about your masculinity? Explore further possibilities.
- Explore fertilization. How did your mother feel toward your father? Did she want a future with him? Did she feel controlled, disempowered and dominated by him?
- Did your mother resent your father while she was pregnant? How did that make you feel? Did her anger and resentment affect you in utero?
- What do or did you really hate in your life? Why? How did that make you feel?
- By which influential person or dominating circumstances do you feel controlled? How does this make you feel?
- You may have invested a great amount of energy and time to be better than others. As a result, you ultimately failed, because you tried too hard. If so, why? What is the benefit of being better than others? Is it for your ego or for all the right reasons? Explore further as this is disconnecting you from your spirituality.
- Trauma related to feeling held back in life. How did this make you feel? You may feel very powerless and helpless to change anything. This creates a great deal of anger, rage and resentment towards anything that contributed to how you are feeling now.
- Influential people invaded your goals, success or personal power. You seemed to have felt that you had no right to speak up or change circumstances that were disempowering during your childhood.

Psoriasis

See Auto Immune Disease, Eczema, Rashes, Skin Problems

Emotions

You seem to feel pushed into circumstances that do not resonate with you. You feel that you are living someone else's life and as a result, you have completely disconnected from life.

You feel trapped and controlled in your circumstances, which makes you feel powerless and manipulated by influential people. You have given your power away to all the wrong people. By playing into other people's power games, you have become afraid of rejection and abandonment. Standing your ground and expressing boundaries may result in separation. This will only trigger any old abandonment trauma.

You have been in circumstances where you felt verbally or physically attacked and punished for long periods of time. These repeated patterns made you feel that you deserve to be attacked and abused. You may even attack yourself by means of self-punishment. You unconsciously create self-debilitating patterns within your relationships and sabotage your own personal progress. You followed a certain path that was carved out for you by influential people with hidden agendas. You fear the consequences if you disobey influential people.

Your unhealthy circumstances seem more appealing than the penalties that would follow if you had to move away from it. You don't like change, which makes you afraid of what you cannot see.

You reverted to a state of feeling frozen and dissociated from your emotions. The less you feel, the more you are able to cope with life and any stress that arises from it. Your trauma and pain feel very familiar and you don't know who you are without it. You seem to have found a safe place within your pain. Any new changes might cause upset. You have learned how to feel comfortable feeling uncomfortable and have a fear of breaking this cycle. You feel that the less forceful and controlling you are, the less chance of being attacked by loved ones. This pattern is disempowering to you and causes you to end up in a submissive position.

You tried to please rigid influential people. You seem to feel that no matter what you do, it will not be good enough. The love that you received from a mother or influential female figure felt poisonous, filled with hostility and dominance. You have a deep need to feel safe and be protected.

If the client is a child then explore how the parents' stress, tension and traumas might be affecting the child. Explore the child's fertilization process and search for traumas related to feeling under attack (either verbally or physically), out of control, helpless, irritated by dominance or suffocated.

Explore the fetal stages. Did your mother consume something that may have caused the amniotic fluid to irritate you? Did she use medication that may have irritated you? These are all early traumas that may have taken place in your life.

There is also conflict between your parents that is now being repeated in your personal relationships. You communicate via means of aggression and blame, as influential people seem to communicate to you in the same way. You are suffering in silence and it's causing a great deal of conflict, loneliness or anger.

Face & Head: feeling irritated and judged by influential people. You are angry over past relationships that caused pain and reinforced your self-loathing. You feel resentful toward people who projected a great deal of anger towards you. You are tired of hearing the same old story. Trauma related to being burned or hit in the face (ancestral trauma).

Back: feel attacked by those that should be supporting you. You feel that others are out to get you. Trauma related to being burned or hit on the back (ancestral trauma).

Elbow: you feel inflexible and rigid toward your environment. Your environment and the people in it cause you to feel out of control, trapped or suffocated. You are tired of sitting around watching others claiming their power. You are waiting for your turn to step up to the

plate.

Knee: you feel exposed by others. You have hardened your approach to life, as you seem to feel that you are up against invisible forces. You fear moving into a direction that will bring you joy. Happy people were attacked or punished. You fear being attacked and ridiculed by influential people, because you know you're going against what has been expected of you. You feel very resentful toward authority figures that pushed you down and manipulated your value.

Feet: influential people control the direction your life is heading in. You are fearful of the consequences if you do not comply with the demands of others. You felt pushed into a direction that didn't resonate with you. This caused anger and no joy. You feel unable to control and stop the direction your life is headed in. You feel resentful and angry dealing with people and circumstances that have come into your life due to the direction you've been forced to go. You walk the journey of life full of anger, frustration and resentment. You have created situations where others reject and attack you due to your hard and controlling nature. This is a result of overcompensating for times when you were attacked and rejected in childhood. You feel safer pushing others away. Loneliness = safety.

Key Points

- How does being frozen and hiding keep you safe? What happened that made you move into this state?
- Who irritated you during childhood? Are you now with a partner that is similar to the people that irritated you in childhood?
- Who is always talking and never listening to you? Explore and find a pattern. How does it make you feel?
- You never quite understood what was expected of you. This created a great deal of stress.
- Who challenged your identity, self-worth and values? How did it make you feel?
- When you needed love, how were your needs met? Explore further possibilities.
- You were in circumstances that made you feel deeply frustrated and angry. Your suppressed anger has turned inside out. This caused you to project anger onto yourself. You are punishing yourself for being stuck in a rut. What stops you from changing frustrating circumstances? This is often related to poor personal boundaries.
- Feeling immense anger and resentment as you felt helpless, controlled and trapped during childhood. How did this make you feel?
- What do you need to insulate yourself from? Explore further possibilities.
- Here is a quick summary of possible affected areas also see which area is affected and then refer to the Cheat Sheet for more information.

Psychosis

See Alcoholism, Addictions – Drugs, Bipolar Disorder, Epilepsy, Hysteria, Schizophrenia, Stroke, Tumors

Emotions

Psychosis can occur as a result of prolonged drug or alcohol abuse. You have disconnected from your past and talk about it as though it doesn't matter. You have become overwhelmed by life and the responsibilities you had to deal with on your own. The more your environment triggers your old trauma, the more you suppress it. Long-term, this results in a great deal of stress, anxiety and depression. Symptoms can worsen the more denial you are in. You were not able to exercise clear boundaries as a child. As a result, you attract unhealthy, highly

stressful, or abusive circumstances.

You feel overloaded or burdened by your environment and influential people. Your head mind (brain) has shutdown in order to escape the stress and chaos. You stopped trying to make sense of everything in your life. It feels safer to be an observer, rather than a participant. Chemical poisoning, abuse, high levels of stress and addictions in the ancestry line are strongly related to this.

Key Points

- Psychosis is a secondary symptom. Explore what may have caused the psychosis and explore those issues first, then move onto this section. Never rule out toxic poisoning or environmental pollution.
- Did you abuse drugs at any point, even if it was just once? This experience may have had a dramatic affect. Explore why you used the drugs. What did you need emotionally at the time when you used the drug(s)? Explore further possibilities.
- How did using drugs make you feel afterwards? Explore symptoms and earlier, comparable traumas. Explore conception. Was your mother or father drunk during conception? Were they using medication?
- Did your parents or ancestors abuse drugs? If yes, explore the reason why they used drugs and explore any similar traumas in your life.
- Did your mother use medication, alcohol, drugs or accidentally digest toxins while she was pregnant? If yes, explore how it affected your fetal development. Did you already make an association in utero with drugs, medication, alcohol and toxins while feeling under stress or pressure?
- Stressful circumstances have taken their toll. Explore what you are stressed about. Explore trauma related to feeling out of control and unable to meet certain standards.
- Explore ancestral trauma. Were they under tremendous stress and pressure? They had many people relying on them and they felt overly burdened and responsible. They may have lost the plot due to immense stress and feeling they could not control their life and certain outcomes.
- Did similar circumstances or emotional trauma arise in your life? Explore further possibilities.
- Explore alcohol abuse in the family that had an impact on your mental development, making you feel overly sensitive to stress in the environment. Your stress threshold is much lower than the average person. You are carrying tremendous built-up trauma from your family line.
- Abuse, drugs or alcohol, losing someone or suffering from separation trauma, may have caused this trauma.
- Stress and trauma may have caused ancestors to abuse drugs and alcohol. You might have suffered similar traumas or stress that may have triggered these trauma cycles that were never completed. This caused you to develop a need to drink alcohol or abuse drugs.
- You seem to have caved in under your childhood trauma or by something you have witnessed as a child. Your deep need to be accepted has driven you to work hard and take on too much responsibility—more than you can handle.
- It is also important to explore womb stages. Did your mother feel high levels of stress while she was pregnant? If yes, how did this affect your own stress levels? Explore trauma such as feeling overwhelmed, giving up due to continuous stress, losing control, fear of punishment / failure, fear of being condemned or abandoned if you do not live up to certain expectations.

- You feel a great deal of rage and resentment toward either your mother or father. In most cases, you have suppressed it so much that you are not even aware of it anymore. Your survival (as a child) depended on the same parents who may have abandoned you.
- You blame others for your pain and find it challenging to take responsibility for the future. You have allowed yourself to become a victim of circumstance. You have given up. Explore the times when influential people harmed you either emotionally or physically. This may have caused you to feel helpless and disempowered in life. You feel unable to make necessary changes. Instead, you accept whatever is thrown at you.
- Explore fertilization and cell division. Explore feeling out of control, giving up and feeling helpless.
- Explore your birth for similar traumas you are feeling in life now.
- There is a possibility that you may have been sexually abused as a child or teenager. Explore rape trauma in ancestry line. See the Sexual Abuse section.
- If the psychosis is due to alcohol or substance abuse then ask yourself, “What did I emotionally need from the substance that I could not feel or experience in my waking life?” Ask this question a few times as there could be more than one answer.
- Who betrayed your trust as a child in a significant way? Explore this trauma. How did it make you feel?
- Explore boundary issues. Fear of saying “no.” Why do you have this fear? What happened that made you feel this way?
- Was there chaos in the delivery room when you were born? If so, what associations did you make with being born, surrounded by a new environment filled with strangers? Explore the trauma points.
- Did your mother attempt an unsuccessful abortion that inflicted pain? If yes, then explore the trauma points. Explore feeling threatened, unprotected, feeling numb or frozen and unable to escape. See the Abortion section.
- Did your mother have a miscarriage before conceiving you? If yes, explore trauma. Explore the womb memories that hold the passing of the previous fetus that might be lingering in the womb. How did it affect you during womb stages?
- Was there any head trauma during your birth by means of forceps or being physically grabbed around the neck and head? If yes, then explore these key points. Explore signs or trauma where you felt out of control, attacked by its new environment? How did you perceive the different sounds in the delivery room? These are very important key points to explore. Explore any associations that the newborn baby has made with voices and smells that were present during the delivery.
- Did you have a twin in the womb that passed away?
- Did your mother live near a petrol chemical or otherwise polluted area site during her pregnancy? If yes, explore the trauma and associations. See the section Toxins
- The hidden benefit of psychosis is often that you use the condition to escape your past trauma or current stressful circumstances. There is a deeper trauma that you either suppressed so much that you have forgotten about it, or are in denial. Either way, be patient with yourself!

Pterigium

See Eye Problems – Pterigium

Quadriplegia

See Paraplegia

Rabies

See Nerve Problems, Virus

Emotions

You are not getting anything out of life. Your parents were controlling and possessive, making you feel suffocated with a need for permission to move forward in life. Influential people may have been protective. The protection was actually hidden hostility, jealousy or masking the need to dominate.

Your parents seemed to have raised you out of obligation, resentment or expectations of influential people. You feel a great deal of anger for being on the receiving end of other's frustrations. This may include physical or verbal abuse.

Your pent-up anger may surface as anger outbursts. You often uses coping "tools" that you learned as a child. This could be in the form of physical or verbal lashing out if you cannot obtain control of a situation. You regain control by means of rage and exerting power over others.

You don't express how you feel, preferring to show how you feel, instead. This is a result of being treated the same way in your childhood. Instead of being verbally corrected, you may have been punished and educated by means of violence or physical punishment. You were made to feel like a parasite in the lives of others.

You have completely suppressed your self-worth for the sake of surviving in such harsh and challenging circumstances. As a result, you feel devalued.

Key Points

- This condition often lurks in areas that have a very dense population. There is a collective consciousness that everyone has to fend for himself or herself. You may have learned that the only way you are going to become something is if you use rage and push forward in life. People contract this condition while traveling. Explore how your circumstances affected you and made you feel.
- You were not given opportunities to make your own decisions. You were manipulated into doing things that did not resonate with you. This also resulted in immense anger as you felt pushed into things against your will or had to do it for the sake of being loved.
- Love was shown in an aggressive, controlling and possessive way. How did this make you feel?
- Communication = punishment or rejection. You have associated trauma with communication. Explore why? How did that make you feel?
- Who made you feel worthless and that you should be seen and not heard? How did this make you feel? Explore further possibilities.
- Whose behavior and reactions toward you made you feel out of control?
- What is the benefit of holding on to your childhood pain and transforming it into anger?
- Secondary gain. Anger is a way of setting boundaries, being heard by others, which makes you feel respected and in control.
- You are overcompensating for the lack of protection, love and control in your childhood. This is also related to ancestral trauma.

- Love, self-worth and feeling in control have been associated with violence and forceful behavior or aggression.
- Explore deep-seated anger and suppressed rage in the family line.
- Explore the womb stages of your mother. Did she feel anger, self-loathing and suffer abuse while she was pregnant? If yes, explore how this affected you in utero. When you needed love and comfort from while in the womb, how were your needs met? Explore further possibilities.
- You may have been abused or punished as a newborn by your mother or influential caretaker when you were crying too much. This might be why you have trauma around self-expression, even before you were abused or punished in your maturing years. Explore trauma associated with expression and love from a mother.

Radiation

See Attack, Cancer, Poisoning, Toxin

Emotions

You have been depleted and pushed to the point of giving up. You seem to feel that life has taken everything from you and you've gotten nothing out of it. You feel angry that you have reached this stage. You are full of blame and feel that life is unfair. You have put a lot of energy and effort into helping loved ones reach their goals.

You may feel that your efforts are rewarded with punishment. Your need for acknowledgment has also been met by rejection, making you feel a great deal of anger and resentment. You may have experienced trauma that almost tipped your world upside down. You have not processed the consequences and distress that may have followed a traumatic incident. You are not letting go of your resentment toward someone. You have experienced a string of negative experiences, causing you to always expect the worst-case scenario.

You are stuck with the feeling that you are not allowed to have good experiences in life. You feel punished and have run out of options to change how you feel. You feel poisoned by your own emotions. You feel that your hard efforts have been squashed and you are full of resentment.

Key Points

- Explore why you had to go for radiation therapy. Explore original problem, radiation is only a secondary issue.
- Explore ancestral trauma related to sunburn or being burned by toxins. Explore any sunburn and chemical burns in the client's life.
- Trauma related to feeling invaded, violated and under attack by the radiation.
- Explore the womb stages. Developing fetus circulatory system while in the womb. Explore any blocks, stagnations, certain areas of body being starved of oxygen and blood flow, etc.
- Ancestral trauma related to radiation. Explore ancestral trauma related to wars, weapon production, nuclear waste, mining and chemical productions.
- Feeling resistant and out of control due to the treatment.
- Trauma related to giving up and feeling, "I can't do this anymore." Resentment toward others and God for abandoning you during a time of need.
- Did your doctor tell you that you would feel very sick after radiation therapy? If yes, explore why you gave your power away. This may stem from a pattern where you gave your power away to influential people.

- There could be trauma from the treatment process itself, not just the radiation. For instance, being confined in a narrow space (especially for brain radiation being locked in a mask) could make you feel claustrophobic.
- How do you feel in regard to the radiation process? Explore resentment and anger of having to go through this as well.
- Feeling out of control. No choice, feeling forced to go through with it, grief and disempowered by your circumstances. Basically, you want to transform your experience of the process and how it made you feel.

Radius

See Cumulative Trauma Disorder (known as IRS), Pain, Tendons, Wrist Problems

Emotions

You seem to be moving into a phase where you may have to give up something important in order to gain something. You often feel an obligation to a loved one and as a result, you neglect your own passion and goals. How do you feel in your work place? Explore stress related to your living environment or workplace. You feel pressured to change or adjust something that will sabotage your joy.

You just started to feel comfortable in your life and position / role and now things seems to be changing, leaving you unsettled.

Key Points

- What in your life is or will be changing that you do not want to change?
- Are you going through a career change or feel challenged by a relationship with a coworker?
- You feel you have bent over backwards with little acknowledgement and reward.
- Your efforts were not valued, making you lose interest, joy and passion in what you do.
- You are often competitive and don't like to lose. Who made you feel you had to compete for love / attention / acknowledgement?

Rape

See Anxiety, Attacked, Bipolar Disorder, Hysteria, Post-Traumatic Stress Disorder (PSTD), Sexual Abuse

Emotions

Please read the section on Sexual Abuse first as I am continuing the discussion from that section about how trauma runs in cycles, often across generations.

Rape is probably the strongest form of violation that a person can experience. It is unlikely to be the first experience of violation. In healing the trauma, I acknowledge not just the one incident but also the pattern of violation (some of which may appear trivial). In most cases, you may have experienced other forms of abuse (emotional, physical or sexual) prior to the rape.

Many rape victims have reported that they felt vulnerable before the rape took place. You may have had an argument with someone, or had an old emotional trauma surface that made you feel vulnerable.

There is a great deal of research about how a predator chooses its target. Just as a lion picks an injured or vulnerable antelope, a rapist will target a person who appears vulnerable. Any

pre-existing vulnerability makes you more likely to be pursued. It is important that you don't confuse this observation with blame—as a victim, you are completely innocent. At the same time, your healing requires an acknowledgment of any ways in which you felt vulnerable prior to the attack.

Where there is pre-existing abuse trauma, it is important to resolve the feelings that were there (creating vulnerability) prior to the rape. These include invasion, violation and disempowerment, surrendering in order to be safe or feeling frozen and feeling terror trauma in your life. The benefit of this approach is that you can clear the rape trauma without talking about the rape itself.

The final stage of healing creates forgiveness and even compassion for the abuser. This requires recognition that the abuser is also a victim, but in a different way. By pretending to be the abuser and acknowledging that person's own trauma, it is possible to break a cycle of abuse and create a very deep, very powerful level of peace and self-love.

These concepts are explored in more detail in my first book, *Finding Your Own Voice*.

Key Points

- How did your mother feel when she gave birth to you, especially if it was a natural birth?
- Can you feel similar feelings such as invasion, violation, disempowerment etc.? If yes, then explore further and how it affected you.
- Rape memories could also be from your mother when she gave birth. Mothers have reported feeling raped at the time of birth. They felt violated, out of control and invaded by the maternity staff. These intense emotions do have an affect on the baby who is moving through the birth canal. The mother is in pain at the same time as well. The mother's trauma is also accompanied by feelings of shame and guilt. Explore how your mother's trauma affected you when you were also in pain, being pushed and squeezed through the canal.
- Ancestral trauma related to rape, incest and sexual abuse. Explore further possibilities.
- Was your mother ever raped? If yes, explore how her trauma affected you during womb stages and during your childhood years.
- When you were conceived, did your mother feel like she was being violated, out of control or raped? Note: her husband did not necessarily do anything wrong. This is just how your mother may experience sexual interaction with men in general due to the trauma she may have experienced as a child or in her adolescent years.
- If your mother had a caesarean then explore how she felt. Did she experience any type of invasion or violation? Note: the violation or invasion does not have to be sexual; it could be a nurse inserting a catheter or the doctor examining the mother during her pregnancy check-ups.
- Explore how to live without your anxiety, stress, trauma or your need to fight or flight in order to feel safe.
- You often feel that you do not deserve the good things in life. Why? Who made you feel this way? Which parent expressed this pattern?
- Did the egg feel vulnerable as the sperm approached it during fertilization? If yes, then explore further.
- Explore the key point when the sperm penetrated the egg. Do you feel the same traumas such as invasion, violation or disempowerment? Do you surrender in order to be safe or feel numbness, frozen and feeling terror? Note: This is only a partial list of possible emotions. List as many as you feel or that make sense.
- Trauma related to circumstances that made you feel terrified, "I am going to die," hatred, frozen and fight or flight. This is related to ancestral trauma. Explore further possibilities.

- Did you experience sexual abuse as a child before the rape took place? If yes, then explore this first. The trauma of the rape is called secondary trauma, as you've already experienced sexual violation. It also depends how strong the rape trauma from the ancestry line is emotionally surfacing in you. The more obvious it is, the stronger it will emotionally surface after the rape. Discernment between your trauma and ancestral trauma is needed in this case.
- If you improved after the work, however not completely, then look at hidden benefits.
- What is the benefit of holding on to the trauma? The answer could be that the trauma keeps you safe because it keeps you on guard with the intention of not having to experience another attack or rape again.
- Explore how to feel safe without needing this debilitating trauma as a boundary. Explore your personal boundaries and your ability to say “no” and express your needs.
- Explore how to feel safe and alert without needing the trauma as a reminder.
- Explore physical trauma that took place during this incident. For example, you may have been strangled during the rape. Therefore, your neck area has also locked in trauma.
- If you are a female, have you suffered from bladder infection after the rape? If yes, see the Bladder section. If the bladder problems do not stop then there is unresolved trauma from the rape incident. There is also trauma related to loss of territory and your identity.
- It is important to explore associations made with the trespasser. When a person feels threatened, it is in their nature to reach out for safety when they feel traumatized. In these cases, it is the rapist that the victim reaches out to. This happens unconsciously. Your need for safety is met by violation, violence and invasion. Explore more possibilities.
- You seem to feel that you will never be anything. Who made you feel this way? Explore further possibilities.
- You often have a co-dependent parent(s). Explore and release yourself from this obligation.

Rashes

See Allergies, Bacteria, Blisters, Eczema, Dermatitis, Fungus, Hives, Mercury Poisoning, Lyme Disease, Rosacea, Scarlet Fever, Seborrheic, Skin Problems

Emotions

A rash appearing on the skin is the body's way of telling you that something or someone is causing you a great deal of frustration. The rash may take many forms. It may appear as a cluster of red dots or as a large patch covering the skin. The rash can be sore, itchy, stinging or have no pain at all. Rashes come in all shapes and sizes. It can also occur anywhere on the body. Very common areas are the face, arms and back. They can also appear in the genital area, on the scalp under the hair, and across the torso. Headaches and an unspecified feeling of illness may accompany the rash.

Diaper rashes are caused by wetness / heat beneath the diaper resulting in red blotches, spots and lesions. It's the skin's interaction with feces and ammonia in urine. Using plastic pants to cover the diaper can make the condition worse. Wet wipes that contain alcohol, phenoxyethanol and citric acid can aggravate the condition as well.

Secondary infections such as Candida and bacteria can form and grow in the affected areas. The skin is very thin and sensitive during infancy stages. Physical trauma may have been recorded and stored by the skin cells, until a later trauma combined with emotional stress, triggered the old trauma.

A rash could also be a sign of a challenged immune system. Excessive intake of alcohol or being in a stressful relationship where one feels attacked and weighed down by

responsibilities, can play a big role. You may feel irritated with someone or something. You could also be feeling bitter towards someone. The rash could be a way to keep others at bay.

Rash on the face

Suppressed anger and stress related to how others see you. You feel wrongfully judged and need to hide from others with the intention of avoiding being attacked and humiliated. You feel angry toward someone such as a partner, friend and family that you have to face. Ancestral trauma related to being hit in the face.

Rash on the neck

You have a fear of confrontation and of losing control. Feeling irritated by those that you are supporting. You do not feel appreciated by those that are dependent on you. Ancestral trauma related to being strangled, umbilical cord around the neck or slavery.

Rash on back

You have had enough of stressful responsibilities. You feel ready to walk away from it all, however due to obligation you can't. You feel very invaded by people that don't respect your boundaries. You feel irritated by responsibilities and by people who try to make you feel guilty and ashamed of yourself. The body may have been irritated by a surface you were laid on during the infancy phase – the contact and how you felt at the time may have been triggered recently. Punishment trauma – being hit on the back and ancestral trauma related to slavery.

Rash on the inside of the elbow and arm

This often indicates that you are stalling while on your way to success. You seem to feel irritated by possible consequences of changes or transitions that might occur. You felt your plans were going to be invaded or controlled by outside influences. You lack the flexibility in your life due to dominant or controlling people leaving you. You want to be more independent, yet need the support of people that are trying to control you. You feel ready for more independence but are not allowing yourself to go forward – fear of success. This is also related to a fear of reclaiming and establishing your power and identity within your new circumstances.

Rash on the hands

This would often indicate that you feel irritated by personal relationships, feel weighed down by helping others too much. You have trouble receiving support in your life. You want support yet feel challenged asking for it. Your need might be met in a way that is not helpful or fulfilling. There is a lack of passion in your personal life. You are doing something that gives you no joy. This could also be related to being hit or slapped on the hand during infancy stages.

Rash on genital areas

You feel resentment and guilt toward sexual pleasure. This often stems from a family where sex was bad, dirty or not allowed. There seems to be a suppressed anger, shame or guilt towards the opposite sex. Explore the relationship with your parents.

If you are a female and have rashes after sexual encounters with males then explore the relationship with your father. Your mother may also have felt invaded by her partner.

If you are male and have rashes, explore the relationship with your mother. Were anger, hostility and lack of trust, along with betrayal or resentment present? Did you have a traumatic experience with a past male or female partner that left you disgusted, angry and resentful? Your new partner is unconsciously triggering old suppressed trauma. Ancestral trauma related to rape, sexual abuse or feeling sexually suppressed and controlled.

Rash on legs and feet.

You felt resentful toward your current and past circumstances that you have not let go of. You know that success is ahead but the price for it is too overwhelming. You feel irritated by the expectations of others. You made a decision based on the expectations of influential people, only to be followed by feelings of regret, depression or upset.

Key Points

- What's irritating you? Why? How does ____ make you feel?
- When did the rash start? Did you feel any guilt or regret during that time?
- Do you feel safe when you initiate changes in your life? Explore fear of success.
- Trauma related to being / feeling out of control. Explore conception and fertilization.
- Trauma related to feeling invaded. By whom? How did being invaded make you feel? What stopped you from setting boundaries at the time?
- By what do you feel overwhelmed? How does being overwhelmed make you feel?
- Do you feel accepted by the opposite sex? If no, why? How does that make you feel?
- Trauma related to the opposite sex that may be triggered when contact is made with a partner. This is often related to ancestral trauma.
- Do you have a fear of success in regards to a project, job or relationship? If yes, explore this. Why? What is the worst thing that could happen?
- Who are you angry with? Why? What is the benefit of holding onto the anger?
- Always explore the birth trauma and see the Birth section
- Explore the amniotic sac and water. How does it feel? Can any toxicity be sensed in it? If yes, how did this make you feel? Did it irritate a specific part of the body?
- Was your mother grabbed or hit by a partner during a heated argument while she was pregnant? If yes, where on the body was she touched, grabbed or abused? Is it the same area as on you? Could also be related to a similar incident in the ancestry line.
- Did any of your ancestors experience a trauma, irritation or burn to same area that is affected on your body?

Raynaud's Disease

See Blood Problems, Circulation Problems, Cramps, Hypoxia, Muscle Problems

Emotions

You seem to be experiencing traumas similar to what your distant ancestors experienced. They lived in extremely cold circumstances. Your ancestors felt deep anger, lack of support or love during hard and laborious hours. They may also have moved from one town to another in cold circumstances. You may be experiencing similar emotions and stress.

You were not able to communicate your pain or how your circumstances made you feel. You feel that there was no one to reach out to during your time of need, leaving you feeling isolated and undeserving of support. Your needs are met by abandonment and more responsibilities. If those that should love you cannot protect and love you, then the rest of the

world is a death trap.

You keep your own counsel, you only trust yourself. This is your way of escaping circumstances that you cannot control and want to get away from. You have become your own source of support and comfort.

Key Points

- What happened when you asked for love and support? How were your needs met? How did it make you feel?
- People who bullied, abused or rejected you have met your need for love. Explore further possibilities.
- Explore your ancestry line. Did they work and live in cold conditions? What were your ancestor's lifestyles like? How did it make them feel? What kind of work did they do with their hands? This could be washing clothing in very cold water during the icy winters and working outside.
- How did you feel during the womb stages? Was your mother emotionally available? Explore further possibilities.
- You have a fear of reaching out to others. You seem to feel safer in your own company. Who made you feel this way? Explore further possibilities.
- Feeling resentful, as you did not experience the love and acceptance you needed.
- Explore associations and trauma related to cold weather. What were you doing? How did you feel emotionally? Do your mother or father have similar issues? Explore further possibilities.
- How does it serve you to push people away? How does it keep you safe? Safe from what? Explore further possibilities.
- Who or what is causing you a great deal of stress? Explore the stress. Was it present during your conception? Explore further possibilities.
- Trauma related to feeling cut off from love, nurturing and support in your life. Explore by whom? How did it make you feel?
- Did your mother want a boy instead of a girl? Was she under a great deal of pressure to please her husband and family by delivering a boy? Explore further, this could also be related to ancestral trauma and pressure to conceive a boy.

Reactive Arthritis

See Arthritis, Auto Immune Disease, Bacteria, Chlamydia, Inflammation, Joint Problems, Osteoarthritis, Rheumatoid Arthritis, Tendon Problems

Emotions

You are walking through life with a great amount of old regret or disappointment. You may feel like a failure, as everything you attract does not have a happy ending. You feel a great deal of anger toward influential people who never gave you the support that was promised. This may be financial or emotional support.

Your career choice or future is often under attack and critically judged by influential people. This is a result of not being able to rise up to high expectations, creating a great deal of conflict for you in terms of what you really want to do.

Rigid, influential people may have tightly controlled you. You fear that punishment might follow if you abandon your old family values. You can now see how your life has been controlled and molded into something that causes you deep unhappiness. You seem to feel obligated to endure abuse that stems from controlling influential people. You feel you have

no choice but to stay put and take what comes.

Your self-worth has been challenged to a point where you may want to rebel against controlling forces. You feel weighed down and burdened by the expectations of others. Acceptance was only shown and given as a reward for hard work. This made you unconsciously punish and sabotage yourself when you couldn't reach those high expectations.

You have been dwelling and stewing over old anger that has turned into a deep-seated rage. You feel caught in the middle of influential people's debates. You feel a great deal of anger as a result of debates that were projected onto you causing conflict and a sense of being attacked (either verbally or physically). The anger that you have felt towards others is now being projected internally as you do not express your feelings. You seem to be expressing your self-worth through your sexuality.

Key Points

- Explore womb stages. How did your mother feel? Was she angry with people in her environment?
- Which dominant figure in her life caused her to feel anger and rage? Did she feel supported? Explore broken promises and how all of the above affected you in utero.
- Explore the relationship with people who supported your needs. How did you feel toward those people? This may have made you feel undeserving or unworthy of being supported and loved in life.
- Your grudges and anger, combined with feeling inadequate may have caused you to unconsciously sabotage your success and existing support.
- You work against yourself, as you seem to feel that nothing can be done and achieved easily. You seem to need a challenge in order to become successful. Explore the benefit of needing anger and being challenged in life. You draw strength and determination from your anger. The anger is often your source of motivation and support –“I will show you that I can!”
- Which influential person challenged your identity? Do you feel that your way of life, achieving success and needing acknowledgement stems from this past unpleasant relationship? Explore who in present life is triggering these old traumas and anger.
- Your defenses and boundaries feel weakened due to dominant and controlling influential people's behavior and treatment. You often express boundaries using anger and resentment. You only speak up once you feel very angry and upset. Why? What stops you from saying “no” or lifting your opinion in the moment, instead of suppressing it?
- What do you see in your life that is causing you a great deal of disappointment, which has transformed into anger?
- Do you feel controlled by influential people? If yes, by whom? How does this person make you feel? Explore the relationship with this person and explore trauma.
- Who challenged your self-worth? How did this make you feel? What would happen if you stood up to this person?
- Trauma related to carrying too many responsibilities, as well as feeling responsible for the happiness of others. Why? What is the benefit of having all these responsibilities? Why are you punishing yourself this way? Explore similar patterns in your childhood.
- Explore grief related to your childhood. Did the pattern of grief repeat itself in your adult life? Who or what may have triggered the suppressed grief? Who in your life reminded you of or triggers this grief? Who abandoned you? Who passed away in your life? Often there is trauma related to loss – this could also be related to ancestral trauma. Explore further possibilities.

- Explain the difference between your grief and your mother's grief, especially during the womb stages.
- Feeling unhappy with the way that your life panned out. Why? What happened? Who influenced or controlled it? Explore old regret and guilt. How does it serve you to hold on to it? You seem to find comfort in hardships, suffering or anger. These emotions followed you from childhood. You feel comfortable feeling uncomfortable. What would happen if you change the way you feel? You may have a fear of change and feelings of anger, guilt and regret are a part of your identity.
- Trauma related to feeling under attack by influential people who should have protected you. Who made you feel this way? What did you need emotionally from this influential person? Your needs were met by negative actions. Explore associations made with this influential person and expressing your needs. "When I needed protection, support and acceptance, I attracted ___ (in this case it is attacked, feeling controlled)."
- You are expressing your self-worth through your sexuality. This may have made you feel shame and regret for expressing yourself in a way that was degrading. You didn't value your own needs and the way they were met by a partner. Explore who made you feel ashamed for expressing your sexual needs.
- How did that make you feel? How does it make you feel now when you express your sexual needs?
- Explore anger. Anger is a result of your need to express yourself sexually yet feeling conflicted with old limiting values and guilt projections.
- Trauma related to a partner cheating on you – also related to ancestral trauma. Betrayal, broken promises. Feeling abused by a partner but too scared to leave, as you are dependent on them.
- Were you a buffer between two parties who fought a lot? How did it make you feel?
- Feeling a great deal of pressure by influential people. Explore anger and resentment of being pushed too hard.

Rectocele

See Prolapsed Problems – Rectal

Rectum Problems

See Anal Problems, Intestines, Genital Warts, Hemorrhoids Prolapsed Problems – Rectal

Emotions

Children experience pleasure and enjoy relieving themselves while wearing their nappies. A parent's reaction to this is often one of disgust and revulsion. You may have made a very early association that anything to do with the rectum is disgusting and shameful. You associate this area and the function of it with guilt. As time progresses, you may have learned that feces and the rectum area are dangerous and disgusting. Letting go of old food has now become a guilt trip that is filled with disgust and anger. Deep down there is a relief when you let go of old emotions along with the stool.

At the same time, you may have been part of a family that didn't tolerate happiness, fun or freedom of expression. Instead, everything was tightly controlled. Instead of being a child and having fun, you often felt angry and suppressed. Influential people tightly controlled the manner in which you communicate. Your lifestyle has become a pattern where no joy and pleasure can be expressed.

You often work too hard to please influential people. You seem to experience this forbidden joy vicariously through the joy of others. Past experiences have left you feeling intensely suppressed, unable to just breathe or take in the joy that life has to offer. You feel a great deal of tension in life as your circumstances were stressful and you never knew when an unpredictable influential person was going to lash-out. You may have experienced situations that always kept you on guard. Failing to do so would result in consequences that were intense and very stressful. You felt trapped and unable to move away from influential people as your self-worth and identity felt connected to threatening people.

You have a deep need to be in control of everything and everyone. This is your unconscious way of establishing a safe environment, free of blame or attack. You often take on too much responsibility. Your need to be responsible is driven by a need to be in control—the more responsibilities, the more control you feel you have. This pattern has a catch. Taking on so many obligations only leaves you feeling more out of control, which sets up a vicious cycle where you try to regain control. You find that you perform at your best under stress. You cannot afford to let go of anything you've worked for.

Any loss (even if it is past baggage) will make you feel weak and defeated. Your past has molded you into an angry and controlling individual. You are afraid to change anything because that may make you vulnerable and open to being controlled.

The rectum represents issues that have been internalized. It also represents problems you may have experienced with your parents. There is a conflict between guilt and pleasure.

Key Points

- Ancestral trauma related to being raped or sexually abused in this area. Explore this on an ancestral level. Trauma that may have left ancestors feeling out of control. Explore further possibilities.

Note to practitioners: When exploring fertilization points never regress the client back to the time when their ancestors were raped or abused.

- Trauma related to abuse may have made you feel out of control. Explore what other feelings come up when you feel out of control. Explore the birth trauma – feeling out of control.
- What do you feel guilty about and unable to let go of? This guilt may be related to guilt that was present during conception. Why do you hold on to this guilt? Is it for self-punishment reasons? Do you feel that you deserve to suffer with guilt? Explore further possibilities.
- When children relieve themselves, they experience a sense of pleasure. Adults believe that the rectum is dangerous (health wise) and disgusting. That part of your body causes conflict between pleasure and guilt. Explore this conflict and how influential people and even other children made you feel in regards to this.
- Explore emotions you have when you relieve yourself. Do you feel angry, out of control, ashamed or disgusted? Explore the cause of these emotions.
- Who expected too much? How did this make you feel? Failing these expectations would result in no emotional rewards from influential people. Your identity and self-worth will be devalued.
- Needing to be in control. Fear of being out of control. Explore why? Who made you feel this way? What happened? Explore further possibilities.
- Explore the difference between your mother's fear of losing control and your fear of losing control during your own birth. How did her fears affect you in utero? Explore further possibilities.

- Did you see influential people lose control of situations and their emotions? Explore associations made by observing these people. You may have felt that you cannot lose control of your life, as the consequences will be traumatic and stressful. Explore further possibilities.
- Do you take on too many responsibilities? If yes, why? Explore how all these responsibilities serve you. What do you get out of it? Does it give you the illusion that you have more control? Being in control during a time of chaos met your emotional needs. Explore trauma related to feeling overwhelmed and burdened.
- Trauma related to stressful relationship with a male figure. Explore further possibilities.
- Trauma related to conflict between parents having a direct influence on you. Explore further possibilities.
- Which past action or trauma can you not let go of? Explore further possibilities.
- Feel unable to forgive people that caused you harm and trauma. Why? What is the benefit of holding onto the trauma? You will feel powerless without the trauma. Explore new ways of accessing power by doing something that you love.
- You feel unable to establish your independence and separate identity within the family or in your environment. Your character felt under attack and criticized. Explore further.

Reflux

See Acid Reflux, Digestive Issues, Heart Burn, Muscle Problems, Nausea

Emotions

You feel very upset, resistant or disgusted by what is going on around you. You often find yourself involved in circumstances or with people who make you want to escape. Your overwhelming fear of loneliness and being rejected dominate all logic and make you stay in unhealthy circumstances. You sense this but are unable to fix it. You are up against too much and fear that you will fail if you keep fighting to fix everything.

Outside influences seem to have the upper hand and you refuse to surrender, no matter how upsetting the circumstances are. Your stubbornness is blocking and sabotaging your ability to recognize when enough is enough. Your self-expression has been severely suppressed and controlled. The time to express your feelings was never quite right, so you have learned to hold back your emotions. This left you feeling unimportant, victimized or insignificant.

Drama, abuse, judgment or blame may have been shoved down your throat in the past. You felt you had no choice other than to accept whatever came your way. Walking away might make you like a failure however, in the long run, it might actually be a victory.

Reflux often surfaces when a person is going through big changes that are triggering very old and intense emotions that have been suppressed.

Key Points

- Who or what is causing a great deal of upset and emotional turmoil? Why do you allow this to take place? What would happen if you stood your ground?
- What are you resisting in life? Is it change or moving forward? Explore the worst thing about this.
- What would happen if you walked away from someone or circumstances that are unhealthy? Explore further possibilities.
- Who made you feel rejected and blamed during childhood? Have you unconsciously attracted people or circumstances that are causing you to feel the way you did during childhood? If so, how does reliving certain aspects of your childhood make you feel? Explore suppressed anger and resentment toward influential people.

- Trauma related to not being able to escape your circumstances. How does this make you feel? Explore trauma of not being able to escape and change upsetting circumstances in your childhood.
- You feel criticized and judged by controlling or dominating figures, making you feel unable to live up to high expectations. Explore who made you feel this way. How did this make you feel?
- There is a transition (someone passing away, a failed relationship or change of job, etc.) that is causing a great deal of stress. You can't accept and digest what is happening or has happened. Acceptance will only bring it into reality. It's better to keep rejecting the stressful circumstances and the impact it has.
- What have you seen that you cannot accept? It's also related to ancestral trauma.
- What stops you from changing upsetting and stressful circumstances? Explore further possibilities.
- Explore trauma related to a fear that your mother may have felt when she was pregnant. She may also have suffered from reflux and a fear of stepping into her new future with the unborn child.
- Fear or accepting and digesting new changes. Did she experience trauma during times of change, causing her to have a fear of change and not being able to stomach anything new? Do you also have a fear of change? If yes, explore and explore what the fear is and what happened in the past when changes occurred.
- Ancestral trauma related to a near drowning experience. An ancestor that was very ill (resulting in excess acid in the stomach) and never quite recovered fully.

Reiter's syndrome

See Auto Immune Disease, Bacteria, Inflammation / Infection, Reactive Arthritis

Renal Disease / Failure

See Kidney Problems, Uremia

Repetitive Stress Injury RSI

See Cumulative Trauma Disorder

Restless Leg Syndrome

See Anxiety, Joint Problems, Gulf War Syndrome, Muscle Problems, Myofascial Pain Syndrome (MPS), Nerve Problems, Pelvic Problems, Post-Traumatic Stress Disorder (PTSD)

Emotions

You find it challenging to connect to the part of yourself that is calm and peaceful. You may feel disconnected from others and your true self. You often work hard and are very proactive with the intention of escaping unwanted feelings and memories of childhood.

You may have experienced abuse or trauma during a time when you felt safe. Stressful or threatening circumstances may have occurred unexpectedly, leaving you insecure and afraid.

Incidents in the past may have left many cycles of unresolved trauma. As a result, you feel stuck in a fight or flight mode. You were at the receiving end of judgment and criticism from influential people, often taking the brunt of a parent(s) frustration.

Being in control of everything compensates for the lack of control and protection you have experienced in the past. You may have witnessed your parents losing control, which created a lot of fear for you as a child.

Your parents may have been stress-heads, regardless of what you did, they responded in a stressed manner. As a result, you feel unsure of whether you are doing the right thing or not.

Feedback and guidance from your parents was either absent or hostile. The household was filled with stress and tension making you desperate to escape. You could not, so this left you feeling trapped and suffocated.

This condition may also be related to a trauma in which you were unable to physically escape or run away. The body is trying to complete a trauma where you tried to run away but couldn't. This could also relate to ancestral trauma where an ancestor was not able to escape danger.

Key Points

- When did this condition start? What was happening in your life? What was the relationship like with your parents or other influential people? What were the circumstances at home like? How did this make you feel?
- When you move around, you feel relief from ___ emotion? What sensations or emotions are you feeling that you cannot suppress?
- When did these sensations or emotions start? How did that make you feel?
- Explore your own birth. Were you traumatized by the ordeal and unable to get away from being stuck, pushed or touched by maternity staff?
- What would happen if you were not able to move? Who or what made you feel this way? Explore further possibilities.
- Explore war trauma in the ancestral line. Physical and emotional trauma resulting in running away, however the flee instinct was never resolved as a result of the intensity of the trauma. Explore how this may have surfaced in different ways in your life. For example: you were unable to run away or escape physical abuse, being attacked or stressful circumstances at home during childhood years.
- What do you feel guilty about? You may have been blamed by influential people for being the cause of problems or upsets in the family. You might be feeling guilty and confused about what you did wrong, however, you still accepted the blame. This may cause you to blame yourself for everything that goes wrong around you.
- You feel overly responsible for others and obligated to ease their burdens. This is an indirect manifestation of your past; you are overcompensating for the times when you were blamed by trying to fix everyone's problems. Fixing mistakes made you feel valued, validated and respected. In your eyes, people who were respected were safe from harm and abuse.
- Why is it unsafe to be still? What would happen? Did you associate stillness with a traumatic situation? Were you abused or attacked when you were sitting still and felt safe? Explore the unresolved trauma.
- You may have built-up anger that surfaced. This anger comes and goes in waves combined with feelings of guilt for feeling the anger in the first place. Explore further possibilities.
- What have you not been able to resolve? Who or what made you feel this way? Explore further possibilities.
- You had a stressful relationship with your mother that left you feeling unprotected and threatened. This left a feeling that if your source of food, love and comfort is unstable and unable to provide for you, what will happen in the outside world? This has left you feeling unsafe.

- You seem to feel that you are hanging by a thread. Why? Who made you feel this way? Explore further possibilities.
- It is not safe to sleep. Explore why? What happened when you were sleeping or about to sleep? Ancestral trauma as well.
- Explore the fetal stages. Did your mother experience high levels of stress during the pregnancy? Did her partner abuse her? Did she feel trapped and unable to escape her circumstances? Explore how this affected you in utero and how you felt whenever you reached out to your mother for security. Did she meet your need for safety in a healthy way?
- Your mother also seemed to have suffered from a great deal of stress that affected you.
- Explore trauma related to feeling unable to escape, feeling trapped, controlled, abused or violated. Explore fertilization stages.
- Always explore the birth trauma and see the Birth section.

Retina

See Eye Problems / Retina

Reye's Syndrome

See Immune System, Meningitis, Nausea, Virus

Emotions

Your desired goals are achieved with great opposition or sabotage. You seem to be a sensitive person. Ancestral trauma is now being expressed in your life along with conception trauma.

You may have felt unwelcome beginning in the womb. Perhaps your mother didn't feel that she was allowed to have fun and enjoy life while she was pregnant (often related also to ancestral trauma). There were many restrictions in her life and she felt trapped as well as controlled by her circumstances. Her anger indirectly affected you in utero.

You are extremely irritated by influential people. You feel that you are in the way and that your presence causes other's stress. You are angry about this situation, yet feel unable to improve it. Regardless of your efforts, influential people's reactions remain the same. You resent absorbing all of the stress in your environment. Escaping is not an option, creating great stress and leaving you feeling out of control. You may experience mood swings as an outlet for any built-up anger (anger related to ancestral trauma) and feeling defenseless.

Your self-worth has taken a tumble due to the lack of validation in your life. Rejection, abandonment or insults were used as a form of punishment. You made an association with your emotional need being met with abuse. This only added to your already deteriorating low self-esteem.

You do not want to be where you are right now. Your circumstances have made you feel helpless and unable to establish your own role or purpose in life. You may express yourself with an intense fear of punishment and rejection. You want to bail from your life and circumstances as nothing resonates with you. Explore a similar experience in your mother or father's trauma and the ancestry line.

Key Points

- Ancestral trauma – they used anger to become successful, express boundaries and ward off enemies. Anger was their saving grace, however it is a downfall for the generations that are yet to be born.

- Your need for safety and love has been met by negative reactions and even anger. When you needed to feel safe, you were punished, attacked or rejected. There is an intense fear of being rejected and not feeling protected.
- Explore how your mother felt while she was pregnant. Did she feel safe, supported and loved? Explore how her circumstances may have affected your need for safety and comfort.
- Explore the relationship between your parents. Explore marital problems that might cause you immense stress. Explore options and how it made you feel.
- Did your mother want the pregnancy? Explore further possibilities.
- Explore intense anger and rage that may have been experienced by ancestors along with alcohol or substance abuse, which harmed the liver. These intense emotions are often a result of feeling helpless, victimized or disempowered. Explore how similar patterns or emotions may have been triggered in your life.
- Feeling unworthy of living. Who made you feel this way? Explore further possibilities.
- Did your mother feel unworthy and helpless while she was pregnant? Did she feel like a victim of circumstance? If yes, explore how her feelings of being a victim affected you. As a newborn child, did she perhaps reject you? Was this the same way that her mother rejected her at her own birth? Explore possible recurring cycles of rejection and feeling like a helpless victim.
- Did your mother use medication that may have affected your hormones and ability to digest and break down nutrients, such as breast milk and any other food or medication that was given to you as child?
- You seemed to feel weakened and defenseless during fetal stages (also related to ancestral trauma). Explore why. Did you feel overly sensitive towards your environment and influential people?
- The weaker you feel, the more defenseless, helpless or disempowered you will feel in life, especially when you become ill.
- Your defenses have been challenged emotionally and physically. Emotionally – explore relationships with your parents and mother while she was pregnant. What are your living arrangements like? Is there a lot of stress in your life? Explore further possibilities. Physically – your mother may have fallen ill while she was pregnant. Did she abuse alcohol or medication that may have challenged your immune system? Explore further possibilities.
- Whose anger destroyed you? Explore further possibilities related to patterns of anger.

Ribs

See Bone Problems

Emotions

There is often trauma related to feeling completely exposed and unable to protect oneself.

Upper part of the ribs

Often relates to those closest to you, such as your mother or father. This could also be related to abuse that your mother or father experienced with their parents. Did someone pass away in your life that was close to you? Someone's death may have caused great upset and dysfunction in the family, having a direct affect on you.

Lower part of ribs

This relates more to your relationships (personal or work related.).

Crushed ribs

May be related to feeling that your family foundation is falling apart or is not as strong as it used to be.

Note to practitioners: Although it is more likely that the practitioner will find this kind of trauma three generations ago, it's always worth exploring.

Key Points

- Was there alcohol or drug abuse in the family line?
- Ancestral trauma. A person felt turned on and attacked by their blood (family members or a loved one).
- Trauma related to feeling completely exposed and unable to protect oneself.
- Explore stress related to unresolved conflict with a parent (upper part of ribs). Left side feminine, right side masculine.
- Explore stress related to unresolved conflict with a partner / friend / co-worker (lower part of ribs). Left side feminine, right side masculine.
- If the trauma is related to a car accident / accident then explore who made you feel vulnerable / destabilized? Left side – female / Right side – male. Upper part family / lower part friendships.

Rickets

See Bone Problems, Malnutrition

Emotions

Responsibility overload seems to be the key here. You may feel that you came into this world with very little support and resources. You do not have a place from which to draw your energy and life force from. Your mother may have felt this way when she was pregnant.

You often feel depleted by other's needs and demands. Your mother may have rejected you during early infant stages. Your needs may have been met by denial and abandonment. You feel held back and unsure of what to make of the future or which direction to head in. You are caught between holding back and moving forward.

Key Points

- Explore the womb stages. Your mother may have eaten food that was grown in poorly nurtured soil, causing you to be deprived of vital minerals and vitamins during your skeletal development. The lack of nutrients seemed to be accompanied by feelings of lack of support and not feeling strong enough to endure challenges, that life sends your way. Feeling weighed down by the weight of the world and responsibilities, coupled with feelings of not being allowed to enjoy life and feel free.
- Ancestral imprisonment or slavery trauma. Labor that required your mother to stay indoors for long periods of time. Explore how she felt and how her emotions and the health of her body affected you in utero.
- It feels like you are caving in from all the stress you have endured, starting in the womb.
- Your conception was dominated by exhaustion, feeling depleted in resources or not having anything to replenish your energy.
- Ancestral trauma related to feeling overly responsible and burdened by life. Explore ancestral trauma as well as health that might have been compromised by the environment.

- Feel unworthy and undeserving of love, nurturing and support. Who made you feel this way? Explore trauma feeling unworthy of receiving nurturing and love from influential people, as well as from your environment.
- Explore ancestral trauma that resulted in malnutrition, famine or poverty that may have resulted in the family's collective consciousness. You feel, "I will never have enough of support and love, as well as nurturing from my food." The body may have made a negative association with food that is it unfulfilling and unable to provide the necessary strength and energy.
- Explore maternal rejection. Did your mother reject you during early infant years?
- Your support system was developed and built on a brittle foundation. You fear that your support and source of food will abandon you. This could be related to an ancestor whose husband left her and the children and she was not able to provide for them. Explore more possibilities.
- You may have made an association that your need for love, nurturing and comfort is met by lack, hostility or rejection. Explore further possibilities.

Rheumatism

See Back Pain, Bursitis, Inflammation, Joint Problems, Neck Pain, Pain, Rheumatoid Arthritis, Shoulder Pain

Emotions

An old trauma has been triggered after birth, when you moved from the warmth of the womb to a cold environment. This old trauma is often an ancestral trauma, where ancestors had to work and do unpleasant tasks in cold weather. Negative associations have been made with cold climate and people felt challenged by what they were doing. This could include career choices or cultural discriminations.

You often sense that domineering forces are against you and you are powerless to change or stop it. Your private life has been invaded, controlled or manipulated by the whims of an influential person's agenda. You are afraid making any changes will result in abandonment. Inevitably, this has resulted in a great deal of anger and feeling manipulated or taken advantage of.

Influential people have disrespected your boundaries and you have learned that the only way to be heard is through outbursts of anger. You tend to bundle up your feelings, until you have had enough. The anger might be interpreted as confidence, however it's only a symptom of poor boundaries.

You take refuge in the anger, stubbornness or rigidity. These traits have seen you through rough times. Your anger and rigidity is debilitating and self-sabotaging, yet you refuse to change it because it gives you the illusion of strength and confidence.

When you needed love, you were shown anger, rejection or coldness. This has become the foundation of your life (also related to ancestral trauma).

You are stubborn when it comes to making changes. Any change might cause more upset and challenges. You ward off people with anger and bitterness. The more people you allow into your life, the more stress, responsibilities and disappointment will follow.

Key Points

- You seem to have triggered old trauma after birth. Did your mother also feel the above emotions when she was pregnant? If yes, explore and explain the difference between her

anger, rage, resentment and bitterness and your own emotions. There seems to be an overlap of her emotions and hardship that is experienced by you as your own personal experience and pain.

- Trauma related to moving to a new environment and not being able to establish an identity and find comfort in a new territory.
- When did the pain start? What issue has been building up before this condition started? How did you feel at the time?
- You find comfort and safety in your anger, rage and bitterness. When did you need to express these emotions in order to feel safe? Explore associations made between anger and needing to feel safe.
- Your anger and rage are a response to feeling severely disempowered and helpless due to the actions of an influential person or circumstance. Who or what made you feel this way? Explore further possibilities.
- You are holding on to old injustices. What happened? Why hold on to it? What is the benefit of holding on to blaming this person or situation? Explore further possibilities. Read the “Forgiveness” section and “Taking Responsibility” section in the book.
- You use your anger to mask how helpless and disempowered you feel. Explore trauma that caused you to feel so disempowered. What stops you from taking your power back? You feel that you’re not allowed to be powerful and instead focus your energy on blaming others for how things have turned out.
- What do you get out of blaming others? Explore further possibilities.
- You’ve only known suffering or challenging circumstances, which you feel you deserve. What stops you from changing this? Do you know who you are without the anger and resentment? Can you express boundaries without anger? Explore secondary gains as well.
- Which emotion is consuming you? Why? What happened that made you feel this way? Explore further possibilities.
- Which parent(s) also battled anger, resentment or vengeance issues? Explore how this may have affected you during childhood and explore the difference between your issues and your parent’s issues.
- Did you feel caught between your parents conflict with each other? Who made you feel responsible for the conflict?
- Where do you feel the pain? See the Quick Reference Guide for more information.

Rheumatoid Arthritis

See Arthritis, Attacked, Auto Immune System, Bursitis, Inflammation, Joint Problems, Osteoarthritis, Reactive Arthritis, Tendon Problems

Emotions

You only feel recognized and noticed when you accept more responsibilities. This causes a great deal of anger, as you may feel you have to work for love. You have a deep and rigid need to be right. This may be the result of feeling ignored whenever you needed to be acknowledged or heard. You feel that no one takes you seriously, which infuriates you.

You have a fear of saying “no,” as this may cause you to be rejected and abandoned. You tend to bend over backwards for others with very little reward. You seem to push people away, setting yourself up to endure any pain on your own.

You may unconsciously feel that you deserve to be punished for being a bad person and not being good enough. The love and comfort you received as a child was traumatic, stressful or filled with rejection, anger or resentment.

You responded to loved one's needs the same way your needs were met. Being loved and comforted may have been an unpleasant experience. You feel inadequate when you have to show love so you overload yourself with responsibilities in order to avoid these situations. You tend to resist engaging in circumstances that require comforting others as you might feel obligated to provide support.

You have a fear of co-dependency as this causes you to feel controlled and trapped. This results in a great deal of anger and inability to control your environment (ancestral trauma related to lack of freedom).

Feeling controlled reminds you of a childhood trauma where you lost your emotional, mental or physical freedom. You have become addicted to feeling adrenaline as a result of arguments. You often unconsciously provoke circumstances where you end up being attacked either verbally or physically. This causes the body to move into a fight response, provoking an adrenaline rush again. You feel empowered and powerful when you feel angry. You access this power through provoking arguments.

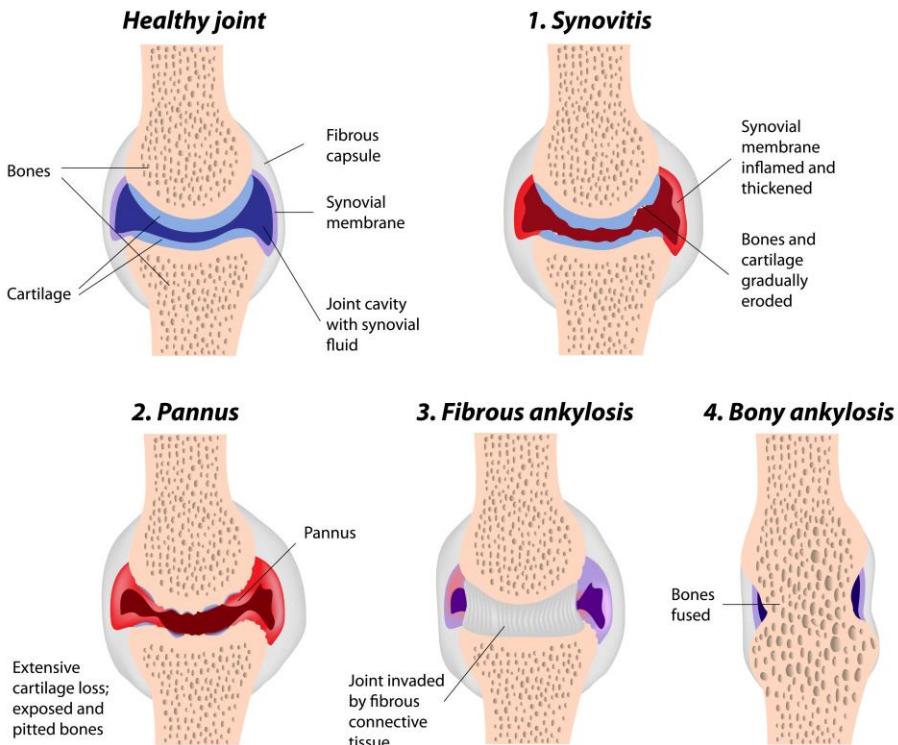
You may have been emotionally abused as a child and made a negative association with love. When you needed love, you were rejected, abandoned or abused. Now when you need love, you often unconsciously provoke situations that recreate feelings you had in childhood. You find comfort in familiar patterns and habits, as you know no other way of life.

You seem to need the approval of the opposite sex or from the gender that rejected you as a child. You may attract partners in life that will make you feel the same way as this influential person did during your childhood.

You were manipulated into doing and accepting things and circumstances that brought you no joy. You feel a great deal of resentment and irritation toward circumstances that trigger this old irritation. You have a low tolerance for circumstances that you do not want to be in.

You feel unsure about where you fit into life as you were made to feel like a nuisance during childhood. Any mistakes made you attribute to having no guidance from influential people. You were often criticized for making mistakes, making you feel worthless. While others were enjoying their life, you had to deal with trauma, rejection and abandonment. You feel a deep resentment brought on by maternal rejection (deliberate or unconscious). Your built-up resentment makes you feel out of control so you become overly controlling in order to feel safe.

Stages of Rheumatoid Arthritis



Key Points

- You attract partners that trigger traumas and issues you had with a dominant parent. Explore what you needed from this dominant parent. How were your needs met? Is your partner mirroring this pattern? Explore associations made with the dominant parent whenever you needed love and comfort.
- What do you deeply resent in your life? Why? Other than resentment, how does this make you feel?
- Is there a similar issue that was present in your mother's life while she was pregnant? If yes, explore how her issues affected you. When you needed love, what was your mother feeling at the time? Did she feel attacked, abused and angry? Explore further possibilities.
- Who else in your family had anger and resentment issues? How did this person's anger serve them? Do you have similar patterns? If yes, explore how your anger and resentment serves you. What would happen if someone took the anger and resentment away? You might feel defenseless and unable to protect yourself. From whom or what do you need to protect yourself?
- What is your guilt and shame related to? What happened that made you feel this way? Explore further possibilities.
- Explore ancestral trauma. You may have experienced similar traumas as well as being exposed to toxins at the same time that influenced the body's immune system. This may have caused the body's immune system to spiral out of control along with attacking itself.

- You feel ignored and pushed aside whenever you expressed emotions, making you feel powerless and unable to say what needs to be said. Instead, you suppress your feelings and have what I call, “silent raging fits.”
- You seem to feel that no matter how hard you try to change things, you will fail, as the influential forces around you are more powerful. Who made you feel this way? Explore further possibilities.
- The people who support you also control and attack you emotionally or even physically. Explore conflict of being supported and being attacked.
- Love in your life feels toxic and unhealthy. As a result, you give love and do not allow yourself to receive love. Explore further possibilities.
- Feeling blamed by people you love. How did that make you feel?
- Your needs have been met by rejection, abandonment, punishment or feeling attacked. This may cause you to project these emotions onto yourself. In the long run, you end up punishing, rejecting and attacking yourself.

Rosacea

See Alcoholism, Blisters, Skin Problems, Rashes

Emotions

As a child, you were taught to be seen and not heard and you have been silenced too much. You are suppressing a fierce anger that is triggered when people irritate you. You may have had a tense relationship with a parent who projected a fierce temper and sharp, hurtful words. You seem to be the one who is carrying and holding the family together. You feel responsible for everyone’s happiness, success and nurturing. You push yourself too hard, as you only felt validated after working very hard. Weak efforts were punished, causing you to give too much of yourself.

Key Points

- Feeling insignificant and not worthy of speaking up. Why? Who made you feel this way?
- How does it keep you safe emotionally to suppress your needs and opinions when in another’s presence? You have made an association with communicating your needs and being punished.
- Explore trauma related to punishment. Why were you punished? How did that make you feel?
- Who was the dominant parent? What kind of relationship did you have with that parent? Explore this further.
- Explore suppressed anger and resentment as a result of carrying many burdens and responsibilities.
- People communicated with you in a very harsh manner. Words penetrated like knives.
- Fear related to communicating any anger or grief. Why? What happened when you did? Explore further possibilities.
- You allow your anger to build up to the point of angry out bursts. You only feel safe and able to express yourself during these outbursts. Did either of your parents have the same pattern? Explore how this affected you.
- You may have been punished unexpectedly, leaving you afraid of what could happen next.
- Did you experience trauma to the part of the body that is affected? Explore ancestral trauma, they may have experienced trauma to that part of the body.

- Do you drink alcohol? If yes, explore why? What do you get from the alcohol that you cannot from anything else? What do you need to suppress? Explore alcoholism in the ancestry line. Why did they drink?
- Were you physically abused as a child? If yes, were you hit in the face or area affected? If yes, explore trauma that was physically inflicted on the face. Explore associations made at the time of impact, such as feeling attacked, out of control, intense anger or desire for vengeance.

Rotator Cuff Problems

See Cumulative Trauma Disorder, Joint Problems, Muscle Problems, Shoulder Problems, Tendon Problems

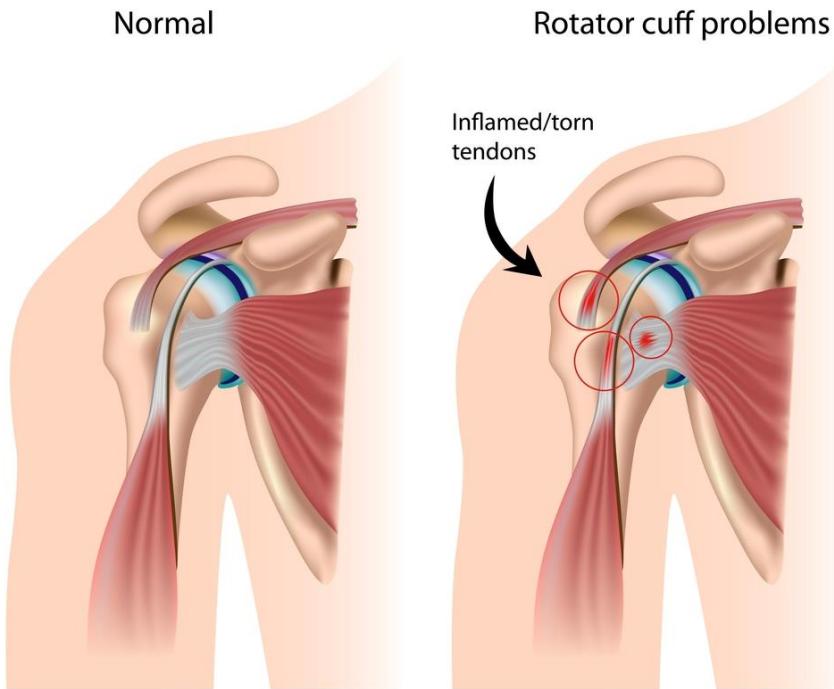
Emotions

You have entered a phase in life that has caused your personal and professional relationships to be out of balanced. You have taken on more responsibility and burdens. You are now becoming aware of the consequences and impact of past decisions. What was once an act of goodwill and compassion has turned into an obligation and undesired responsibility. This makes you feel angry or trapped and is taking an emotional toll. You've made a mistake by taking action on behalf of someone else but you feel too guilty to abandon the project or the person. You also see walking away as a failure and you were taught that failure is not an option. You feed off your rigidity and stubbornness as that is what gives you the necessary endurance to cope with stressful situations.

A great deal of pressure has been projected onto you during childhood, to push you to become successful. You have a fear of being shamed, judged or attacked by the family. Your desire for acceptance has become a vicious cycle.

You often tolerated stressful circumstances and people that were controlling and manipulative. This is a direct result of needing love and acceptance. You offer support to others but don't receive support in return. This leaves you feeling unsupported and taken advantage of. You may have been made to feel guilty whenever you expressed healthy boundaries. Dominant people may have seen your good nature as a weakness and exploited it. You want to move away from people and circumstances that bring you no joy.

You feel held back by your obligations or responsibilities and have reached the point where you've had enough.



Key Points

- What would happen if you had to say “no” to those who have high demands and expectations?
- What is the benefit of taking on so much responsibility? Are you using these burdens and responsibilities to mask a deeper problem? If yes, what are you suppressing? What is the benefit of having so many responsibilities?
- Ancestral trauma related to carrying heavy loads on their head, shoulders or carrying a child on their back while working long hours.
- Who do you feel guilty about, either in your personal or professional life? Why? What happened that made you feel this way? Apart from the guilt, what stops you from changing this pattern?
- What is the benefit of always being the nice one? Explore rejection and abandonment trauma that may have caused you to ignore boundaries with the intention of acceptance and being valued.
- What has changed that made you feel rigid and stubborn? Are you going through a change that is causing more stress and responsibilities? Explore further possibilities.
- You always support others, yet you find yourself without support when you need it. This may be a result of unmet needs as a child. Whenever you needed love, you were rejected and unsupported. Explore further possibilities.
- What did you need emotionally before this condition started? How and by whom was your need met? Explore why you had an unmet need at the time when the condition started. What was going on during that time?
- How do you feel when you use the side of your shoulder that hurts? Explore further possibilities.
- You feel pulled and weighed down by your circumstances. Why? What happened? How did your circumstances make you feel?

- Do you have an acidic diet? This often aggravates and irritates injured areas. Your hard work and efforts in life may have brought little joy, making you feel that there is not much else going for you.
- Explore feelings such as anger, feeling trapped, restricted and helpless in your circumstances. Explore whether a parent also made you feel this way.
- From whom do you need permission to break a promise or contract that is no longer serving anyone?
- You are carrying too much. What stops you from changing this? Explore further possibilities.
- Explore the relationship with your mother. How did she feel when she had to hold you as an infant? Did she also experience pain in the arm while feeling over burdened by responsibilities? Explore and explain the difference between your stress, strain and taking on too many responsibilities and her self-sabotaging patterns.
- Ancestral trauma related to carrying heavy loads / bags for long periods of time.
- Who ignored you when you expressed clear boundaries? How did that make you feel? Do you feel safe and worthy enough to say “no”? Explore the associations made whenever you said “no” in the past and during childhood.

Rumination Syndrome

See Constipation, Depression, Diarrhea, Digestive Problems

Emotions

You seem to feel, “There is nothing and no one out there for me.” The connection you shared with your mother during womb stages has been abruptly interrupted. You are more aware of all the judgment, tension or stress around them and you do not seem to bond with your mother in a way that is fulfilling. You may feel that your need for love is met by emotional absence and stress. Your needs are met by your mother’s numbness or feeling challenged to express love. The love that she thinks she gave you might not be the kind of love you needed. Your mother’s language of love was different and not easily recognized. You often feel confused, as the love you received while in the womb has now changed. This may be the result of your mother being more tired and stressed trying to adapt to a newborn child’s needs. You might actually just need her to be more emotionally present.

There might also be conflict between your mother and father. This may result in your mother feeling a great deal of stress or even threatened by her circumstances. Her trauma may have affected you. She may have felt that she needed to get away from her circumstances but felt frozen. This could have left you feeling, “I have to leave but I can’t; I am frozen.”

Key Points

- Ask the client’s mother if she can feel a difference in the love she felt toward the client while they were in the womb and now?
- Does the client’s mother feel that she herself had a negative and stressful bonding experience with her own mother when she was born? Does the client’s mother feel that she had more or less the same experience with her newborn child? If yes, explore how this may have affected her.
- How did she feel when she tried to show love? Did she feel awkward, incompetent or unsure of herself? Explore how the mother’s feelings of incompetence and inability to cope with the new circumstances may have affected the client when they needed love.

- Did the birth of the client trigger the mother's old unpleasant or traumatic bonding period with her own mother? Explore unpleasant experiences so that the pattern does not have to repeat itself again with the client (baby).
- If the mother experienced rejection by her own mother at birth, for whatever reason, then this cycle often repeats itself. The bonding pattern between mother and child may have surfaced at the client's birth. The new mother unconsciously rejects her own child (client). The client (baby) is aware of this and unconsciously also rejects the love and nurturing that is given to them by vomiting. Explore further.
- Did the client's (baby) mother perhaps eat or drink something that was offensive to the baby while she was breast-feeding them?
- Was the baby born via Caesarean? If so, explore further as this may have an impact on their digestive system as their organs and intestines were not stimulated by the natural birth.
- Was anything given to the client to digest perhaps unpleasant to the child, resulting in the child making a negative association with food? Their body responded by trying to get rid of it by vomiting. Explore how the child felt or what their mood was when they digest their food.
- Is the client in a stressful environment? Do the client's mother and father get along? Explore how the client's environment is affecting them.
- Explore trauma that resulted in tension, stress, fear and the need for protection. By whom or what did they feel threatened? By whom or what did the client's mother feel threatened? It also relates to ancestral trauma where they felt in danger and needed to run away but couldn't. There is urgency, needing to escape. Escape from what? What is the unseen danger? How does it make them feel?
- What is causing the client a deal of stress? What are they scared of? What can they not escape in their life? What is causing them to feel so angry? What does the client feel sad about?
- Explore the client's relationship with their parents. Which parent is causing them stress or scares them? Explore trauma of feeling helpless, defenseless and able to change their circumstances.
- See the Birth section as well.

Rupture

See Achilles, Gonad Problems, Hernia, Muscle Problems, Tendon Problems

Emotions

You may feel that you have reached your limit. There are too many expectations and you have a deep fear of failing. Your stubbornness and resistance to give in has caused you to bite off more than you can chew. You want to accomplish the impossible, which may be the result of having to jump through hoops as a child in order to be acknowledged and loved. This is also related to patterns where you sabotage any success (often related to a fear of success).

You have been adding more and more stress to your life to mask the pain that you are feeling. You don't seem to know where, what and how to deal with the trauma. Instead, you have thrown your hands up in the air with the realization that, "I can't do this anymore." At this point, you need divine intervention. You still try to push forward, past obstacles until you physically injure yourself. It is the body's way of expressing a boundary, telling you to slow down. You need to re-evaluate what is really going on and find out what needs to happen next.

You may be seething with anger and resentment toward influential people who may have

expected too much of you. This made you feel like you would always be a failure. On the flip side, this is what often serves to motivate you to do better in life. Your sense of determination is powered by intense anxiety.

You prefer to be in control, even to the point of becoming a control freak. You find you must be involved with everything in order to guarantee a successful outcome.

Key Points

- What did you do when this condition started? What issues have been building up in your life before this condition started? Did you feel any guilt or regret at the time of the rupture?
- Who made you feel that you will never achieve anything or a specific goal in life? How did that make you feel? Explore further possibilities.
- Do you unconsciously hold onto to your fear of failure as a means of motivation? Explore why you have a fear of failure. You often sabotage your progress by putting too much responsibility and pressure on yourself. This often results in failure, as you cannot keep up with the high standards, burdens or responsibilities you have created.
- The expectations are too high. You feel that influential people expect too much. How does being under pressure make you feel? How does it make you feel when you fail to meet expectations? Explore fertilization, cell division and implantation.
- You suppress any emotions, as self-expression was not tolerated. What would happen if you expressed anger and frustration? What would happen if you asked for support? Explore further possibilities.
- What is the benefit of having so much responsibility and burdens? What are you trying to mask and suppress by consuming yourself with all this? Explore further possibilities.
- How does it make you feel to be so overwhelmed and not able to cope?
- Who or what in your life has become too much to handle? How does this make you feel? Can you change the circumstances? Explore further possibilities.
- What happened when you failed a task for the first time? How did that make you feel? How did influential people respond? Explore the associations made with failure and the response of influential people.
- Who had high expectations of you? How did this pressure make you feel? Explore how this pressure, feeling controlled or fear of failure is now playing out.
- Need to prove your self-worth. To whom? What would happen if you never get a chance to prove yourself to this person? Explore further possibilities.
- What would happen if you were forced to be still and not do anything? What would happen? How would that make you feel? Who else in your family had the same pattern? Explore the difference between a family member's stress, anxiety and blocks and your own issues and problems. You may have copied this person's behavior at a time when you didn't know what to do or how to behave.
- Explore the ability to express boundaries. What happened in the past when you said "no?" This may be the result of not asking for support and choosing to carry everything on your back. Explore further possibilities.
- Explore similar ancestral patterns where they may have been under tremendous pressure and strain. Did they have hard laboring jobs? Did they have to fight for survival?

Sacrum

See Hip Problems -Sacrum

Salivary Gland Disorders

See Cancer, Inflammation, Mumps

Emotions

You feel and express emotions from the head mind and not from the heart or gut mind. You have experienced a trauma that made you find comfort in analyzing your circumstances instead of feeling and processing it. This has resulted in tension, pressure and unresolved trauma to become stuck in the head mind. This blocked the flow to your heart mind. This may have caused you to discard and suppress any emotions.

You cannot relate or connect to your emotions. You are often very analytical and are a headstrong person. Your strength is in the ability to analyze things; it is your way of keeping old traumas and emotions at bay. You seem to achieve your goals to a certain point and then become stagnant and do not make further progress. You often abandon new ideas and goals.

Key Points

- When did this condition start? How did you feel when it started? What has been a pressing issue that resulted in feeling a great deal of anger, tension or resentment?
- You feel that you don't have what it takes to accomplish your goals due to childhood trauma that is holding you back. You feel a great deal of anger because of this invisible wall that you keep walking into. Explore how you feel whenever you try to do something or accomplish a goal. Explore self-sabotage issues.
- Have you ever had mumps? If yes, then explore how you felt during that time. Are you experiencing a similar issue now? Explore unresolved issues and trauma during the time when you had mumps.
- What do you feel unworthy of? Who made you feel this way? Did a similar issue that triggered old emotions surface when the salivary disorder started? Explore further possibilities.
- How does analyzing everything keep you safe? How did this pattern serve you during childhood?
- Did you experience a head trauma that may have resulted in blocked energy, stress and trauma being stored there?
- You feel trapped in an environment where you are obligated to listen to people's complaints. How does this make you feel? The complaints could also be perceived as verbal attacks being launched at you.
- You feel angry toward an influential person for being controlling and restricting your ability to express yourself. Who made you feel this way? Explore further possibilities.
- You feel angry in regards to a frustrating situation that you are helpless to change. Explore further possibilities.
- You feel a great deal of anger along with a deep sense of sadness due to the actions of an influential person. Explore further possibilities.

Salpingitis

See Fallopian Tube Problems, Infertility, Inflammation, Ovaries, Pelvic Problems, Prolapsed Problems – Uterus

Sarcoidosis

See Immune System Compromised, Inflammation, Lungs Problems, Lymphatic System

Emotions

You seem to feel consumed by suppressed grief and disappointments. Influential people have verbally attacked you because they feel you are not good enough. You have failed to become the ideal person that authority figures pushed you to become. You long for acceptance just for being yourself.

Your self-esteem is motivated by your efforts and hard work, which never seem to be enough. Your opinions and efforts were often ignored, leaving you to feel unworthy and unable to feel like an equal in the family.

Your confidence has been challenged, making you question your own ability to rise above past challenges. You feel angry toward yourself for failing tasks, often taking criticism very personally.

You may feel as if others are holding you back. You had a great need to accomplish specific goals however; your efforts were controlled, manipulated or sabotaged by influential people who deprived you of joy. You are longing for passion to be ignited again.

You feel unimportant if you cannot do what you feel called to do. You may have been ashamed and made to feel guilty for achieving success while others were challenged by their problems. Your need for growth, love, support or harmony has been met by stressed out influential people who had no time to nurture their own needs. As a result, everything always felt out of control.

You may have been in a family where moods were unpredictable and you never knew when to relax and when to run. As a result, you hold your breath, always hoping for the best but preparing for the worst.

Good times have been outweighed by the bad times. You are trying to rid yourself of toxic and unhealthy patterns, people or circumstances. Success and life = fighting, abuse (physical or emotional), abandonment or grieving for something that is missing. Your future looks empty, with no support and you feel challenged and lonely.

Key Points

- This condition often starts when you need a break from your circumstances, which are causing a great deal of stress. Explore when the condition started. How did you feel at the time?
- What has been a pressing issue in your life? How does this make you feel?
- Who do you resent the most in your life? Who do you feel is responsible for any misfortunes? Explore why you are still holding on to this situation. What would happen if you let go of and forgave the circumstances?
- Who or what are you grieving for? What should have happened that didn't? Explore further possibilities.
- Trauma related to a divorce, separation or loss of a family member. Could also be related to ancestors.
- Did your mother feel the same while she was pregnant? Explore how her emotions and circumstances affected you in utero. Was she abused, abandoned or feel verbally under attack?
- Explore the ancestry line for physical abuse along with deep-seated grief due to lack of support or protection. Explore how any of these issues may have started in your life.

- Explore conception. Did your mother feel threatened by the father? Did she feel safe? Was she upset or resentful? Explore possibilities.
- Did your mother consume alcohol, medication or food that may have challenged your immune system, resulting in feeling under attack by the source that should provide and protect?
- You feel intensely irritated and angry toward an influential person. Explore who and why.
- Your current or more recent circumstances may have triggered an old childhood trauma. This resulted in old suppressed emotions and trauma coming to life, causing great stress. This only adds to the existing stress which makes you feel overwhelmed, depressed, saddened or out of control. Explore further possibilities.
- Explore your birth. Did you feel similar traumas (such as feeling abused, attacked, being thrown away or rejected) during or after birth? Explore further possibilities.
- Explore feelings of anger, rage, grief and resentment. Who or what made you feel this way? Explore further possibilities. Explore issues such as refusing to let go of anger. You might draw your confidence and power from anger. This association helped you to survive during harsh and challenging times. Needing vengeance.

Scabies

See Skin Problems, Eczema, Parasites

Emotions

You seem to feel irritated and invaded by those that are overstepping your boundaries. You do not feel worthy enough to say “no.” You often feel challenged when confronted by disrespectful people. You have a fear that if you do say “no,” you will be rejected and end up alone and abandoned.

People are taking advantage of your poor boundaries, causing a great deal of stress and inner conflict. Your fear of rejection is holding you back. You know that your boundaries are being overstepped however, you feel powerless to do something about it. As a result, you feel very irritated and aggravated by these people.

Your fear of loneliness and rejection overwrites all logic, even allowing you to tolerate unhealthy and one-sided relationships. These relationships are causing a great deal of suppressed anger, resentment or irritation. Your ability to make choices during childhood has been suppressed by influential people and outside forces, leaving you with the impression that you have to put up with circumstances.

You seem to feel that you never had enough of what you needed during childhood. Your needs have been met by challenges, stress and lack of what you actually needed. Your irritation toward your environment and certain influential people has become intense. Your fear of confrontation has been influencing the ability to change and stop this pattern.

Key Points

- Explore your environment and relationships with those that are close to you. Influential people around you may also be battling their own demons as a result of their bad boundaries. This would have had a negative affect on your own ability to express boundaries.
- Do you feel taken advantage of by others or by an authority figure? If relevant, explore how this made you feel? When you needed protection and support from these figures, how were your needs met?
- Trauma related to feeling defenseless in the face of an influential person. How did that make you feel? It also relates to ancestral trauma.

- You feel intensely irritated by your circumstances. You want to escape however; you feel stuck and obligated to hang around. Explore who or what is irritating you so badly? Why do you feel the obligation to stay? How does that make you feel?
- You feel invaded, manipulated, controlled or dominated by others who are taking their own pain and frustrations out on you. Who made you feel this way? How did that make you feel? Explore further possibilities.
- Explore conception stages. Explore lack (such as love, support or boundaries), feeling out of control and intense anger between your mother and father that may be unrelated to their union.
- Explore fertilization stages, how did the egg feel when surrounded by sperm cells? Explore further possibilities.
- Explore implantation. The zygote needs may have been met by lack, “There is never enough of what I need.” Explore further possibilities.
- Guilt and shame. You were made to feel ashamed and dirty about your sexuality and genitals. You may have been in a sexually exploitative family that carried out the wrong message about sex and sexuality (often related to ancestral trauma / patterns). Explore more options and how this made you feel and how it affected your views and feelings about this topic. Explore this during the conception.
- Explore sexual disgust. Unconsciously punishing yourself for exploring your sexuality with the belief that it is wrong, bad, disgusting and humiliating. Explore more possibilities.

Scarlet Fever

See Bacteria, Fever, Heart Problems, Lymphatic System, Strep Throat, Toxins

Emotions

There seems to be a strong pattern in the family where verbal attacks and unnecessary accusations were thrown back and forth. You walked right into the middle of a blame throwing tug of war between two influential people.

You never seem to know when it will be your turn to be attacked, blamed or made to feel guilty and ashamed for being in the wrong place at the wrong time. Influential people failed to take responsibility for their mistakes and decisions. You feel burdened by the blame game and very misunderstood as no one can focus on your needs.

There seems to be a victim mentality in the family that's reinforced when circumstances become too challenging to deal with. You feel threatened and under attack (either verbally or physically), from all sides and angles. You feel unsafe in your position in the family. The slightest upset might result in rejection, leaving you confused and unable to grasp why all this is happening.

You feel deeply frustrated and angry. Reliable influential people have become unreliable.

Key Points

- Your need for love and protection has been met by attack and rejection. Explore how this made you feel.
- When you needed to be understood, you were often blamed instead. How did this make you feel? Explore further possibilities.
- Feeling irritated and angry with those that caused you to feel under attack and unsafe.
- Who made you feel this way? Explore your relationship with this person. How did it make you feel?

- You feel unsafe to say “no” and to express your needs. Why? Who made you feel unsafe whenever you expressed needs? Explore trauma associated with saying “no” or setting boundaries.
- Explore ancestral trauma. Explore possibility of being affected by bacteria and toxins while feeling under attack by their circumstances (war, poor living conditions and no protection from harsh weather) or influential people. Explore how certain aspects of this may have affected the client.
- Explore attack (either verbally or physically), exhaustion or bacterial trauma during your conception, fertilization and after birth.
- Trauma related to being punished for speaking up. Frustration as a result of suppressing your anger and rage.
- Explore the relationship with your mother. Do you feel rejected or unloved by your mother? When you want attention or love, how does she or an influential female figure, respond?
- Explore guilt, shame and regret that you may have taken on from your mother and/or father. Especially when your parents felt guilty for mistreating you. Explore further possibilities.
- Were you born during a time that was stressful for your parents? Where they experiencing marital or partnership problems? Explore whether your parents blamed you for challenging their already challenged life.

Schizophrenia

See Addictions, Bi-polar Disorder, Catalepsy, Depression, Epilepsy, Hyperactivity, Hysteria, Panic Attack, Psychosis

Emotions

When you witness or have met someone with schizophrenia, it becomes quite evident that they behave and think in a scattered way. They have ideas and words coming from all directions and different thoughts and feelings coming and going in waves. They suffer from false beliefs such as thinking they are being chased or are under attack. As a schizophrenic, you may feel that uncontrollable forces are controlling you. You often lead a lonely life as you avoid being around people who could be a potential threat. You may hear voices and can even sometimes experience senses such as taste, smell or even see things that are not real. You do not trust in the world and your environment. You cannot count on what is real and what is not, as you feel deceived by your own reality.

It is possible that this condition may be brought on by complications during pregnancy or birth.

The suppressed trauma, emotions, pain or exposure to toxins have taken a great toll on the biological line. When these old traumas are triggered, it is equivalent to that of a big dam wall breaking. All the suppressed emotions and trauma are out of control and overwhelming.

There may be a history of mental illnesses in the family and ancestral line. Circumstances and people that were abusive, domineering or overly controlling, may have contributed to your stressed state. Long-term exposure to harsh or challenging circumstances may have taken a toll on an ancestor’s mental ability to cope. These harsh circumstances may have included exposure to toxins and chemicals that may have contributed to an already fragile mental state. Certain traumas in your life may have triggered these old traumatic experiences from the past, resulting in a mentally chaotic outcome. The environment may have triggered a condition, which has been dormant. This may be subtle, yet have a big impact. You may have been born overly sensitive to certain behaviors of others. Many symptoms are caused by an inherited pattern, which is later activated. It is important to understand that this does not

mean that it is anyone's fault within the family that this condition was triggered.

There may have been a big disruption in the way your mother and father communicated with one another. There may have been many angry words (with the intention to hurt or disempower another) exchanged. What was their relationship like just before you were conceived?

There is often war trauma related to condition where ancestors witnessed mass destruction, death, suicide and violence.

Key Points

- Explore birth trauma. Did you have a traumatic birth? Was your mother given drugs / medication during her pregnancy or during birth? If yes, explore how the mediation along with emotional and physical trauma may have affected you in utero.
- Explore trauma and associations made with toxicity, chemicals and lack of nutrition or a virus during fetal stages. This could even include body lotion that your mother used, hair dye, bad food or water; pollution in her environment along with feeling stressed. Explore how this combination of emotional and physical trauma may have affected you in utero.
- Ancestral trauma related to a near death experience that resulted in the ancestor becoming paranoid and even crazy. Ancestors may have suffered from severe post-traumatic stress disorder. Explore further possibilities.
- Explore ancestral line for mental disorders. Explore what their environment, stress and trauma was related to. Explore how this may have affected you in your current life.
- Ancestral trauma related to war, witnessing mass murder, near death experiences. Holding onto the trauma due to immense guilt. Explore where the guilt stems from.
- Ancestors who tried to take responsibility for too many people's welfare or survival.
- Ancestral trauma related to challenging circumstances that consumed them.
- Trauma related to feeling overwhelmed and out of control. Explore during conception, fertilization, birth and childhood.
- Guilt that you are unable to process. Fear of being punished for something you've done. Explore ancestral trauma possibly related to this.
- Explore trauma related to instances when people did in fact hurt you emotionally or physically. How did this make you feel? Explore these emotions during the fertilization stages.
- Who betrayed your trust? Explore betrayal trauma during the ancestry line as well.
- Explore the ability to express boundaries. Explore who may have challenged your boundaries, making you feel helpless, defenseless or out of control. Explore birth trauma as well for these emotions.
- Explore trauma points that your mother experienced when she gave birth to you and how her trauma affected you. Especially when you unconsciously reached out to her for comfort. Which emotions were your needs met with?
- Was there chaos in the delivery room when you were born? If so, how did it affect you mentally and emotionally? Explore further possibilities.
- Did your mother attempt an abortion? If yes, explore how this made the fetus feel.
- Trauma related to lack of acknowledgement and praise. Explore also in ancestry line.
- Did your mother have a miscarriage or abortion before you were conceived? If yes, explore trauma of the previous fetus that passed away. How did it affect you in utero? Are you expressing the previous fetus' consciousness?
- Did you have any head trauma related to your birth as a result of forceps or being physically grabbed around the neck and head? If yes, then explore how it made you feel (such as under

attack or out of control). You may have associated being alive with danger, being attacked by foreign forces or feeling helpless. Explore more possibilities.

- Explore signs or trauma where you felt out of control, feeling attacked by a new environment after birth. How did you perceive different sounds in the room and how did it make you feel? These are very important key points to explore. Note that these various sounds, physical contact and presence from strangers around you created those first associations with the outside world.
- Did you have a twin in the womb that passed away? If yes, explore how this made you feel.
- Was your mother abused or did she experience high levels of stress (work related, environment or relationships) while she was pregnant? This could have a big impact on you in utero. Explore further possibilities.
- Fear of seeing the world the way that it is. Related to ancestral trauma. Who could not afford to see their circumstances as they were? Explore further possibilities.
- Explore similarities between your emotions or habits and your mother's. Patterns copied from the mother often set in during fetal stages when the stomach, nervous system and heart develop. The fetus receives their programming from the mother's heart chakra just before turning their head towards the uterus. It is also during this time when the pattern of anxiety, self-esteem and personal strength is reinforced.

Note to the practitioners: Create an atmosphere where they feel safe. Speak to them in a calm way and do not try to solve this problem on their behalf. If the client does not cooperate then ask either of the parents to support you and answer questions on the client's behalf. It would always be best if it could be the mother, as she may have a clearer memory of the client's birth, etc.

Sciatica Nerve

See Back Problems, Hip Problems, Nerve Problems, Pain, Peripheral Nerve

Emotions

You have felt emotionally and physically invaded by your family. Your boundaries and right to privacy have not been respected. You feel humiliated, belittled or disconnected from your territory, family and identity.

You often accept the role of scapegoat in the family because you feel you have no right to speak up for or defend yourself. You feel manipulated into going through with something you don't want to participate in but feel you lack the coping skills to fight back.

Your ideas and opinions are communicated in a way that is not understood by others. This causes you a great deal of tension and imbalance, often leading to isolation. Communication is very important to you, yet you continually feel misunderstood. You have a lot to share and express, yet unspoken words have accumulated without an outlet creating anger and rage.

You try to express the anger in different ways. You often walk and move forward in life feeling angry and resentful. You sense that people do not take the time to understand you. As a result, you have associated communication with anger and frustration. Dissociating from your feelings has served you well.

Your body is prompting you to re-evaluate the direction you're headed and whether this path is the one you really want. You seem to feel indecisive about what you want in life and how to achieve it.

You fear that you will never have enough of what you need. This may result in feeling that your goals will not succeed. To avoid re-creating your worst fears, you then work even harder.

Key Points

- Explore the ancestral line. Ancestors were abused and not able or allowed to speak up. Explore how this trauma may have surfaced in your life in different ways (it does not necessarily mean that you were sexually abused).
- Fear of self-expression. Do you find it easy to communicate with others? If no, explore why? What happened? Who or what challenged your ability to express yourself?
- What do you want to say that that you fear saying? To whom would you like to speak? What stops you from speaking? Explore trauma association with this specific individual.
- Disrespected boundaries. Explore during fertilization and after birth trauma.
- You have a fear of the future and making changes, especially when it involves your creativity. Your talents and creativity have been suppressed by abuse, bullying or controlling influential people. If relevant, explore how this made you feel. Your need for expression and being creative may have been met by control, abuse, suppression or challenges from influential people.
- Where are you now in life versus where you wanted to be? What do you feel sabotaged your progress in accomplishing your goals? Explore further possibilities.
- You feel held back and disempowered by the past. Who or what disempowered you to such an extent that you feel you've fallen from grace? Explore further possibilities.

Sclerosis

See Back Problems, Multiple Sclerosis, Muscle Problems, Pain

Scoliosis

See Back Problems, Hip Problems, Muscle Problems, Osteoporosis, Pain, Skeletal System, Spine Problems

Emotions

You have been suppressed by dominant, controlling influential people who used guilt, threats or shame in order to control your behavior. Your need for approval was met by comments such as "You can do better than that" or "That is acceptable, but not good enough." You seem to feel that your efforts and hard work were never good enough. The harder you worked, the more judgment and criticism you attracted. You have associated success and handwork with humiliation or lack of reward.

You were caught between your mother and father's conflict. They may have been given the ultimatum to choose between them. Problems and complaints were also dumped on you, making you feel overwhelmed and stressed. You often had no idea who to please and who to push away. Either way, you were in the firing line of your parent's conflict.

Rigid, influential people controlled your future and made personal choices on your behalf. This left you feeling that there is no way out, that you are forced to deal with undesirable circumstances. You may feel that you were the black sheep in the family and everyone was against you. You often felt that you could never get the upper hand within your challenging circumstances, causing you to throw in the towel and sabotage your goals. This is your way of rebelling and an indirect effort to re-gain control of your life. Doing the opposite of what you have been told is a cry for independence. You may unconsciously attract circumstances and people that leave you feeling controlled and dominated.

You suppressed how you felt with the intention of surviving emotionally. This is a result of

not being allowed to fully express your feelings. Your direction in life has been controlled and twisted to a point where you feel confused and uncertain about whether you are living your dream or someone else's. You feel disconnected from what you need to say.

You do not feel good about yourself. This may be the result of influential people using criticism as a way of educating you during your childhood. Your parents tried to use reverse psychology, however it backfired and only caused more problems and strain on their relationship with you.

You feel disconnected from your purpose and don't trust in your talents due to harsh criticism. You may feel a great deal of trauma related to rejection. As a result, you hold onto the rejection trauma as an unconscious reminder of where your place is within the family.

You are very passionate and full of compassion for other people and will often bend over backwards to help others. You may get taken advantage of as a result of poor personal boundaries. An influential person ignored, rejected or even punished you whenever you tried to exercise clear personal boundaries.

When the back curves in the middle then explore burdens and responsibilities that you are carrying in your life. Explore your mother's stress while you were in utero. Did you have enough space in the womb to move around or was there already tension and stress in your back? Explore how your mother felt and the memories and trauma that have been copied in the spine during the fetal stages. Are the related emotions, tension or stress your emotions or hers?

When the back curves in the lower back then explore financial stress, feeling unsupported and looked after. Explore ancestral trauma related to poverty as well.

If the bent spine is predominantly to the left then explore the relationship with your mother (taking on her issues, or feeling challenged by her). Explore spirituality, being in the flow of life, your ability to feel compassion for her and accepting your femininity.

If the bent spine is predominantly to the right then explore the relationship with your father. Did your mother feel challenged by him, by his authority or his masculinity?

If the client is a child then it's important to explore the relationship with a parent. In this case, the child is overly sensitive to a parent's stress, tension or marital issues. The child might be physically expressing what the parent is projecting. The way that the child feels is the same way that their parents felt during their conception.

Key Points

- Explore any feelings of self-pity, anger, frustration and vengeance.
- See the Birth (Forceps, Pro-longed Birth) section, extra pressure of being pulled by forceps or being squashed and stuck in the birth canal. This could influence the spine and have impact or cause damage to the spine. Explore physical trauma as well as how your mother felt at the time of birth. Explore if her trauma has been taken on by the baby and stored in the spine where you were both in pain during the birth. Note: when a person experiences pain in the body, the body often memorizes how they felt at the time when they experienced the pain. Their emotions are recorded in the area where they experienced the pain. When that same area is injured in the future, trauma that was memorized in the spine is triggered. You may feel either the pain or the old emotions that were felt during the initial time of the old injury again.
- You might not have had enough space to move around in the womb area due to lack of space or just not moving enough. This may have caused different parts of the body to feel stuck in a painful and uncomfortable position. Especially if you were too big for the womb

space. This may have placed strain and tension on the spine and soft tissue. If you didn't have enough space to move around in the womb, how did that make you feel? The answer you find here could be the same issue that always arises when you are experiencing pain in your back. Answers that you are searching for here should not be superficial such as, "I feel angry or irritated." You are searching for much deeper answers.

- Self-punishment. This may be a result of never feeling good enough during childhood. Explore further possibilities.
- You are often stubborn, rigid and controlling. You are overcompensating for the lack of flexibility and control you had during childhood. How does being rigid and overly controlling keep you safe? What is the benefit of being rigid and overly controlling?
- You give more than you receive—find balance. You worked so hard to always please others that you often ignored and suppressed your own needs.
- Explore the need to be responsible for everyone and everything. Who made you feel this way? Explore how this made you feel.
- Why do you want to be needed? Why? How does that make you feel? You feel important and valued by others when you are needed. Your self-worth is tied in with serving others. Explore further possibilities.
- Why are you "carrying" others problems on your back? Did your mother or father have the same pattern? If yes, then explore and explain the difference between your life and your parent's life. There might be an overlap where you do not have discernment about where your issues stop and someone else's issues start.
- Wanting to hide, ancestral trauma. Needing to hide and protect yourself from danger, abuse or threats. Explore how ancestral fears and trauma may have surfaced in different ways in your life. The trauma may be different, however the emotions are similar.
- Trauma related to feeling pressured, controlled or dominated by someone who always wants you to be better. Trauma of feeling picked on. Explore how this makes you feel.
- Ancestral trauma related to carrying a child on their back for hours on end while they worked. Explore how they felt.
- You may have been aware of your mother's anxiety, as she could have pushed down on her womb hoping it would settle down the baby's movement. This may have resulted in you feeling uncomfortable or controlled when trying to move around.
- You might not have had enough space to move around in the womb area due to lack of space or just not moving enough and staying still for long periods of time in one position. This may have caused different parts of the body to be stuck in a painful and uncomfortable position. If you were too big for the womb, this may have placed strain and tension on the spine and soft tissue. If you didn't have enough space to move around in the womb, how did that make you feel? The answer you find here could be the same issue that always arises when you are experiencing the pain in your back. The answers that you are searching for should not be superficial answers.
- See which area the scoliosis is the most painful and then also see Back Pain and the area relevant to your situation for more information.
- Ancestral trauma – ancestors had to defend themselves physically from a physical threat by twisting the body to the side to avoid a strike or potential danger to the body. This trauma may have anchored into the spine and biology. The ancestors may have carried heavy objects long distance.

Seasonal Adjustment Disorder (SAD)

See Adjustment Disorder, Anxiety, Depression, Nervous Breakdown, Sleep Problems

Emotions

You may have experienced an unpleasant phase in life during a certain season. As a result, you have made negative associations with the season during which you experienced a trauma. When that time of the year approaches, it may trigger the unresolved trauma(s). You feel tired, fatigued and moody. You may be suffering from depression. The fatigue is a secondary symptom and is a result of trying to escape old unresolved traumas that are surfacing in your relationships or career. The trauma may have occurred at an early stage in your life or you may be experiencing trauma related to ancestors who had to endure harsh circumstances during a specific season.

Key Points

- How did your mother react to seasonal changes while you were in the womb? Did she have warm enough clothing during the cold months? Could she regulate her temperature during the summer time (have access to a fan or air-conditioning)? Did she perhaps experience a trauma that may have affected your consciousness?
- Explore what may have happened that made you associate trauma, stress and tension with a specific season. Explore trauma and associations.
- Explore ancestral trauma. Did the ancestors experience traumatic times during a specific time and season of the year? Do you feel similar emotions as the ancestors during that time of the year?
- Trauma of being exposed to too much light or too much darkness.
- The body's circadian rhythms (internal body clock) may also be affected by SAD. When a person wakes up early in the morning and catches a glimpse of the sunlight, it advances their circadian rhythms. In wintertime, it is still dark when most people get up in the morning to get ready for work.
- When a person is exposed to light late in the evening, it seems to delay the circadian rhythms. Just sitting next to a bright light in the morning for a few minutes before starting a routine has been known to ease the side effects of SAD.
- Explore secondary gains related to feeling depressed. This could include getting more love, attention, rest and more personal space.
- As a fun exercise, be present with your circadian rhythms for a few minutes and make sure you are in a quiet place. Imagine that you can see how balanced it is by using an imaginary scale.
- Then keep acknowledging all the emotions that you have been feeling during this SAD period and bring to your conscious awareness of your emotions. Keep doing this until the scale feels balanced. When the scale is balanced, you should feel better and more in sync with your body and surroundings.
- Always explore the birth trauma and see the Birth section. Explore how you felt after birth.
- How did you feel when you transitioned from the womb to a different type of temperature, full of bright light? Did you make an association with bright lights?

Sebaceous Cyst (Epidermal)

See Acne, Auto Immune Disease, Cyst, Skin Problems

Emotions

You have allowed yourself to be pushed and dominated into a corner. You have given your power away to an influential person. This person has triggered your childhood trauma. This

influential person is mirroring a dominant figure that challenged you during childhood (or a person that challenged your mother). This cycle reinforces a victim state in which you have become stuck.

You feel destined for hardship or abuse. You are snowed under by responsibilities and feel responsible for another's failures. This is a result of a domineering parent who blamed or manipulated you as a means of control. Your parents may have avoided taking responsibility for their role as a parent and avoided their own problems and shortcomings by holding you responsible for everything that didn't work out for them.

You feel a great deal of rigidity toward your circumstances. You feel that people in your life are asking too much and you don't have the strength or resources to meet high expectations. You feel held back by a domineering person or by a situation that is out of control.

Part of you has surrendered to the hardship and stress while the other part is rigid and stubborn. You want to keep fighting and pushing forward as you have learned that success can only be achieved this way. Everything you do is sabotaged by a fear of success.

You feel you aren't allowed to feel joy or be happy. This caused you to sabotage opportunities that could have led to success and more happiness. You sometimes have to be pushed by others in order to make necessary changes in your life.

You are conflict avoidant, which allows you to become stuck in abusive relationships.

You do not resolve issues that arise from arguments or conflict. Instead, it feels safer to walk away. This also reinforces your victim state. The pain becomes all too familiar and those feelings of anger, sadness, betrayal and abuse become normal. You deeply resent your circumstances and the people who have caused you a great deal of stress.

You seem to feel that you've had to sacrifice everything in order to attend to the needs of others. Your lifestyle and patterns kept reinforcing a lack of love, support and trust in your life.

Cyst in face area

Were you physically abused? If yes, then explore and resolve this trauma. You may have a lot of trauma and stress related to communication. Who in your life do you have to face everyday and push away at the same time? You may also feel verbally attacked.

Cyst in the neck area

The neck may have been grabbed too hard during birth when pulled from the birth canal or picked up from the womb during a C-section. There could be a trauma related to the umbilical cord wrapped being around the neck. You may have been strangled or grabbed by the neck during childhood. A recent trauma in your life may have triggered an old trauma you experienced during infancy. You may have experienced hardships in your personal relationships. You have felt under tremendous pressure to support others who have become abusive towards you. You feel as though you have to take care of everyone and this makes you deeply resentful. You feel angry about everything you have to do, as your heart is not in it. You often feel like a victim of circumstance whose job it is to serve others and deprive yourself of experiencing any joy.

Cyst in the head area

Explore head trauma that made you feel out of control and unprotected. Explore the relationship with your parents. Explore possibility of religious abuse.

Cyst in the ear area

Feeling attacked by what you are hearing. You have been or still are in circumstances where verbal chaos and tension seems to be dominating. How does this make you feel? You seem to feel deeply angry, suppressed and frustrated for having to put up with circumstances and influential people that affect your life in a negative way. You need insulation from people's harsh words.

Key Points

- Where on the body is the cyst? Did you ever experience any trauma in that area such as physical abuse or an accident? If yes, explore how you felt at the time of the injury? Did you feel similar emotions when the cyst started? Explore how unrelated trauma may have caused similar emotions and stress to surface.
- Explore your self-sabotaging patterns. When you feel happy or on your way to success, does something happen to sabotage it? Do you have a partner that sabotages your efforts? Explore further possibilities.
- How do you feel when you are in a situation that is confrontational? What happened in the past whenever you confronted a situation? Explore associations made with confrontation.
- You seem to feel that you have had to fight for everything you wanted in life. This has created immense resentment toward life and anyone who challenged your journey. Explore old grudges and feelings of resentment, anger and betrayal.
- You are stuck feeling like a victim and regularly attract circumstances that reinforce this trauma. Who made you feel this way during childhood? How did that make you feel? Explore further possibilities.
- How does being a victim keep you safe? How did it keep your ancestors safe? Does it help you to avoid conflict? Avoid being lonely or rejected? Explore further possibilities.
- Your need for love, comfort, support and protection was met by deprivation, hardship and abandonment. You always need to fight for what you want.
- Feeling threatened, always on guard. By whom? Did you experience a similar childhood issue?
- Feeling unprotected may also be related to ancestral trauma. Explore further possibilities.
- The soft side to your personality has been deeply suppressed as this made you feel vulnerable to attack (either verbally or physically), to abuse or being criticized. How does being stern, stubborn and rigid keep you safe? Who or what does it keep you safe from? Explore further possibilities.
- Explore trauma related to times when you felt out of control and unprotected. Explore conception, fertilization, during and after birth.
- You have a big block when asking for help and support. Your need for support has never been met, making you feel sorry for yourself or stuck in your circumstances. You feel you have to do it all on your own. Explore further possibilities.
- Your stubbornness and rigidity has served you well. When you felt unsafe, you would revert to a state of feeling frozen, rigid and stubborn. This pattern has kept you safe in the past, but has also taken its toll. Explore further possibilities.

- You feel under attack by a person or people that should love and support you. Your need for love and support may have been met by abuse, rejection, punishment or anger.
- Was your mother abused while she was pregnant? If yes, then explore how her trauma affected you in utero. How did trauma in utero affect your life, your patterns and personal relations? Explore difference between your pain and your mother's pain.
- See the Quick Reference Guide for more information on the area where the cyst developed.

Seizures

See Epilepsy

Senility

See Addictions, Alcoholism, Alzheimer's Disease, Anxiety, Dementia, Malnutrition, Multiple Sclerosis, Panic Attacks, Parkinson's Disease, Poisoning, Thyroid Problems, Toxins, Tumors

Emotions

You have “packed up” and given up trying to change your life. You had to take care of too many responsibilities and problems during childhood. This caused you to associate life with only burdens—no joy, no support and no understanding. You may have felt unwelcomed and unwanted from an early age. You often felt punished with chores and responsibilities that gave you no joy.

You never really knew where and how to fit in with the family and what your role should be. What you have accomplished in life is not a direct result of your own goals, but rather, the goals of others. As a result, you feel very unfulfilled and incomplete. You have disconnected from your goals at an early age, with failure following you around every corner. You were left high and dry, feeling very resentful toward the people who should have known better.

Your ancestors experienced trauma that caused them to lose complete control of their life, emotions or even their body. This could also be related to long-term, severe abuse and war trauma, just to name a few.

Key Points

- Explore the relationship with your parents. How did they make you feel? How was your need for safety and protection met by your parents or influential people?
- What have you had enough of in your life?
- Explore anger, rage, resentment and feelings of vengeance. Why do you feel this way? Who made you feel this way? What is the benefit of holding on to the anger? Explore further possibilities.
- Trauma related to dissociating from your life and relationships. What association did you make with influential people who should have had your best interests at heart? How did these influential people respond to your emotional needs? Explore further possibilities.
- Did you abuse drugs or alcohol? If yes, then explore why you felt the need to use the drugs. What in your life were you trying to suppress? What do these drugs or alcohol give you that you can't access or feel in your own life? Explore the trauma that resulted in reaching out to the drugs or alcohol.
- Trauma related to feeling unable to escape traumatic or upsetting circumstances.
- Explore toxicity trauma during womb stages, childhood and adult life.

- You seemed to have experienced trauma whenever you expressed yourself. Explore what happened. You have associated communication with punishment, rejection or abandonment. Explore how this makes you feel. You have made an unconscious decision, “Because ___ happened, I am going to withdraw and disconnect from life.” Who were you trying to punish by doing this?
- Trauma related to being the target of someone else’s anger and psychological problems.

Septicemia

See Bacteria, Blood Problems, Fever, Immune System Impaired, Inflammation, Poisoning, Toxins

Emotions

You feel betrayed by the people you confided in. You feel intimates by your circumstances, which made you more sensitive to verbal attacks, betrayal or feeling out of control. You feel intense anger and resentment as a result of a situation that has grown out of hand. Your anger and resentment has no outlet because you have suppressed emotions far too long. You have reached a point where you need to deal with unresolved issues and feelings.

You often overact as a result of pent up anger and feeling done in by people you trusted. Old traumas have been triggered by recent circumstances. You feel invaded and controlled by what happened or is still happening. You don’t know how to defend yourself within these circumstances, leaving you helpless and defenseless, with no clear plan of action. You may feel that everything and everyone around you is working against you. You have been disempowered to such an extent that you forgot you have strong boundaries and a strong voice with which to speak up.

Things in your life may have changed and you feel unable to adjust. You feel “poisoned” by these circumstances or people.

Key Points

- Trauma related to betrayal. Related to your mother feeling betrayed by her partner while she was pregnant.
- Feeling challenged when you are confronted with circumstances that require you to trust others. When you needed to trust and rely on others during childhood, how were your needs met? Were your needs met by trust or betrayal; were you attacked or punished? Explore further possibilities.
- Explore trauma related to womb stages. Did your mother use medication, food or substances while feeling upset, under attack or invaded while pregnant? If yes, then how did it affect you in utero? Did similar issues that you experienced (meaning your mother’s emotions) in the womb surface in your life when the Septicemia started? Explore further possibilities.
- Challenged immune system. Explore trauma related to invasion trauma, such as bacteria, toxins and bites from insects. Explore further possibilities.
- Explore trauma related to feeling helpless, defenseless, invaded, controlled or under attack and injured. Explore the associations that were made with invasion. For example: when the body was trying to survive challenging circumstances, how were the body’s needs met? Were they met by circumstances that made you feel under attack, invaded or weakened?
- Trauma related to feeling let down and deeply disappointed before the onset of the Septicemia. By whom? What happened?
- Were instruments used during your birth such as forceps etc.? Did you feel attacked, threatened or invaded by your circumstances? Explore associations made with new changes

and transformation. Did your Septicemia start at a time when you were going through changes in your life? Explore trauma associated with change.

Sexual Abuse

See Addiction, Alcoholism, Anxiety, Attacked, Bladder Problems, Bi-polar Disorder, Bulimia, Depression, Fibromyalgia, Irritable Bowel Syndrome, Lower Back Pain, Panic Attacks, Pelvic Problems, Prolapsed Problems / Uterus, Rape

Emotions

Sexual abuse takes place when a person's personal boundaries are disrespected or invaded in an inappropriate and sexual way. It may occur when a person in authority (e.g. parent or teacher) abuses their power over a child or someone that is mentally challenged.

Understanding how and why abuse occurs within a family system and how to fully heal it, is beyond the scope of this section. I highly recommend that anyone healing this type of trauma (client or practitioner) read my first book Finding Your Own Voice. In this section, I give a short summary to help you understand the context of sexual abuse within families and some steps to help the healing process.

Note to practitioners: Assist the client to process the question, "Why have I attracted this experience?" It is incredibly important that you do not confuse "attraction" with "blame." The victim is completely innocent. However, they have attracted the experience because of some pre-existing pattern, which, in most cases, is part of the family history. Almost every single case of sexual abuse occurs within a family that has a history of abuse. The client may not know this beforehand as this information often only surfaces during a session.

Symptoms of sexual abuse

The symptoms described here may help you to understand or identify the problem. However, in therapy I never try to heal the symptoms – doing so will never address the underlying trauma. Only by healing the ancestral patterns and sexual abuse trauma will the client heal. Doing this will also resolve the symptoms. I cannot emphasize this greatly enough because I see many people spend years in therapy working on mere symptoms, such as depression or anxiety, without ever touching the underlying abuse and wondering why the therapy barely makes any difference. If you are a therapist, and if your client presents with anything that might be a symptom of abuse, you really have to heal the abuse trauma before you can make a significant difference in your client's life.

Girls may develop depression, anxiety and borderline personalities and become passive. Boys will react in the manner of flight / fight response and become aggressive, hyperactive or completely withdrawn from their environment.

An abuse victim may fear any new changes in life and find security in certain objects or animals. They might also find comfort in a specific animal, as they felt nurtured by them during a time of need and stress.

They are often very confused about their identity and how to fit into life. The perception of being a woman or man will be greatly influenced. They often lack sexual boundaries and overcompensate by being aggressive with the intention of protecting themselves. They often lack self-respect, as they were never respected during childhood. They may dissociate from

any emotions, their life or others due to trauma. They have enough on their plate to deal with and do not want to know of any more drama that is not related to them. This can result in becoming depressed and reaching out to substances or food for comfort.

Their true personality is often suppressed. They often use aggressive behavior learned during childhood that states, "My boundaries are not respected and the only way to be heard is to be abrupt, aggressive or violent." Aggression is also an outlet to relieve them from the suppressed hurt, pent up anger, invasion and violation trauma.

In order to resolve trauma related to the abuse you should search for the original trauma in a pattern. It is always an ancestral trauma that must be cleared. You can clear this in the abuse (it's their energy inside the client) by pretending to be the abuser and asking what their trauma was, why did they behave the way they did?

There are times when clients have never been sexually abused, however the ancestral memory of being abused may have been triggered by circumstances that felt invasive. The person doesn't realize that old trauma has been triggered. They merely accept what they feel such as feeling uncomfortable, invaded, violated or out of control. This person cannot consciously identify where these awkward feelings stem from. The client experiences an ancestral trauma that surfaced. This is why many people struggle to identify the origin of a trauma. The origin of it does not start within the client. This confusion results in anxiety.

Their head mind is trying to find the cause with the intention of resolving it, but there is no original core cause or starting point in their lifetime.

When working with sexually abused clients, the closer you move to the problem, the more the client will sabotage the session. The practitioner should keep reassuring the client that they are safe and in the present, not the past. The past cannot hurt them; it's just a memory now.

Shame: Shame surfaces to draw a person's attention away from the true external source of their emotional pain. Feeling shame focuses a person's attention on the illusion that they are somehow bad or disgusting. During their childhood, they may have been made to feel ashamed or bad when they expressed their needs. Their needs were met by violation, invasion and abuse. This caused them to associate emotional needs with shame. They feel that their needs invited violation and invasion.

Guilt: They were manipulated into doing or accepting things that may not have been acceptable. Later in life they find out it was not OK and this made them feel disgusted, angry and guilty. They may feel that it was their fault. They need to let go of this and realize their innocence.

Anxiety: Their anxiety stems from knowing something bad happened, but being too scared to face it or acknowledge it. This is especially true if they have not told their family about the abuse for fear of judgment or rejection.

Do not guide the client to relive the experience in any way, it is unnecessary – this is the objection I have to most forms of emotional therapy. I also wrote a book called *Finding Your Own Voice* where different types of abuse (such as sexual, physical, emotional and neglect) are discussed. I describe how to move away from abusive cycles as well as start a personal healing journey.

Traumatic experiences can split part of the self (meaning identity and how the body functions) into different sections. Every section contains old memories, unspoken resentment, fears and trauma. The brain is not a single organ, but a complex system of inter-working parts. It should be a coherent mind. Trauma could split the connection between the left and right processes. The more serious the traumas, the bigger the splits between the body minds are and the more disconnected the person may feel from their emotions, instincts and

environment. This can often happen when someone experiences sexual abuse, torture or severe trauma.

This can create a severe personality disorder and, in the worst-case, what used to be known as multiple personality disorder (now D.I.D.).

Key Points

- The client should never relive abusive experiences!
- If the client experienced multiple abuse traumas then do not address them one by one. Place any of the abuse traumas (emotions, incidents etc.) in one box and approach it as one trauma. After this step, explore what kind of emotions are left and keep exploring.
- What was the impact of the abuse? How did it change them? What has it done to their identity? Who do they want to become? What does the client feel they need to change in order to achieve that? Fear of letting go of the abuse.
- Clients have a fear of who they will be without their pain and trauma. Their pain resulted in anger and the anger and rage is what gave them the illusion that they are safe. Explore and explain that they can feel safe without needing their anger and trauma to protect them.
- Needing revenge. What is the benefit of getting revenge? How will that help the client to spiritually grow? Explore further possibilities.
- Fear of giving up their fighting instinct. This instinct has not been switched off and it has helped them to survive during challenging times. When trauma related to this is completed, the instinct will be balanced again. Explore how to feel safe without always needing their survival instincts to be switched on.
- Always feeling like they have to be perfect. They are trying to compensate for how broken and dismembered they feel. Explore what the benefit is of always trying to be perfect. Explore further possibilities.
- They used anger, rage and aggression to express boundaries. In the past, their boundaries were violated and invaded.
- Fear of change and success. They avoid change where possible. Changing means that they may have to let go of their survival mechanisms. They have learned how to feel safe in their life and any changes may challenge that. Explore further possibilities.
- They have made an association that when they relax, bad things happen. When they are on guard and ready to fight or flight they are safe. This often results in chronic fatigue, anxiety attacks or depression. Explore what happened during times when they felt safe and relaxed.
- Fear of letting go of the abuse. They often do not know who they are without the abuse. Incomplete trauma and survival instincts feel as if it's part of their identity. They have a fear that if they let go of the abuse then they might be vulnerable and attract new abusive circumstances. They seem to find safety and comfort in what they know. There might also be a hidden need for revenge. Explore further possibilities.
- Trauma related to feeling out of control. Explore further possibilities.
- Self-blame. They are blaming themselves for someone else's actions. The perpetrator failed to take responsibility for their actions; this is not the client's fault.
- Explore ancestral trauma related to sexual abuse, rape, violation, invasion and lack of boundaries or being overstepped.
- Their need for love, safety and protection may have been met by violation, invasion or abuse. Explore further possibilities.
- Explore trauma related to them feeling hopeless, useless and unimportant. Who made the client feel this way? Explore further possibilities.
- Conception trauma. Which parent also felt abused, violated, attacked and unsafe?

- Trauma related to feeling trapped and unable to move away from circumstances that made them feel traumatized and out of their depth. Their need for safety and love was met by awkwardness, invasion and violation. Their needs were met by actions and words that were stressful and traumatizing. This cycle built on their feelings of anger, as they want love, but it is not safe. They always feel in conflict. As a result, they sabotage relationships as anyone who wants to show them love may be a threat.
- Everything is a struggle. Their emotional needs have been met by challenging actions and behavior that resulted in them feeling that life is hard, hostile and unpleasant. Explore further possibilities.
- Birth trauma. The client's mother may have felt like she was being raped while giving birth to the client.
- Many new mothers have reported feeling this way. Explore how the mother's trauma may have affected the newborn baby.
- I suggest you ask the client to read the "Forgiveness" section, as well as the "Taking Responsibility."

Shingles

See Chicken Pox, Immune System, Nerve Problems, Rashes, Skin Problems, Spinal Cord, Virus

Emotions

You often feel overburdened by life and are carrying everyone's problems on your back, especially those of your mother or father's. The bond between you and your parents may have been hostile and cold. The parents may have been physically present, yet emotionally absent.

You may have been made to feel that your efforts were never good enough when trying to please either of your parents. This is a pattern that your mother or father most likely experienced with their own parents.

You were made to feel ashamed and guilty for expressing your emotions. This resulted in deep-seated resentment, as you felt suppressed by influential people. You feel that a dominant influential person controlled and dominated your journey and future, which you had no control over or say in the matter.

You may have learned from an early age that what you had to say was not important enough to be acknowledged. This left you feeling small and humiliated as your truth was ignored. Influential people never expressed or showed enough approval. There is a strong need for recognition and you will go through a great deal of effort to be recognized by influential people. You may even overcompensate by taking on too much responsibility.

You seem to fall into a victim of circumstance role whenever you are rejected. You often need a second party to help you evaluate your goals. This is a result of your fear of failure and need for support. You don't often ask for support, but instead choose to talk about your hardships, which are not dealing with the issues at hand.

You always seem to be waiting for others to rescue you from any dilemmas in life. This may be related to birth trauma, see the Forceps or Pro-longed Birth.

Your childhood coping "tools" are wearing out and becoming out dated and you need a different plan of action to change how you move forward in life.

The Shingles virus has a roller coaster type consciousness. People affected by this experience emotions from one extreme to the other. They experience strong emotions related to anger and happiness—there is no in-between. You may project a happy façade even when you feel extremely challenged by your circumstances. You have a hard time or even refuse to

show weakness. When the straw breaks the camel's back, you can become explosive. Until then, you often keep your emotions very low key. If you are not showing these signs at all then you may have already reached the point where you have given up and dissociated from your emotions. You may use pain medication, which can numb any current emotions. It also makes you disconnect from how you really feel. Medication can cause you to explore feelings in the head mind and not in the heart mind.

Generally speaking, when a person has a virus in their body then there is a possibility that they can unconsciously express the virus' needs. The virus may prompt the body to choose certain foods. It will even manipulate the senses so that the body can choose suitable living environments and circumstances for it to thrive. You may not be aware of the difference between your needs and the needs of the virus.

Key Points

- Practitioners reported that viral issues are related to one's self-esteem and not feeling worthy of being accepted by influential people (often a mother figure). You can either be disappointed in them or others. The disappointment is related to not being acknowledged in a way that would validate you as a unique individual.
- Explore trauma related to disappointment. Who or which circumstances disappointed you? How did that make you feel?
- What disappointment(s) are you holding on to? These disappointments are often directed at a person. There have been cases when the disappointment was due to a circumstance or situation.
- What do you feel guilty about? Who manipulated you to feel bad or guilty over any past actions and decisions?
- Explore the birth. Can you identify emotions and trauma such as giving up? Do you feel, "I can't do this on my own, I am exhausted?"
- Feeling like a victim of circumstance. Who or what made you feel like a victim of circumstance? How did that make you feel? Explore also in ancestral line.
- Explore ancestral trauma related to feeling like a victim, "I am a victim, I have to accept my circumstances and I have no choice."
- Explore trauma related to viral infections during the ancestry line and how it affected the biology.
- Your needs are only met when you feel weak, as you do not challenge intimidating people's insecurities when you are "weak." Being weak = love = survival.
- Which parent placed the most pressure on you? Explore further possibilities.
- You may feel like you deserve to be in pain (emotionally or physically). You have to suffer with the rest of the family. Happy and strong people were punished and attacked. The benefit is that you are already in pain and that the next blow of trauma would not be so traumatic. Explore self-sabotage.
- Do you recognize the difference between your needs and the needs of the virus? Look for any uncharacteristic changes since you were diagnosed. Changes in diet (craving different foods) and preferring different temperatures in the environment.
- Did you have manipulative or hostile parents? If yes, then explore further. Reclaim your power and choose not to live your life under an authority figure's umbrella (being controlled).
- How did your parents respond to you whenever you expressed your needs? Did the parents respond in an aggressive, hostile, cold or angry way? Explore further possibilities.

- When your parents pressured you to be successful, what did you need emotionally at that time? Explore how your emotional needs were met. How did the pressure make you feel?
- There is an auto-immune (self-sabotage) element. What is your fear of success? Why are you holding yourself back? What would happen if you became successful? Often children were not allowed to be more successful than the father as it brings him great shame when he's not the most successful figure in the house. Explore further possibilities.
- What long-term resentment do you have in your life? Why?
- Females may share a collective consciousness such as: women are responsible for every chore in the house. They have to work hard. People's happiness is their responsibility. They do not allow others to support them as it makes them look weak. If this is the case for you, then see if you can find similar emotions in the womb. Did your mother or father have similar patterns? If yes, then explore further.
- What is the benefit of having all these responsibilities? The answer could be because you feel loved, accepted, valued, validated or important.
- Males may share a collective consciousness such as: men have to work hard; have to look after the family; have to provide; everyone's well being and education depends on them, they have to be strong for everyone and they cannot show fear or weakness. If this is case for you, then see if you can find similar emotions in the womb. Did your mother or father have similar patterns? If yes, then explore further.
- You may have poor boundaries and allow people to suck you dry. What would happen if you had to say "no"? Do you fear being rejected, abandoned or losing the love and acceptance of others, especially your parents?
- You may have given up hope of achieving your goals in life. You feel that your only purpose in life is to live for others and serve others. Reconnect to your passion. What makes you happy? Do you have a hobby that you abandoned, etc.?
- Always explore the birth trauma and see the Birth section. See if you can identify the same emotions that you are feeling in your life now and also during the birthing process.
- Explore whether you experienced any toxicity while you were in the womb that could have challenged the immune system from any early age. If yes, explore how it made you feel and the associations you may have made with the toxicity.
- Explore whether your mother fell ill with a viral infection while you were in the womb that could have challenged the immune system from any early age. Explore further possibilities.
- Explore associations that you may have made with the virus when you needed love, support or protection from your mother.
- Explore ancestry line. Explore the first association that was made with a virus infection. How did the ancestors feel at the time? Did you feel similar emotions?
- Explore your boundaries. Explore trauma that caused the body to be weakened and allow invasions because it was too weak to fight back.
- Did you have the chicken pox? If yes, how did you feel at the time? Explore whether similar emotions from your childhood have been triggered now. Explore further possibilities.
- Did your mother have a stressful life during her pregnancy? If yes, then explore how it affected you in utero.
- Do you also have a fungus infection such as Candida? If yes, see the Fungus and Candida section as well.
- This condition starts after a big trauma related to separation is experienced. This could be the onset of a divorce, loss of a loved one, loss of a child or a miscarriage. Explore further possibilities.

- Feeling caught up between two authority figures who are in conflict with each other and you do not know who to please and how to keep the peace. Explore further.

Shin Splints

See Bone Problems, Joint Problems, Muscle Problems, Myofascial Pain Syndrome, Tendon Problems

Emotions

You do not want others to see your weaknesses. You also do not want your true personality to shine. You have a fear of being humiliated, belittled, devalued or rejected. Being yourself makes you feel vulnerable and exposed. This causes you to feel unable to control how others see and respond to you. You feel weak when you are yourself and for this reason, you often push people away.

Failure is not an option and you tend to place immense pressure on yourself to achieve your goals. You may have made a mistake in the past and are now overcompensating so as not to make the same mistake(s) again. You may feel unsupported in what you do. Your circumstances have been challenging and hostile. Your life has been bitter sweet so far; the good times always seem to be accompanied by the bad times.

There is an aspect of your personality that feels like a fraud and you have a fear of being caught out and rejected. You seem to be following a direction in life that gives you no reward. You are left feeling rather depressed as your efforts go unnoticed.

You felt tightly controlled and bossed around by influential people. There was very little to no support from influential people during your maturing years.

You seem to feel that you do not have what it takes to finish what you've started. As a result, you push too hard to achieve your goals. You put too much energy and effort into the goals, leaving little to no time for your own needs. You feel that you have to work harder than others in order to be acknowledged.

Key Points

- How does or did you feel during activities that resulted in this condition? Did you feel that your future or day-to-day life was being controlled? How did that make you feel?
- Who influenced your life and future in a way that resulted in feeling angry and resentful?
- What happened? Who or what stopped you from changing this?
- What is frustrating you in your life? Why allow this?
- You feel angry due to circumstances that are disempowering you. This makes you become overly controlling with the intention of regaining your power.
- Control trauma. Do you have a need to always be in control? If yes, then explore where you lost control or had too many responsibilities. You might be overcompensating for the lack of control you had during childhood.
- From who or what are you running away from? Why? Explore feeling trapped, forced, pressured and controlled to obey or do things you do not want to do. How did that make you feel?
- Explore ancestral trauma related to walking long distances to work or having to relocate while feeling unsupported and needing to manage an out of control situation. Explore war trauma where an ancestor had to run long distances to escape from slavery. Explore how similar emotions from your ancestry may have been repeated in your life again.
- When you needed support during childhood, your need was met by a lack of support, love and guidance. This may make you feel angry, frustrated and alone. You seem to feel that

you do not have what it takes to finish what you started. Your willingness to achieve success was met by a lack of praise, support, guidance, structure and acknowledgement.

Shoulder Problems

See Accidents, Back Problems, Calcification, Cumulative Trauma Disorder, Frozen Shoulder, Muscle Problems, Myofascial Pain Syndrome (MPS), Neck Problems, Rotator Cuff Problems, Tendon Problems

Emotions

You feel weighed down by responsibilities, yet are still willing to take on more. Your value is measured by how much you can do for others. You do not trust others to pull through for you or support you. Instead, you prefer to support others, as you are able to control the outcome of a task or responsibility. This makes you feel that you have to do everything by yourself in order to get it done right. Taking on responsibilities is not what gives you the fulfillment you crave such as love, acceptance or praise. However, it's the gate to being accepted. You feel that people want too much of you and you feel obligated to provide and support others. You are taking on so much responsibility that you end up feeling frustrated, exhausted and depleted. Your efforts are not paying off as you hoped and you are left feeling that you haven't done enough. This sets you up to take on even more responsibilities that only deplete you further. This leaves you feeling more angry and resentful than ever.

Your gentle nature is often taken advantage of, leaving you resentful and unable to express your disappointment. Expressing your disappointment only made you feel attacked, rejected and isolated.

There is a noticeable pattern of throat and thyroid issues along with shoulder problems. Your low self-esteem often sabotages your ability to express clear boundaries. You want to support others but don't seem to know how to support others in a balanced way.

You want to ask for help, but feel as if you are not allowed to. You were taught that you had to accept chores and responsibilities and there were never options to change it. This made you feel rigid and angry for not being allowed to have your own experiences in life. You feel unworthy of living the life you want.

You always feel that you need permission from authority figures to be powerful and successful. You feel challenged whenever you need to make decisions. In an act of self-sabotage, you often cut yourself off from something you need.

You were often offered love with a string of conditions. The stress in your shoulders is a result of feeling responsible for providing for others and a fear of never having enough of what you need. This is often related to ancestral trauma when there was a lack of food, water, safety and support.

Left Shoulder

This relates to financial responsibility and the feminine side, feeling responsible for coworkers and a partner. Making a decision that made you feel disempowered.

Right Shoulder

This relates to family responsibility, leadership, needing to please a father, the masculine side and your relationships with others.

Shoulder blades

This relates to moving into your power, yet you feel unsupported in doing so. Someone in your life is challenging your confidence and determination to become successful. You feel controlled or under attack, often by a feminine figure in your life. You feel humiliated and intimidated by someone in the family or close to you.

Dislocated Shoulder

You have a need to get away from a controlling figure in your life. Someone in your present life may be triggering unresolved issues you had with a parent during childhood. As a child or adult, you rely on the dominant person's support; however, the support is accompanied with controlling conditions. From whom or which circumstance do you need to break free? Are your current circumstances triggering a fear or unresolved trauma with a parent or influential person?

You are fighting against circumstances where you feel you don't have sufficient and powerful enough support. You are unsure of expressing yourself without the support of someone with an influential opinion / position and voice. You play it safe, as the risk of possible loss is far less. You may have handed your power over to someone with the intention of being accepted. You regret a move that was once strategic, but ended up being a pitfall.

You lack a great deal of trust in your professional and personal relationships – this is especially true in the family (immediate family members). Family members are gossiping about you and this causes you to feel excluded from the family, which again, reinforces your feelings of being devalued.

You do not feel that you are allowed to stand in your power and be more successful than others. You feel that a parent has taken your power away and you can't do anything about it.

Someone may be using your talents / accomplishments for his or her own benefit and you are powerless to change it.

You sense that you're headed in the wrong direction and this causes you to panic. You aren't sure what to do without the approval or blessing of an influential person. You often overestimate what you can and can't do. You end up going ahead with your plans and then suddenly feel a loss of power and control. You also have a great fear of losing power, as you are unable to stand your ground with loved ones. You often overcompensate for any insecurity with a "big" and flamboyant personality.

This is also related to ancestral trauma. They had to endure hard times including physical labor or chores that were taxing on their energy. They lacked motivation as their survival depended on pleasing authority figures and nurturing other people's projects.

Left shoulder dislocated

Trauma related to feeling left behind and not good enough to be part of an important project or journey. This could be related to religious manipulation where you feel conflicted with your goals / values and your family's religious values / projections. You feel unsafe to be yourself, as you find comfort in your façade. How do you feel about yourself and your talents? Can you see the beauty inside you that others can see? You may have had a challenging relationship with your mother.

Right shoulder dislocated

Don't feel confident in leadership roles. You overcompensate with aggression and

stubbornness to hide how you genuinely feel about the circumstances or position within a company, relationship or family. You feel there are no powerful resources to reach out to when you need it and as a result, you revert to anger and stubbornness as a foundation of support. Did you have a challenging relationship with your father?

Key Points

- By whom do you feel rejected? Are you still searching for affection from this person? If no, have you attracted people in your life that mirror this influential person whose love and acceptance you are searching for? Explore further possibilities.
- When did your shoulder problem start? What was going on in your life at the time? How did that make you feel?
- You feel like you have to carry other people's burdens. Why? What is the benefit of doing this? Explore further possibilities.
- You feel unworthy of living the life you want. This is a result of having to do things without being given a choice. What stops you from making that choice now? Explore any feelings of guilt and the sense that you don't have permission to feel guilty. Who made you feel this way? Explore trauma and associations made with this influential person.
- Who challenged your boundaries? How did it make you feel? How do you feel when you are faced with circumstances where you're required to express a boundary?
- Shoulders relate to carrying burdens, feeling guilty for wanting something other than the life you have. Explore further possibilities.
- What would happen if you had to say "no" to others or to an influential person? Explore trauma associated with saying "no." What happened when you said "no" for the first time? In your experience, saying "no" always created conflict, rejection or abandonment. It's better to just obey. Explore further possibilities.
- What would happen if you let go of responsibilities that are not yours and focus more on your own needs? Explore feelings guilt and obligation.
- Do you feel helpless to change something in your life? If yes, explore why? Who challenged you when you tried to make changes? This is also a result of being taught that you had to take and accept things as they are with no option to change it.
- Do you understand the difference between your own personal responsibilities and the responsibilities of others? Do you know where to draw the line? Explore further possibilities.
- Explore your birth. Was there pressure on the shoulders and upper back when you were being pushed through the birth canal? Explore the emotions that your mother felt at the time of the birth. You may have copied her stress and trauma while feeling the stress and pressure on your shoulders. Explore further possibilities.
- You may have been aware of your mother's anxiety, as she could have pushed down on her womb hoping it would settle down the baby's movement. This may have caused you to feel uncomfortable moving around freely. Alternatively, you contracted into a position that caused stress and strain on your shoulders. Circumstances in your life may have triggered these in utero experiences, stress and trauma. Explore further possibilities.
- You might not have had enough space to move around in the womb area due to lack of space or just not moving enough. You may have stayed in one position for long periods of time causing different parts of the body to be stuck in painful and uncomfortable positions. This may result in physical and soft tissue stress that may be triggered during your adult life. If you didn't have enough space to move around in the womb how did that make you feel? The answer you find here could often be the same issue that always arises when you

are experiencing the pain / problem (or when it started the first time). It's important to find the association made and how you felt at the time. The answer that you are searching for should not be a superficial answer.

- Trauma related to being abandoned if you didn't meet expectations of influential people.

Sickle Cell

See Anemia, Arthritis, Blood Problems, Malaria, Urinary Infection, Virus

Emotions

You do not allow love to flow into your life. You avoid receiving love fearing that it will be accompanied by conditions and burdens. You have made a negative association with love from any early age. You feel deeply unworthy of being loved and accepted.

Your self-loathing has caused you to cut yourself off from the family. You are exhausted by always trying to keep the peace.

You find security in your sleeping patterns, as this is the only time when you can escape from reality.

You feel unworthy as a result of being rejected when you needed love and acceptance. Your need for love and security has been met by negative actions. This left you feeling empty, joyless, sad, exhausted or depleted. You are always searching for relationships and people to give you the security you desire. As a result, you attract people that give you the opposite of what you are searching for. Your low self-esteem often makes you "settle for less," often overriding all logic to keep you caught up in circumstances that are not healthy. Your fear of loneliness and rejection sabotages your personal progress. Your lack of self-worth caused you to feel very rigid, often limiting and suppressing any joy in your life. You keep your own counsel and feel unworthy of speaking up. As a result, you feel used, abused or taken advantage of.

There seems to be a pattern of abuse, such as physical, emotional or sexual abuse in the immediate family or ancestry line. These patterns and cycles keep repeating themselves. You have been feeling a great deal of stress. You are always aware of the stress but not the origin of the stress. This is often due to unresolved trauma cycles that are expressed as anxiety.

Key Points

- Explore ancestral trauma. Has an ancestor been infected by malaria? If yes, then explore further.
- Explore trauma related to feeling invaded by a virus. Explore invasion trauma and also associations that the body (and ancestors' bodies) made at the time of being invaded by a virus. How did the ancestors feel? How did you feel at the time? What were the pressing issues in your life and in the ancestors' life at the time when the virus invaded in the immune system?
- Explore trauma and associations made with a virus, as well as a malaria infection. Explore further possibilities.
- You have made an association with suffering and life. Explore whether your parents felt the same during your conception. Explore further possibilities.
- Explore your fertilization for lack of support, feeling rage, ridicule, controlled or feeling suffocated, trapped and unable to escape along with invasion and violation trauma.
- Explore abuse trauma. Such as during war trauma, slavery, imprisonment, having to work in isolation, sexual, physical and emotional abuse. Explore how these issues may have surfaced in your life, triggering pre-disposition traumas in you.

- Life is brutal. Reality lacks compassion; it hurts too much and is abusive. Explore who made you feel this way. What did you need emotionally at the time when you felt this way?
- Who or what caused you to feel unsafe in childhood? Explore association made with your environment and the person involved.
- Discernment of what constitutes your responsibility and what does not.
- Explore trauma and guilt that made you feel responsible for other people.
- Who or what made you feel unworthy of love and nurturing? You feel unsafe to receive love and nurturing from influential people. Why? What happened when you expressed your needs?
- You have been rejected countless times and this made you reject, attack or punish yourself by being in circumstances that give you no joy.
- Who challenged your ability to express yourself and communicate your deepest needs and desires? What happened when you did? How did that make you feel?
- Communication. The egg was separated from the other eggs during ovulation. How did that feel? You are searching for a disruption in communication with other eggs, separation and journey alone, uncertainty, lack of direction, moving through the tube.
- Who disrupted your peaceful environment? Who attacked you (either physically or verbally)?

Silicosis

See Asthma, Lung Problems

Emotions

You are storing a great deal of suppressed and unprocessed grief in the lungs (often related to ancestral trauma). This could possibly stem from a stressful and fear based childhood where one parent was the victim of abuse. As a result, you may have suffered as well. You may have felt unprotected by influential people who were not able to defend themselves. Influential people didn't always respond to your need for security.

You often suppress how you feel. Expressing yourself in the past often attracted rejection and ridicule. You may have felt restricted and trapped in your past circumstances. Your future feels controlled and restricted by a lack of resources and confidence. You may feel that you can never be as good as the next person. This causes you to take and accept whatever opportunity you can find, even if it means abandoning your own goals. You feel emotionally restricted as influential people controlled you during childhood.

Mistakes were not tolerated. You find yourself longing for "What could have been," if things had only been different. You often have self-limiting beliefs and patterns that undermine your talents. This is often due to a lack of support, praise and guidance in your childhood. The only way your needs may have been met was when you obeyed influential people. Needs being met = giving power away and having no boundaries. This created a pattern where when you needed acceptance, you wound up doing things that would only benefit others.

Key Points

- Explore old grief and sadness. Why do you feel this way? What happened? Are you still grieving for a life that could have been if you just made different choices? Explore further possibilities.

- You feel emotionally restricted as influential people kept you tightly controlled during childhood. Who made you feel this way? How did that make you feel?
- Feeling unprotected by influential people. Explore implantation and womb stages. Explore further possibilities.
- Who or what is causing you to feel trapped and suffocated in your life? Explore further possibilities.
- Do you feel sad and depressed? If yes, why? When did you start to feel this way? Explore further possibilities. Explore womb stages.
- When you needed love and acceptance, how did influential people meet your needs? How did this make you feel? Explore further possibilities.
- Explore self-sabotaging patterns. What do you sabotage in your life? Do you have a fear of failure?
- You might be keeping yourself small and unsuccessful to avoid disappointing others in the first place. If you stay where you are, then you can avoid making mistakes. This may stem from a time when you tried to be successful and failed, making you feel humiliated, as if you were a disappointment to others.
- Explore the most pressing issue in your life before this condition started. Explore how that issue(s) made you feel. Explore further possibilities.
- Was your mother told to try and delay giving birth until the doctors arrive? If yes, explore further. How did it make you feel? Was there pain and pressure in the chest? Explore the physical trauma and emotions. Did you experience oxygen starvation? If yes, how did this make you feel?
- During early infancy stages, did you feel wrapped too tightly in a blanket? If yes, then how did this make you feel? Explore reactions such as, “I can’t breathe, I can’t take a deep breath.” Suffocation, restraint and feeling frustrated due to the lack of movement. You are searching for an early trauma to lungs, whether it’s emotional or physical. Wrapping up the child in a blanket for too long or too tightly could have resulted in extra stress and strain on the lungs. This could have triggered an already existing hidden problem with the lungs.

Sinus Problems / Sinusitis

See Allergies, Flu, Inflammation, Head Ache, Maxillary Sinus, Migraine, Polyps

Emotions

You seem to be suppressing a great deal of irritation. You feel offended by a smell in your environment that is triggering old childhood trauma. Your circumstances are draining and you see no reward as a result of your hard work. You do not want to stay where you are, but you don’t feel worthy of speaking up and voicing how you feel. Instead, you suppress your emotions and truth. As a result, you feel isolated, lonely and unloved. You are searching for love and seem to feel that you will never find it. You may be going through a phase where you are reflecting on the past.

You do not allow yourself to enjoy life along with others. You disconnect and punish yourself by pushing away the people who love you. You may have made a negative association with love and feel offended or threatened when love is shown. You often make everyday experiences harder and more challenging by blocking support that is offered to you. This is a result of a self-punishing habit.

Your negative emotions are overshadowing the positive aspects in your life. You may have become stuck in a joyless, self-depriving and unhappy lifestyle. This could be because you tend to focus on your problems, rather than allow yourself to have fun. You unconsciously

feel that you are going against the family values.

Your happiness was suppressed by domineering and out of control influential people. You may have associated happiness with rejection, abandonment or even punishment. You feel used and abused by others and feel that you have no voice with which to express yourself.

You feel irritated due to people causing you a great deal of stress, sadness or anger. You seem to feel that you can't do anything about your circumstances because if you do take action, you may be abandoned or verbally attacked. Your low self-worth often attracts people that are not for your highest and best and deep down, you know this. In your opinion, unhealthy company is better than no company. This seems to stem from a childhood where people rejected you whenever you needed comfort or a place to belong.

You feel offended by influential people's harsh behavior toward you. What you see and experience is stressful, yet you seem to be unwilling to change it. As a result, feel trapped and forced to be a part of something that brings you no joy. This makes you feel powerless, rejected or unsupported. You have learned how to cope and feel safe in these circumstances. This has a direct impact on your motivation and passion in life. You seem to feel undeserving of what you want to achieve and already have in life. Influential people, who did not have your best interests at heart, often challenged your talents and self-worth. Guidance was offered in the way of judgment, criticism or controlling behavior. This left you afraid to make a mistake. Perhaps as a result of impatient parenting, you were unsure of what was expected of you. Order, instructions and insults all began to sound the same. You often felt unfairly blamed or criticized as a result of misunderstanding what was expected of you; there was no room for mistakes.

Your desire for love was met by less and less of what you were looking for. You feel disconnected from the joy that life has to offer. You seem to feel that you always had to stand aside while others got what they needed. You feel like an observer who only serves instead of being a participant and team player.

Key Points

- You don't trust people. Why? What happened in the past? You may feel offended by empty promises.
- Did someone offend you before this condition started? If yes, why? Has this happened before? Is there a pattern here? How did that make you feel? Take this back as far as you need to go.
- Did either of your parents have the same condition? If yes, explore the difference between your parent's condition and yours. Explore feeling obligated to take on others people's issues and burdens.
- Does the sinus problem surface during a specific season or time of day? If yes, explore which season. Explore how you felt during that time. Have you experienced a trauma (such as feeling offended, resentful, unhappy or resistant towards someone or something)? It could also include general feelings of unhappiness during this time, causing you to associate the season with the above emotions.
- Always explore the birth trauma and see the Birth section. Was there any pressure on the sinus area? If yes, explore how you felt at the time of pressure on the sinus. Do you feel similar emotions and issues in your life now? If yes, explore trauma associated with pressure on the sinus, along with feelings of resentment and anger.
- Was your mother told to try and delay giving birth until the doctors arrived? If yes, then explore further. Was there any physical trauma to your face, eyes and sinus area? How did the pressure in your head and sinus make you feel?

- Explore ancestry line. Did the ancestors also have the same problem? What were their circumstances like? How did they feel? They may have been working very long hours, feeling angry, resentful, resulting in making a negative or offensive association with their environment or people. They may have been very unhappy with their life and the direction it was heading in. Explore deep old grief and abandonment trauma as well.
- Explore the amniotic sac and water. How does it feel? Can any toxicity be sensed in it? If yes, how did this make you feel? You may respond by saying you feel stuck, unable to escape, disempowered, attacked, angry or irritated. Did it irritate a specific part of the body or face?
- Who invaded your privacy? How does that make you feel? Explore further possibilities. Did your mother feel similar emotions while pregnant with you?
- Explore invasion trauma related to fertilization, implantation and birth (being handled by strangers after birth).
- Explore unprocessed grief. What are you still crying or yearning for? Broken marriage, relationships, loss of a parent or child; an unhappy life? Explore further possibilities.
- By whom do you feel blamed and criticized? How did that make you feel? Your need for acceptance and love may have been met by criticism and harsh treatment, making you feel suppressed.
- You may have experienced a trauma with a parent. You may have attracted similar people into your life that triggered the same trauma you experienced with a parent. Both have left you feeling angry, resentful, suppressed, sad and invaded. Explore possibilities.
- Runny nose -feeling invaded and feeling a need to protect yourself. Who or what made you feel vulnerable? What do you need to rid yourself of? Who or what are you trying to block out of your life?
- Related to a troubled relationship with your mother (or female figure) feeling invaded and offended by her behavior and the way that she expresses her love. She may have shown love in an aggressive and cold way. How did that make you feel?
- Fear of being cheated on. Could also be related to your mother or father cheating.

Skeletal System

See Accident, Back Problems, Bone Problems, Bone Cancer, Concussion, Osteoporosis, Scoliosis

Emotions

You seem to feel deep resentment toward someone or circumstances. Your resentment is eating away at you, right to the bone. It's a deep-seated anger that is often brought on by your fear of communication. You do not communicate your need for protection. Your emotions are all over the place because you have never been given a clear structure and or guideline to follow on how to behave and communicate.

The foundation and structure that your life was built on is slowly but surely giving way and you do not have the coping "tools" to fix or amend it.

You often feel stuck in your circumstances. You feel stripped of your support. This caused you to feel a great deal of anger and resentment as you feel helpless and unsure of how to change any undesirable circumstances.

You often have a fear of change and thus do not move out of your unhealthy circumstances. It feels safer to be in unhealthy situations that are familiar to you.

In the past, you didn't have sufficient support in order to feel confident enough to achieve your goals. You are often reminded of what a failure you are. The vicious cycle keeps you

feeling unworthy of support or help. Support may have been absent for the majority of your childhood, leaving you defenseless and pushing forward on your own toward an unknown destiny.

You feel that you are heading nowhere as a result of guidance and feedback from influential people. You feel abandoned, rejected or isolated. Resentment and bitterness has become an old friend as you have been dwelling in this emotional state for quite some time.

Key Points

- **Arms:** doing, giving and receiving, ability to ask for support, personal power and inner strength.
- **Back:** feeling supported or giving too much support, taking on too much responsibility.
- **Legs:** direction in life, knowing where you are going, what your needs are for the future, lack of guidance. How supported a person feels. Do you allow people to support you or are you supporting others too much?
- What happened to make you feel that you are losing direction and control? How did that make you feel? Did your ancestors have similar traumas?
- Who made you feel unsupported? How did that make you feel? Explore also womb stages. Did your mother feel supported?
- You seem to have moved into a new phase where your old coping skills and tools are failing. You need a new fresh approach to life. How do your old values or way of thinking and living keep you safe? What would happen if you made changes in your life? Did you make a negative association in the past with change? Explore further possibilities.
- Did your ancestors have enough calcium in their diet? Explore their origin and cultural habits. What were their circumstances like? How did it affect them?
- Explore womb stages. Did your mother follow a healthy diet so that the developing fetus was able to take what they needed? Explore your association with being fed and supported.
- Did your mother feel supported while she was pregnant with you? If no, explore how this affected you in utero. How did it make your mother feel?
- Lack of structure and guidance. Explore which area of your life made you feel like this, How did this make you feel?

Skin Cancer

See Cancer, Melanoma, Skin Problems, Rashes, Toxins

Skin Problems

See Acne, Athlete's Foot, Bacteria, Blisters, Eczema, Fungus, Hives, Mastocytosis, Mercury Poisoning, Psoriasis, Rashes, Rosacea, Dermatitis, Shingles, Vitiligo, Warts

Emotions

The skin is the barrier between a person and the world. Deep seated insecurities and irritations can surface on the skin if a person is irritated or triggered. The skin is a person's physical boundary and it keeps them safe and protected. When circumstances, environmental factors or people challenge this barrier, it will speak up for itself by means of itching, burning or feeling irritated.

The skin will let a person know that a physical or emotional boundary has been overstepped. When their boundaries are challenged, it can result in the person feeling inadequate, unworthy to say "no" and express boundaries when needed.

You tried to be part of life and fit into circumstances that do not resonate with you. This only added to your feelings of inadequacy and irritation. You are not acknowledging your own strengths and instead, try to alter and change it. This goes against your actual needs and desires. You feel irritated and challenged by people who exposed your weaknesses and vulnerabilities.

You seem to be suppressing feelings such as anger and rage over unfair judgments made by controlling and rigid influential people. You have not been able to establish and exercise clear emotional and physical boundaries from a young age. This may have left you feeling irritated and frustrated, as you want to say “no” however; experience has taught you that you are not allowed to say “no.” You only feel confident saying “no” when you have been pushed around enough. You draw your confidence and boundaries from your anger.

You are holding on to old injustices. Forgiveness only means that you have given up and the other party has won (see the Forgiveness section).

A person also releases toxins through the skin. Physical and emotional irritations can surface on the skin. When the body has a reaction to a substance, it becomes evident on the skin. This is an indication that you are feeling irritated and frustrated. Your skin was already overly sensitive as you suppressed feeling irritated and frustrated. There are certain issues or people that irritate and offend you. These people often serve you in a positive way even though you might have a negative and unhealthy relationship with them. You feel that you cannot live without them. You might even unconsciously hold on to irritating people and circumstances as an excuse to avoid moving forward in life. This could include moving forward in careers and relationships.

You often find it challenging to express emotional and physical boundaries. Having poor boundaries unconsciously serves you as you might have a fear of saying “no.” Saying “no” in the past may have resulted in confrontation, which you are trying to avoid at all cost. You may have been rejected, abandoned or verbally attacked when saying “no.” This created a chain reaction that included not receiving the love and acceptance that you desperately needed. By always saying “yes” you avoid being rejected. You feel more loved by people when you express poor boundaries. Even though these circumstances might frustrate and irritate you, there is an emotional reward and payoff in the form of love and acceptance. The more emotional unmet needs you have, the weaker your personal boundaries will be. This boils down to a low self-esteem.

You feel stressed out by circumstances and influential people that had a big influence on the quality of life. You are left feeling unable to control how these circumstances and influential people made you feel. Even an innocent or inappropriate way of being touched can trigger you. This is a result of deep ancestral trauma surfacing. The key here is to explore what the problem is. When did it happen and which emotion(s) did you experience at that time?

Discoloration of the skin

You feel ashamed of yourself and want to blend in with everyone else. You have a fear of standing out and being noticed by others. You may feel you are undeserving and not allowed to have privileges. You may have been taught that you are of service to others and your own needs come last. How were you made to feel when you expressed any needs? You may be from an ancestral line where a person’s individuality was suppressed and not tolerated. They were not allowed to be better than others. There may have been ancestral trauma related to dangerous circumstances. Ancestors may have needed to hide from potential threats. They

may have felt exposed and betrayed by their own family.

Key Points

- Explore associations made when expressing boundaries to others. Explore your birth. How did it feel to be touched by strangers? How did you feel wrapped in a blanket? Explore associations made with your physical (skin) boundaries and emotional boundaries. Were your physical and emotional boundaries respected? Explore further possibilities.
- Made to feel small, humiliated and ridiculed by others. How does this make you feel? Who made you feel this way during childhood? Explore further possibilities.
- Trauma related to feeling isolated. Resenting your circumstances or influential people responsible for this.
- Explore ancestral trauma related to being exposed to toxins, bad water, bad food or environmental factors that may have caused problems to the skin. What was the ancestral history in terms of lifestyle or emotional wellbeing? Explore how the ancestors felt and how their history along with skin trauma may have been triggered in your life in different ways.
- Explore resentment and anger that you are feeling. Do the skin symptoms become worse when you are emotionally irritated, angry or resentful? If yes, explore what the trigger is.
- Who do you feel attacked or betrayed by? How does that make you feel? What did you need emotionally when felt betrayed or attacked by this individual?
- You may have come into contact with something that set off a deep trigger. Explore what caused the skin problem. How did you feel at the time? Explore associations made with the trigger along with emotional stress. Explore similar ancestral stress and triggers that may have surfaced in your life due to environmental triggers.
- What happened in the past when you expressed your physical boundaries to others? Explore associations made when expressing boundaries.
- Explore who disrespected your body or disrespected you as a person, thereby influencing your self-worth and confidence. What did you need emotionally at the time? Explore trauma associated with being disrespected and what you actually needed at the time.
- Explore womb stages. What did the amniotic fluid feel like? Was it clear, clean or did it feel toxic? How did your mother feel? Was she stressed? Explore possibilities and explore how it affected you.
- Toward whom or what do you feel overly sensitive? Why? What happened? Explore associations made with this person or circumstances. What did you need emotionally from this person or circumstances? Explore further possibilities.
- During your childhood, which parent irritated you the most? Explore what you needed from this parent at the time when the parent was irritating you. For example: you needed peace and instead, the parent was domineering and controlling.
- Explore skin trauma. Explore womb and conception stages. Explore times when the body / skin felt violated, disrespected and traumatized.
- Explore fertilization stages when sperm entered the egg. Did the penetration in the egg's shell result in the egg feeling invaded, offended, irritated or violated? Explore further possibilities.
- Explore trauma related to being touched by people. How did it make you feel? Why?
- Toxins being released through the skin. The skin reacts adversely toward toxins. Where are the toxins causing problems on the skin? What are you not letting go of? What is an unhealthy or debilitating pattern in your life that you are not letting go of? Which toxic relationships do you need to let go of?

- Explore the toxins or issue that cause skin irritation. How did you feel when the skin irritation started? What has been a pressing issue for you? Who or what has been causing you to feel irritated and stressed? What keeps you from putting a stop to this situation or influential person's behavior?
- See Allergies, Sweat, Toxins, Mercury Poison.
- You always try to be better. You feel like a failure when you don't meet the high expectations you set for yourself. Explore further possibilities.
- Explore associations made with intimate touching. Did you make a bad association with this during childhood? Explore violation and feeling invaded or irritated by domineering, controlling and disrespectful people.
- What do you feel guilty, resentful or angry about? Why? How does feeling this way make you feel?
- Who or what has been causing you great stress? Explore how this person or situation is affecting you. Is it because of a boundary failure? Is it a control, dominance or hostile issue? Explore further possibilities.
- You can also do the following: Take a bath in 200g of Epsom salt as this will help reduce irritation and release stubborn toxins in the skin that could be adding to the inflammation, irritation or infection. The heat opens the cell membranes so that it can release toxicity. Lay in the bath for at least twenty minutes or more. Have a shower and wash off any excess toxins on the skin. It is important to bathe in Epsom salt on a regular basis. Do this before going to bed. Exercise this routine at least once a week during wintertime when the body is more likely to store toxins. If you do not detox properly during winter then the skin can be overwhelmed and irritated.

Sleep Apnea

See Apnea

Sleep Disorders General

See Anemia, Apnea, Narcolepsy, Fatigue, Insomnia, Seasonal Adjustment Disorder

Emotions

You often feel incomplete with your life and you do not understand the origin of your problems, blocks and issues. You seem to be trying to fix the symptom of your problem by sleeping. In most cases, you are experiencing a range of emotions that have been triggered by your environment and influential people. These issues arise from ancestral and in utero trauma. These types of trauma make it more challenging for you to identify the origin of the issue.

You feel very challenged by your journey. Why did certain traumas surface? You often resist letting go of anger and resentment. You do not allow love to flow through your life and often avoid receiving love for fear that it will be accompanied by obligations and conditions. You have a fear of taking on more burdens and responsibilities. You had to deal with a great deal of responsibilities and stressful circumstances from a young age.

When sleeping disorders begin, you are unconsciously searching for an exit from your circumstances, relationships or future. You seem to feel irritated with your life, as you cannot control repetitive challenging issues.

You may feel angry for failing during times when you needed to pull through. You do not trust in your ability to cope and deal with your current circumstances that are triggering old

and unpleasant childhood memories. This also includes feeling unable to handle old traumas that have been triggered by present issues. You feel unsafe in your current position. This may be the result of feeling traumatized, used, abused or disempowered by an influential person. Suppressed emotions are becoming more active and need to be resolved. This is often related to a fighting instinct that needs to be restored and resolved.

Key Points

- What is incomplete / unresolved in your life? Place all the issues into one box. Using one or two words, describe how each emotion. Rate the emotions out / 10. Explore the emotion with the highest score first.
- How do you feel when you go to bed and cannot sleep? Frustrated or angry is not an answer.
- Frustration, anger or worrying is a response to a deeper emotion; it's a symptom not an emotion. What stops you from falling asleep? What unfinished business / thoughts do you have? What are you scared of?
- What unmet needs do you have? What did you not express in your life? Explore further possibilities.
- Explore ancestral trauma related to war and Post Traumatic Stress Disorder. Explore trauma that may have occurred as result of an ancestors who let their guard down and fear of relaxing.
- Explore how emotions and traumas may have been triggered in your life in different ways. Your body might be overcompensating by hibernating or needing to rest too much to as a result of trauma experienced in the ancestry line. The hiding and freeze instinct is activated.
- What happened in your life that made you feel too scared or out of control at a time when you should have felt safe or relaxed? You may have made a negative association with relaxing or not being on guard. For example: you may have been feeling relaxed when you unexpectedly experienced a trauma. Explore further possibilities.
- Trauma related to feeling exposed to unexpected moods in the family. How did this make you feel?
- What trauma have you not processed? What is haunting you? What would happen if you did fall asleep? Explore further possibilities.
- Explore womb stages. Was your mother active during nighttime due to her own stress and fears? How did that affect you in utero? Explore further possibilities.
- You may feel overwhelmed with responsibilities and obligations. Do you know what is or is not your responsibility? Explore your ability to say “no” and explore any trauma associated with saying “no.” What would happen if you delegated or said “no” to others who demand your time?
- Do you feel like a victim of circumstance? If yes, explore what stops you from changing this? To whom did you give your power away? Why? What is the benefit of being left behind in life while everyone else lives the life they want? Is this a childhood pattern? Explore further possibilities.
- Explore trauma related to being controlled, manipulated or dominated by an influential person. This may have made you feel responsible for other people's problems. Who made you feel this way? Did either of your parents have the same pattern? If yes, explore the difference between your issues and your parent's issues. Where do your parents' trauma stop and your trauma start?
- Is your self-worth dependent on how much you do for others? Explore further possibilities.

- You may have been aware of your mother's anxiety, as she may have pushed down on her womb hoping it would settle down your movement. This may have caused you to feel uncomfortable moving around freely.
- You might not have had enough space to move around in the womb area due to lack of space or just not moving enough and staying for long periods of time in one position. This may have resulted in different parts of the body being stuck in painful and uncomfortable positions.
- This could result in physical and soft tissue stress in your adult life and even childhood. If you didn't have enough space to move around in the womb, how that make you feel? This answer you find here would often be the same issue that always arises when you are experiencing the pain / problem area (or when it started the first time). It's important to find the association made and how you felt. The answer that you are searching for should not be a superficial answer such as, "I feel angry or irritated." You are searching for deeper emotions that are under the anger and irritation.

Slipped Disc

See Back Problems, Pain, Spinal Cord Problems

Emotions

You have overloaded yourself with other people's problems. You are now wondering whether you can cope with this extra load of responsibilities and stress. There has been an overlap between your responsibilities and someone else's responsibilities.

You feel a deep need to be supported and loved, hence your support of other people. What you have given to others is what you actually need yourself.

You are denying yourself the love and support that you deserve. You were made to feel unworthy of asking for support and love. Influential people were emotionally unavailable, possibly leaving you to your own defenses. As a result, you feel a great deal of anger and resentment for being abandoned when you should have been supported. You have experienced a similar trauma in your present life that triggered an unresolved childhood trauma related to your challenged relationship with authority figures (this could be a father figure).

You may be very sensitive to another person's emotional and physical pain. It is important to explore why you are so sensitive. It is often related to poor personal boundaries. If you had strong and healthy boundaries, you would recognize the difference between your problems and another's problems. Which unresolved issues of others are mirroring to you the issues that you need to resolve in your own life?

You have taken on too much and caved in under the stress and pressure. You are tired of projecting a strong facade and pretending that everything is OK. In fact, you feel that your foundation is collapsing and there is no one to reach out to.

This condition is related to a situation in your life when someone challenged and even threatened your territory. This caused all of your built-up anger and resentment to be released at a time when you felt a great deal of pressure and a need to defend yourself. This could be related to a person fighting over a property, custody of a child, people invading someone's house / private space or feeling controlled, just to name a few.

Key Points

- When did this condition start? How did you feel at the time? What has been a pressing issue in your life? Explore further possibilities.

- Trauma related to feeling lonely, misunderstood, judged by others and feeling under attack by influential people. All of this has left you feeling defenseless or unsupported.
- Taking on too much. Why? What was or is the benefit of taking on so much? What in your life, have you been trying to avoid by keeping yourself busy with so much responsibility and burdens of others? Explore further possibilities.
- When you needed love and understanding, how were your needs met? What associations did you make with needing love and understanding?
- Explore womb stages. Did your mother feel like giving up because of high levels of stress and the fact that she never asked for support? Explore how her patterns may have affected you in utero.
- There was little room for mistakes in your childhood. As a result, you place a great deal of pressure on yourself to ensure that everything (including tasks, responsibilities) is under control.
- When you needed support, your needs may have been met by a lack of support or abandonment, rejection and abuse. Explore further possibilities.
- You seem to have a fear of not being able to keep up with the demands and pressures. Who made you feel this way? Explore why you are not setting boundaries and delegating.
- Explore who or which circumstances are causing you to feel a great deal of anger or resentment. Explore the benefit of holding on to these emotions. Explore further possibilities.
- This condition has forced you to learn how to ask for support and help. Explore the fear, shame, guilt and more possibilities that surfaces whenever you ask for support while you have a slipped disc.

Small Intestine

See Intestine – Small

Smoking

See Addictions, Emphysema, Lung Problems

Emotions

You had too many responsibilities during childhood that caused you to have to support and fend for yourself. You may have emotionally supported the family, feeling from an early age that you were obligated to step into that role. You need to calm your mind from stress and circumstances that you cannot control.

Poor personal boundaries seem to be a problem for you. You feel disgusted with yourself but find running away from your problems is more appealing than dealing with them.

You often use your habit of smoking to suppress a need to fight and escape from deep-seated anger and circumstances that you cannot escape. You have felt a loss of masculine power. It did not feel safe to explore and exercise your masculine qualities during your adolescent years. Key words are loss of power and respect.

Smoking also creates a barrier around you to ward off people from entering your personal space. There may have been peer pressure and a need to be accepted when you smoked for the first time.

Cigarettes are an emotional substitute for comfort and temporarily ease stressful emotions such as anxiety, fear of abandonment and rejection. Smoking is a quick fix—a short-lived distraction.

People have reported that their cigarettes are almost like a companion. It's a substitute for loneliness, providing comfort when you need solace.

Your mother may have felt high levels of anxiety and loneliness during her pregnancy. Are you expressing her loneliness and poor personal boundaries?

Smoking fills an empty void in the heart mind, anxiety in the solar plexus and a fighting instinct in the gut. Cigarettes are a distraction from whirlwind emotions.

Key Points

- Where do you lack confidence in your life? E.g. marriage, relations, work, family, friends? Why? What happened? How did that make you feel?
- What do you need just before lighting a cigarette? Explore further possibilities. What does the cigarette give you that you cannot access on your own?
- Was your mother around people who smoked while she was pregnant? Did she smoke while pregnant? If yes, then explore associations you made with her smoking habits. How did the chemicals affect your development? Explore a possible pre-existing addiction, ancestors may have smoked or were addicted to a different kind of substances.
- Trauma related to feeling lonely, unsupported and scared. Explore this further to determine the source.
- Do you know the difference between your stress and your mother's stress while you were in the womb? If not, then keep exploring.
- When you smoke, what does it give you a break from? What is the benefit of that? What stops you from setting and expressing boundaries toward this person or circumstances?
- Your mother's personal life and stress influenced you. This may have made you feel unable to rely on your mother emotionally as her own life may have left her feeling out of control.
- Smoking further suppresses your already deeply suppressed grief and sadness. There is a longing for something that could have been if only your circumstances could have been different. What is / was it? How does the lack of _____ make you feel?
- The reward of smoking is calmness, distraction and dissociating. What stops you from feeling calm in the first place? Who or what disrupted your peace?
- Who or what are you seeking freedom from? Why?
- By whom or which circumstances do you feel trapped? Why? How does this make you feel?
- Did people that smoked cigarettes surround your mother in her environment and household? If yes, how did that affect you? Did the smoke trigger old ancestral addictions? Explore further possibilities.

Sneezing

See Allergy

Emotions

You feel invaded by someone (loss of territory or feeling unable to control your environment). You feel that people are stronger than you are which makes you feel powerless. What were you thinking of or what was said when you sneezed? Often you will have a stress or trauma related to it. You feel stuck in circumstances and feel unsupported or unable to make a decision.

Key points

- What do you feel worried about? Why?

- Where do you feel stuck? How does that make you feel? What stops you from changing this?
- Trauma related to feeling invaded. By whom? Why? How did that make you feel?
- Feeling powerless to take your power back as a result of feeling suppressed by a male figure.

Snoring

See Apnea, Fatigue, Lungs Problems

Emotions

Snoring is often related to someone who has stopped looking after his or her health and fitness. They have begun to neglect their own needs. They may not be as active as they used to be. The muscles in the airway may have weakened as the person becomes less active.

You may have become lazier in certain aspects of your life. You have disconnected from your passion due to worthiness blocks. You may have a fear of being more successful than others. You have seen others being punished for their hard work and success causing you to fear that you too might be vulnerable to verbal attacks and criticisms.

You are often resistant and stubborn in a personal relationship. Your snoring may be a way to ward off people that take advantage of you. You feel offended by your circumstances and feel powerless to protect yourself or others. You have given your power away to authority and feel you have to obey and follow orders. You want to rebel against controlling forces. There is a part of you that is deeply scared and may have experienced a trauma during the night.

Key Points

- When did you start snoring? What pressing issue did you have in your life that you were trying to avoid or resist? Explore further possibilities.
- Do you feel that you've given up on something that is / was important? Why? Was this self-sabotage? Explore fear of failure or success.
- Do you feel you have disconnected from your passion in life? If yes, why? What happened that made you feel this way? What stops you from changing this? Explore further possibilities.
- What caused you to feel a lack of motivation? Are you doing something that you do not enjoy anymore? Why? How does this make you feel? What do you need to change or let go of in order to feel motivated again?
- Do you feel overloaded with responsibilities? If yes, how does this make you feel? What stops you from expressing boundaries that will help free up your own time? Explore trauma associated with too much responsibility in the past.
- Resistant and stubborn in a personal relationship you are involved in. What happened that made you feel this way? Do you feel that you've been hurt and disappointed enough, causing you to withdraw and protect yourself by being rigid and stubborn?
- Try sleeping on your side and not the back. Gravity and awkward positioning can pull down parts in the throat that will make it harder to breathe consistently.
- Where in your life have you become lazy? Why? Explore further.

Spasms

See Abasia, Cramps, Muscle Problems, Myofascial Pain Syndrome (MPS)

Speech Problems

See Anxiety, Learning Disability, Lisping, Stuttering, Tic

Emotions

You feel cut off and unheard from people. You fear being interrupted when you communicate yourself, as the importance of what you need to express might be missed or ignored. You were abused and may have been punished for saying the wrong thing to the wrong person at the wrong time. You have associated trauma with communication, whether you are asking for a need to be met or just having a conversation. This may be related to ancestral trauma where an ancestor could not deliver a message quick enough and this resulted in disastrous consequences.

Key Points

- When did the speech problem start? How did you feel at the time? Explore further possibilities.
- Was your mother able to communicate her pregnancy to her partner? How did she feel? How did your father respond to the news? Explore further.
- Explore your parent's ability to communicate with each other. Was there a block? Explore your conception and how your mother and father were feeling toward each other at that time. How well were they able to communicate? How did that affect you? Explore further possibilities.
- Trauma associated with communication. Trauma associated with communicating to an influential person. Explore further possibilities.
- How did you feel when you were born and started to cry? Did you feel safe to cry? Explore trauma associated with expressing yourself.
- What you had to say may have been ridiculed, demeaned, judged or rejected. You may feel blocked speaking as you have associated a traumatic experience or treatment whenever you communicated. Who made you feel this way? Explore further possibilities.
- Explore womb stages. Did your mother feel stressed or scared to communicate her needs? If yes, why? Who made her feel that she was not allowed to express herself? What happened when she expressed herself? How did that affect you?
- Were you punished when you cried or expressed yourself? Did you associate communication as being dangerous, attracting abuse, rejection or abandonment? Explore further possibilities.
- Explore ancestry line. Were ancestors abused, punished, tortured or imprisoned when they expressed themselves or slipped a secret by accident? Explore how their trauma may have affected or surfaced in different ways in your life. Explain the difference between your trauma and experiences and your ancestors' experiences. Explore your parents' fear of communication that may have affected you.
- You may have experienced a trauma at the time when you were communicating. This may have disrupted the coherence in your emotional state. This again may have resulted in feeling traumatized and upset. This may have locked in a trauma as a result of feeling shock. Every time you speak, the old unresolved trauma may be triggered and the negative feelings

are played over again in your unconscious mind. This sabotages your ability to fully communicate yourself.

- Did you experience trauma to your head during birth that may have affected your ability to communicate? If yes, how did you feel at the time when you experienced the head injury? What association did you form during the head injury? For example: during the birth, your head was stuck in the birth canal. It may have caused immense pressure and damage to the side of the brain responsible for communication and speech. You felt out of control, stressed, scared, controlled by outside influences and felt like dying. Whenever you experience similar emotions such as a lack of control, stress and feeling afraid, it may trigger the trauma experienced on the head that affected the communication and speech area. Explore possibilities.
- You may have experienced head trauma after birth during your childhood. When you experience similar emotions such as feeling out of control, stressed or scared, it may trigger trauma experienced on the head that affected the communication and speech area. Explore possibilities.
- The umbilical cord was cut off too quickly. This may result in feeling cut off from the world, not coping well with stress, hyperventilation and not able to express the loss you are feeling.
- Did anyone make you feel ashamed or guilty for speaking up? If yes, explore further.
- Were you abused or did you experience trauma whenever you expressed yourself? Explore trauma and abuse associated with communication. Do you feel more comfortable expressing yourself to a specific gender? Why? Explore association made when communicating to a man / woman / authority.
- Were your needs suppressed by influential people? How did this make you feel? Explore further possibilities.
- What happened when you expressed your needs to influential people? Explore how this made you feel. How did communicating your needs make you feel? “Communicating my needs attract ___ response from ___.” Explore further possibilities.

Spinal Cord Problems

See Accident, Atlas Problems, Back Problems, Cumulative Trauma Disorder, Herpes, Meningitis, Motor Neuron Disease, Pain, Scoliosis, Skeletal System, Slipped Disc

Emotions

You may feel restricted, trapped, controlled or dominated in your life. You refuse to give in to compromise or give into the demands of others. You've learned from experience that compromising only leaves you pulling the short end of the rope.

You have a fear of being taken advantage of, used or abused. You may also have a fear of success and feel utterly undeserving of it. You feel that you are not to be more successful than a dominant authority figure in the house. Being in the background and being small kept you out of harm's way.

You do not allow yourself to be supported, resulting in self-sabotage. You seem to feel unworthy of asking for support. You may have been made to feel guilty and ashamed by an influential person when you asked for support in the past.

You may have noticed influential people battling it out on their own, never asking for support. You interpreted this stubborn pattern as a sign of inner strength. In hindsight, stubbornness was just disguised insecurities and a fear of losing control. You may feel that if you ask for support then you will never be as strong as your stubborn role model.

You may feel that support is very conditional and it's safer to work alone. This may be the result of feeling overwhelmed in the past while helping and supporting others. You often pulled the short end of the rope, becoming wary of what you do for others, as you are never rewarded for any sincere efforts.

You were often left to your own defenses as a child. You learned how to figure things out for yourself. There is also a big pride element related to this pattern. Asking for support = weakness, being vulnerable and not able to cope with life.

You might need to evaluate why you are using stubbornness and rigidity to express boundaries to others. Who took advantage of you in the past when you asked for help? Were there too many conditions or were you expected to return an exchange that was too high of a price to "pay"?

Influential people may have invalidated your hard earned success. Your efforts have been sabotaged and challenged by jealous opposition. You didn't feel supported whenever you stood your ground or defended your territory. As a result, you feel that you'll never be able to rise to the occasion and overcome obstacles. You feel like you will never be able to meet other's high expectations.

Cervical Vertebrae C1 to C7

C1 – Explore issues related to your living environment, especially during the earliest infancy stages. Was there conflict in the house? There may have been a disruption in the home. Was there conflict between your parents? Were you a result of a planned pregnancy?

C2 – There is often inflexibility related to how others behave in your environment, which may have direct impact on you. You often feel that you can't express how you really feel about the people around you. You may be stuck in the middle of your parent's conflict. Silence has always been your best defense.

C3 – Trauma related to being grabbed by the neck (could be ancestral or after / during birth). You may feel depressed as a result of circumstances that controlled your goals and adversely affected your motivation. You often feel controlled by a partner even to the point of being unable to look at someone without it being misinterpreted.

C4 – You may feel devalued in the face of your mother. You feel responsible for stress caused in the family. This may be related to unresolved issues between your parents that are triggered and you were the buffer between them. When you needed love or acceptance, your parents were often too stressed out or emotionally unavailable. Your efforts were not met in a fulfilling way. Explore possible abuse within the family that directly or indirectly affected you.

C5 – You feel devalued and often humiliated by what others say to and about you. You feel you cannot restore damage caused to your name and identity as a result of another's bad judgment. You often sabotage your success by having to go back and make adjustments. This is a result of a lack of presence in what you do. What are you avoiding?

C6 – Often C6 is activated along with C4, conflict between mother and father or a parent and sibling. You may want to restore the peace by accepting responsibility for another's mistake. Did your father betray your mother?

C7 -Often related to ancestral trauma where someone was tortured / lost their family / experienced some sort of life changing tragedy. Who are you unable to forgive? General remark: Explore the above points, along with rigidity, stubbornness, fear of not having enough of what you need or desire in life. This is often related to love, commitment, or loyalty. You often have an unconscious obligation to be loyal to family members even though you feel rejected. "I feel rejected within my family, but I have a fear of walking away." Always explore the above in your parents' or ancestors as you may be expressing the family system's trauma.

Thoracic Spine T1 to T12

T1 – May be related to a mother feeling overly / too protective of her child, this may be related to trauma of a miscarriage and the mother is overcompensating by being too protective of the new child. This person may feel too controlled by influential people and this pattern may be repeating itself in your intimate relationships. All your efforts seem to be accomplished by losing something important, "You win some and you lose some."

T2 – Unresolved anger is surfacing in the way you communicate as no one is listening to you. Your words do not carry enough power to be respected. As a result, you feel vulnerable to being attacked (verbally) and have no reliable "tool" with which to defend yourself. You often feel conflicted between two people / desired projects or options within your circumstances.

T3 – There may be conflict at the work place—the people from whom you need cooperation and support are unavailable or unreliable. You may feel like you have to do it all yourself. Did you experience a physical trauma that was not resolved? A jealous influential person who feels challenged by your talents may control, suppress or challenge your passion and drive. You are afraid of confrontation and do not know how to safely stand your ground.

T4 – Your home / territory feels invaded, controlled or challenged by an influential person's beliefs, values or need to control. You feel unable to make progress in your goals, your personal development or spiritual growth. Your beliefs and values are being challenged and questioned.

T5 – You often feel conflicted between what you want and the reality that comes with making those dreams come true. Your biggest block is low self-esteem. You may feel you will be attacked or brought down if you allow yourself to be better than someone whom you admire and respect. Who punished or bullied you when you were in their element and doing well for yourself? There is often sexual guilt related this area. This may be related to ancestral sexual abuse. How did your mother feel when you were conceived? Did she feel ashamed of her sexuality / sexual needs etc.?

T6 – Along with T5, T6 is also often related to sexual guilt. This may be related to ancestral sexual abuse. Betrayal within the family; did your father cheat on your mother or visa versa? Were you conceived at a time when either of your parents was unsure of their commitment to one another? This creates a discord in the structure of the family; their "foundation" was not solid as there were doubts. Issues that took place during and after conception were repeated during early infancy stages. What was the conflict between your parents? What nearly tore the family apart?

T7 – You feel humiliated by your loved ones. People abuse your goodwill and make fun of you with the intention of entertaining others. Your weaknesses feel exposed. An influential person is challenging your weaknesses; testing your endurance levels. Your circumstances are not giving you any joy in life. You focus too much on the negative instead of reminding yourself that there is a positive side to everything in life. You deflect from urgent issues in your relationships that need to be attended to, causing even more problems.

T8 – Often related to self-sabotage which is related to fear of success or fear of failure. Explore recent events that made you feel like you failed a project or someone. You often sabotage your goals and projects, causing you to go back to the drawing board once again. Your feminine side was suppressed or attacked (either verbally or physically).

T9 – You often feel conflicted between your true identity and the façade you've created. You want to be yourself, however the judgment and consequences that might stem from it would be unbearable. Your masculine side was suppressed or attacked (either verbally or physically). On the other hand, you had to be strong and emotionally apathetic / stern in order to survive.

T10 – May be related to losing a home / job / being kicked out of a community, a failed relationship or lack of support from a spouse / partner. You often feel held back / controlled by your circumstances or by a controlling influential person. You feel suffocated by your responsibilities. You want a safe, secure and abundant life, however you often do not want to “walk the miles” in order to achieve those goals and desires. You tend to sabotage any success.

T11 – You didn't get what you wanted and you may feel that you have to settle for less in life. You feel unworthy of being abundant and successful.

T12 – You may feel unprotected by an influential person in your life. When the things life came tumbling down, no one was there to help you. This may relate to a husband not protecting or defending his wife's honor or a father not protecting a mother.

Lumbars L1 to L5

L1 – Explore old stress and strain that is left as a result of a difficult pregnancy. Did your mother or grandmother carry heavy loads for long periods of time? If so, resolve how she felt at the time. This is also related to commitment (fear of / feeling controlled / fear of losing freedom).

L2 – You feel challenged by the idea that it's time to let go of the past. The past blocks, patterns and trauma no longer serve you and it's time to move. Your old habits are now burdening you and only causing more unnecessary, self-created stress.

L3 – Often relates to how you were treated during childhood, especially siblings. Did you have siblings? If no, then explore the relationship with your mother.

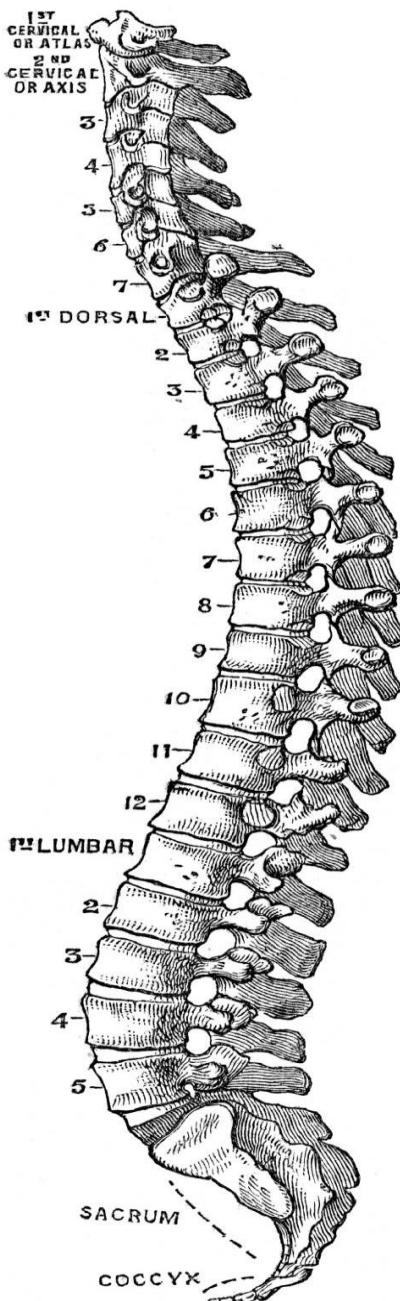
L4 – Explore conflict between your mother and father before your conception. How did you feel? Unresolved issues that stemmed from your conflict are “recorded” in this area.

L5 – Issues in your immediate environment are causing you to feel under pressure and stress. You feel challenged by a partner or influential person's success and you cannot achieve the same success and status in order to be accepted and valued.

Key Points

- Trauma related to feeling out of control and that there is no end in sight to your pain, stress or tension. Who or what made you feel this way? Explore further possibilities.
- Who cut you off from your support resources? How did that make you feel?
- Explore trauma related to when you were separated from the umbilical cord that has supported you for nine months. Explore further possibilities.
- Feeling angry and resentful because you had to support others for too long, creating an imbalance within your personal relationships. Explore further possibilities.
- Feel like giving up. What has become too hard or strenuous in your life?
- You feel immense anger toward influential people that failed you. How did that make you feel?
- You may not have had enough space to move around in the womb. Due to a lack of space or just not moving enough and staying for long periods of time in one position. This may have caused different parts of the body to become tense and stuck in painful and uncomfortable positions. This may result in physical and soft tissue stress in your adult life and even childhood. If you didn't have enough space to move around in the womb then how did it made you feel? The answer you find here could often be the same issue that always surfaces when you are experiencing the pain / problem area (or when it started the first time). It's important to find the association made and how you felt. The answer that you are searching for should not be a superficial answer.
- Did you feel your mother's stress, lack of support or feel pushed down by authority figures? Did you feel unsupported because she felt unsupported during her pregnancy? Explore the difference between your feelings and your mother's stress.
- Feeling resentful and angry after bending over backwards for others with very little reward. Explore further possibilities.
- You seem to have a fear of standing up for yourself as the ability to defend yourself may have been challenged by influential people. What happened in the past when you defended or stood up for yourself? How did that make you feel?
- Spinal issues are related to your mother or other influential female's emotions. You seem to have taken on your mother's stress, tension, and lack of structure or guidance in her life. You can have a bond with your mother without needing to hold on to her pain / trauma. What is the benefit of holding on to her issues? Explore more possibilities.
- Did your mother have a good diet while she was pregnant? Did she use medication or live in a polluted area that may have affected the skeletal development of the fetus? Explore further possibilities.
- Explore your conception. Did either your mother or father feel supported? Were there outside influences that may have caused you to feel unsupported, out of control and unable to cope with your circumstances and feeling pressured? Explore further possibilities.
- Trauma related to your feeling out of control and unable to communicate it. Who or what made you feel this way? Explore fertilization stages for similar traumas well. What did you need emotionally when you felt out of control? Explore trauma and associations made when you felt out of control – what did you need when you felt out of control?

- When you needed love and support, how were your needs met? Explore the associations made when you needed support.
- Explore the difference between your feelings and your mother's stress and feeling unsupported.
- Spinal problems can influence the bladder, adding extra pressure on it, resulting in more frequent visits to the rest room. See Bladder Problems.
- Explore trauma related to ancestors feeling out of control and unsupported. Trauma related to never having enough support, resulting in trauma causing you to feel that life is hard and filled with frustrations.
- If the spine condition was caused by an accident. Were you overburdened by responsibilities and expectations that you could not meet? Did you feel unsupported with your future? Explore further possibilities. Issues and unresolved problems in your life left you feeling vulnerable. You may have felt unable to cope.
- Feel unworthy of speaking up and only feel safe expressing yourself when you are in pain.
- When you are in pain, you are less likely to be attacked by influential people.



Spinal Column.

Important questions to ask yourself:

- Does your condition make it easier to express your boundaries and say “no”?
- When you are sick, do you feel less likely to be verbally or physically attacked by influential people?
- Do you know who you are without this condition?

- What have you discovered in your life now that you would not have discovered while being healthy?
- Did you feel respected by influential people before the illness? You may feel more respected by people as a result of your condition.
- Are you avoiding certain responsibilities in life as you may have been overwhelmed and burned out in the past? Are you avoiding going back to old patterns?
- Watch Emotional Healing Session <https://tinyurl.com/y99nzt0f>

Spinal Fusion

See Back Problems, Pain, Spinal Cord Problems

Emotions

You experienced a trauma that left you feeling abandoned, rejected or unsupported both emotionally and financially. You may have been controlled, bullied or dominated by influential people or a person that had little regard for your needs. You seem to feel that you have nowhere to turn for support, as those who can support you are emotionally unavailable or made you feel guilty for expressing needs.

Your circumstances are triggering old unresolved childhood trauma that left you feeling painfully lonely and rejected. Your needs have been met by lack and unavailability, forcing you to cope and fend for yourself. You have reached a point where your emotional foundation has caved in around you.

Fused lower spine for women: trauma related to not being able to conceive a child. Feeling responsible and like a failure in the eyes of your partner, mother or father. You compensate for your failures in ways that do not resonate with you by doing things / activities that bring you no joy. Your partner / family is often financially successful and you are trying to be an equal to their status and success. This creates more stress in your life.

You have a fighting spirit. As a result, you often push yourself too hard. You feel responsible for many things that have gone wrong in your life and in your relationships. Who blamed you during childhood for mistakes and other's hardships? When did you make a mistake that resulted in a lot of emotional turmoil? Guilt related to not being good enough.

Feel responsible for the mistakes of a child. Often the child is not your partner's biological child. You might feel, "My blood (child) is causing problems in my marriage, I have to keep my marriage together for the sake of our survival."

You feel caught between two strong desires that you cannot achieve – feel a great deal of resentment as you cannot achieve your goals.

Key Points

- When did this condition start? How did you feel? What has been a pressing issue in your life at that point?
- Who abandoned or rejected you in your adult life? Is this person the same gender as an influential person or parent who abandoned you? Explore associations made with this influential person and having your needs met.
- Trauma related to feeling dominated and controlled by influential people that made you feel angry, empty or rejected.
- What in your life have you had enough of? What do you need a break from? What has become too much? Explore further possibilities.

- You have made an association when you need support you will only have yourself to rely on. In saying this, at the same time you feel like giving up. There is nothing to draw your support from. Explore how this made you feel?
- Explore ancestral trauma that resulted in you feeling unsupported, kicked out of a community and unable to cope.

Spinal Stenosis

See Arthritis, Back Problems, Nerve Problems, Kennedy's Disease, Pain, Rheumatoid Arthritis

Spleen Problems

See Bacteria, Inflammation / Infection

Emotions

You may have associated love with trauma. As a result, you became confused about what love is and should feel like. You may feel confused as to how love should be expressed. The way that love may have been shown to you caused you to feel guilty, ashamed or rejected. You have a deep need for love, yet as a result of the negative associations made, you often reject it. You feel attacked and abused by influential people that should have loved and protected you.

Your love-hate relationship with people has caused you a great deal of stress, as you never know what to expect from others. Influential people in your childhood were very dramatic, unpredictable and projected the blame onto you. As a result, you often get overly defensive. Since you didn't know when to go with the flow or when to protect yourself you find it's safer to stay on guard at all times. The lack of love, comfort and protection you have experienced has made you needy and you have an intense fear of abandonment. You often battle against an intense fear of being alone.

Key Points

- You feel like you have to give more than you receive so you won't be abandoned. Who made you feel this way? Explore further possibilities.
- Who or which circumstances made you feel so worthless, guilty or ashamed? Explore further possibilities.
- No clear discernment of what love is. You had a love-hate relationship with influential people.
- The spleen can hold the entire vibration of the person. This may result in the spleen feeling overwhelmed if a person is dealing with a great deal of emotional conflict. What is the conflict in your life? What has not been resolved? Explore further possibilities.
- Do you have a fear of being alone? If yes, why? Explore any abandonment trauma.
- When you needed love and acceptance, how were your needs met by influential people? How did this make you feel?
- Explore any self-sabotaging patterns when it boils down to the love topic. How does it keep you safe to sabotage the love you are receiving? Explore further possibilities.
- There seems to be urgency to everything you do. This is often due to your fear that you won't get your share. Explore further possibilities.
- Did your mother feel the same way while she was pregnant? Explore the difference between your mother's fears or trauma and your own.

- You are overly sensitive and at times dramatic as influential people around you behaved the same way. Explore associations made with these influential people's behavior and means of coping with issues.
- You often find yourself in situations that are not emotionally healthy for you because you are afraid of being alone. Explore further possibilities.
- Lack of protection, guidance, support and love. Who failed to meet your needs? How did this make you feel? Explore how your need for protection and guidance were met. Do you see a pattern that is similar to the response you got from an influential person in your life? Explore trauma related to a lack of protection, guidance, support and love.

Sprain

See Accident, Inflammation, Muscle Problems, Pain, Tendon Problems

Emotions

You seem to feel out of control and unable to regain enough control to feel safe in your personal or professional life. You gave your power away and now feel suppressed by dominant individuals who challenge your self worth and limit your future.

You often feel indecisive, not knowing what you want to do with your life. There was a lack of guidance from those whose opinions you trust and value. You feel out of control and are overcompensating by being overly rigid and stubborn about choices you make. You have become judgmental and resentful toward the people who caused you to doubt yourself.

You feel unable to control a specific area of your life, as well as what the next step for the future is going to be.

Key Points

- In which area of your future do you feel out of control? How does this make you feel? Is someone challenging your ability to take charge and control? Explore further possibilities.
- You feel a great deal of conflict with your mother or other female figures. You are pushing too hard and placing a lot of pressure on yourself. Your resistant nature stems from your fear of making changes. You have made negative associations with change in the past. Holding onto to the trauma is safer than moving forward.
- Are you in a situation where you do not want to be, yet fear making a change as change = losing control? Explore possibilities.
- By whom or what do you feel controlled or dominated? How does this make you feel? What stops you from changing this?
- Uncertainty and fear of failure about the future. Your rigidity and stubbornness is working against you. You are afraid and your stubbornness and rigidity have kept you safe.
- Your rigidity and stubbornness started as a result of a lack of control during childhood.
- Who challenged your ability to believe in yourself and to stand strong in your own decisions?
- You feel guilty for feeling certain emotions such as anger and resentment. You were made to feel bad when you expressed negative emotions and this made you hold back your feelings. You feel guilty for feeling the way you do. Why? Who made you feel this way?

Stigmatism

See Astigmatism, Eye Problems

Stomach Cancer

See Cancer, Inflammation, Stomach Problems, Ulcers

Emotions

You feel a great deal of anger that you are not able to process and let go of. Your emotions have become very intense and you are trying to control your feelings toward a person or circumstances. The more you communicate your disgust, anger or disapproval, the more confrontation you attract / provoke. You found yourself in a circumstance from which you could not escape. You felt a great deal of resistance toward someone or something in your life that challenged your goals or relationships.

Mistakes made in the past have now come back to haunt you. Certain people or situations are a constant reminder of the poor decisions you have made. You feel unable to escape the emotional consequences of your past.

Manipulation may have been used to control you, making you feel torn between what you want and what others want.

You experienced a trauma that you felt right in the pit of your stomach. It is often an event that people would describe as, “It flipped my life upside down,” or “I couldn’t deal / process that situation / experience.” You don’t want to be a part of stressful circumstances anymore so you push people away. You feel torn between two people or by circumstances. This condition is often related to sexual abuse in your life or ancestry.

Key Points

- Trauma related to feeling torn between two decisions where the outcome will not be in your favor, causing a great deal of stress and tension. How does this conflict make you feel?
- Feeling that you can’t achieve your goals, creating a great deal of anger and frustration.
- You are conflicted between what you want and what you are presently getting out of a situation. Who or what made you feel this way? How did that make you feel?
- Guilt was used as a means of manipulation, which has caused you to always feel conflicted between your needs and the needs of others. This is often related to a boundary failure. What stopped you from expressing clear boundaries to others or within your current circumstances?
- Explore ancestral trauma related to circumstances where they lost control of their territory, job / role. Being taken advantage of and not able to digest their environment or role that is changing.
- Bad decisions were made which resulted in a great deal of regret, guilt or shame that you cannot “process or digest.” Do you feel resentment for past mistakes? Explore further possibilities.
- You may have caused harm or suffering to someone and now the tables have turned and you are on the receiving end of a similar pain or trauma. This is often related to ancestral trauma. Guilt and regret may have surfaced in your life. Explore further possibilities.
- What was your diet like? Did you digest food that may have caused damage to your stomach? Explore ancestral trauma.
- Pattern of holding onto a great deal of tension and feeling resentment toward someone or circumstances. Explore your mother or father’s patterns of resentment. Are you expressing their intense and unresolved issues?
- Trauma related to misunderstandings. You don’t have the words and power to resolve this conflict, as you don’t feel listened to and respected.

Stomach Fat

See Muscle Problems, Weight Problems

Emotions

This is often related to emotional abuse, rejection or always feeling criticized. You want to retreat and hide from an influential person. You are longing for comfort and safety and feel unprotected or lack sufficient insulation from harsh words.

If you are female then explore any trauma related to the loss of a baby. Trauma related to not being able to conceive. Issues relating to regret in these areas or feeling rejected by your children.

If you are a mother then this could also be related to your children changing, growing up, and moving on with their own lives. You may not feel needed anymore, even though you still want to be needed. Your self-worth and value in life is associated with being needed and helping others. You may unconsciously still desire to become pregnant. Issues related to menopause could also play a role. Do you feel challenged by sadness and grief that you cannot process? Do you feel abused or used by your children, a partner or family? The people you love may be the ones who abuse or hurt you. You have a need to insulate yourself from the world. You unconsciously want to create a barrier between yourself and others, as no one seems to respect your boundaries.

If you are a male, are you trying to push people away? Are you using the stomach fat as a boundary / buffer between you and the world? What left you feeling so vulnerable that you've created a psychological barrier that has now become a physical barrier? From whom or what are you trying to protect yourself? You may have been rejected by a maternal figure. Your needs were often met by an emotionally unavailable parent. You tend to be self-rejecting, as you do not feel worthy of being loved and accepted. Therefore, you reject yourself on the behalf of others.

Ancestral trauma related to the stomach and abdomen area such as being injured or shot, possibly resulting in the body overcompensating by holding onto fat to protect this vulnerable area in the body from further injury.

Key Points

- Explore ancestral trauma related to slavery. Slaves used to only eat bread. Bread and wheat have a big influence on a person's weight and stomach size.
- Trauma related to losing a child. Explore further possibilities.
- Who abused or rejected you? How did it make you feel? What did you need when you were abused or rejected? Explore associations made when you expressed any needs.
- Trauma related to feeling verbally or emotionally attacked. Explore further possibilities.
- From who or what do you feel you need to protect yourself? Why? How did this make you feel?
- You lost something or someone and you are compensating for the loss by abusing food or alcohol. You are trying to fill an empty void in the stomach. This is often related to feeling isolated or unprotected, as well as abandonment trauma. Someone or something gave you a great deal of comfort, however you lost contact. Explore further possibilities.
- When did the weight gain around the stomach start? What happened in your life during that time? How did you feel? Explore further.
- Trauma related to feeling unwanted and not needed anymore. How did that make you feel?
- You seem to feel used and left behind. By whom? How does that make you feel?
- Feel rejected by a maternal figure. Explore how this made you feel.

Stomach Problems

See Irritable Bowel Syndrome, Digestive Problems Colon Cancer, Candida, Hernia, Intestines

Emotions

You feel obligated to accept the families' emotional burdens. This is a result of feeling obligated to make up for being a bad person or for causing problems. The family did not exercise healthy boundaries. One person's problem was everyone else's problem and those who did not suffer along with the rest, were considered unsupportive and were punished or isolated.

You were not allowed to cry. You have developed a survival instinct to lay low, (hiding instinct). You never knew when the next emotional outburst was going strike. The body is always ready to fight or flight and as a result, it might produce too much gastric acid. This is also related to the vomiting instinct. The body tries to rid itself of excess acid and get away from it or discharge it. This often relates to a person who is trying to rid themselves of circumstances that are triggering old traumas. It's the body's way of trying to create a barrier between the person and their stressful environment.

You find it challenging to accept and allow people into your life. You are overcompensating with strong boundaries. You have a hard time connecting to your talents and passion. You felt that you were not allowed to be better than others. You often get yourself emotionally worked up to the point of being physically sick.

You may suffer from excess gastric acid due to emotional stress and tension in the stomach. You find yourself stuck in a never-ending cycle of unresolved trauma. Your life is filled with toxic relationships and situations, yet you are unable to rid yourself of these. You have a deep fear of being alone and isolated from everyone. Your emotional needs have been met by hostile and abusive behavior. This may have caused you to attract people and circumstances into your life that make you feel the same way you did in the past.

You feel controlled and held back by influential people. These people have undermined your success. This may have caused you to feel useless, unsuccessful or unable to please rigid and stubborn people.

You seem to feel that no matter how hard you work, your efforts will be in vain. This is due to a lack of acknowledgement in the family, as there may have always been more important issues to worry about.

Dominant figures may have projected their own need for power, control and manipulative agendas at you. You feel a great deal of anger, resentment, bitterness or explosive rage. Your bitterness, negative thinking or anger is eating away at you; you are not processing these emotions. Instead, you use the anger as a weapon to ward off dominating and manipulative people.

You have a fear of the future and the unknown. Because you were not allowed to make decisions for yourself, you experience fear and dread when faced with a situation without guidance.

You have a fear of digesting your experiences in life. In the past, your experiences were traumatic and stressful or filled with fear and a lack of control. You felt unable to escape circumstances that were disempowering. Recent stressful events triggered similar issues and traumas.

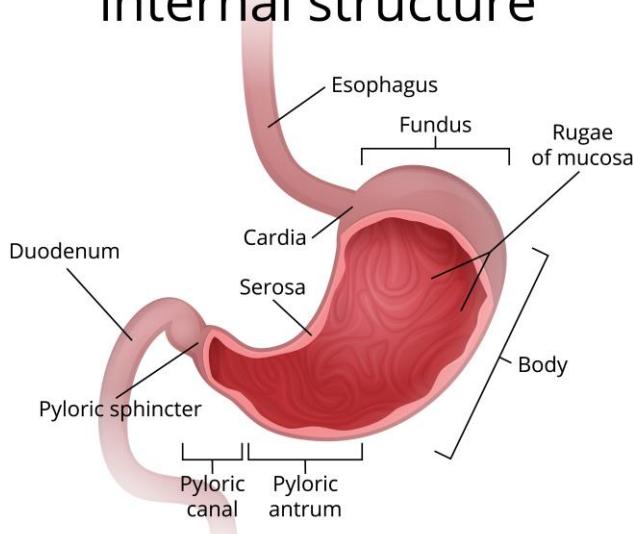
You have a fear of never having enough love, comfort or protection available to you. This causes a great deal of anxiety, stress and strain. Your need for love was met by abuse, rejection and abandonment or ultimatums. You are self-rejecting and do not love yourself, as you feel no one else did.

You still have a great fear of an influential person that used manipulation and possibly violence as a means to control. Love is dangerous. In many cases, you loved your parents out of fear. You feel an intense need to push others away as your association with love and companionship has been negative and stressful.

You often felt like an outcast and were not allowed to have fun with the rest of the world. You need permission to be successful and follow your own journey. You are trying to rid your life of patterns and people that are unhealthy. There is an unconscious fear of letting go of unhealthy patterns. There is comfort within abusive cycles. This is often the result of knowing nothing other than abuse, stress, fear, manipulation or lack of control. It feels familiar and even normal.

STOMACH

internal structure



Key Points

- Issues related to the stomach area can be emotional, especially if you have not come to terms with unpleasant experiences in your life. Tears are often a sign of sheer relief of being able to express your feelings. It gives you a chance to complete the childhood trauma cycles that were suppressed.
- Who made you feel unsafe in your life? What happened? How did that make you feel?
- You may not have had enough space to move around in the womb area due to lack of space. You may have stayed in one position for long periods of time resulting in physical and soft tissue stress. If you didn't have enough space to move around in the womb, how that make you feel? This answer you find here could often be the same issue that always arises when you are experiencing the pain / problem area (or when it started the first time). It's important to find the association made and how you felt. The answer that you are searching for should not be a superficial answer.

- Trauma related to feeling shame and guilt. Who made you feel this way? When did you feel this way? How did that make you feel?
- Living in an environment where you could not stomach your life and what was happening to or around you. How did this make you feel? What could you not rid yourself of?
- People and circumstances felt toxic. The body might physically respond by vomiting, developing ulcers, pain and cramps. What stops you from getting rid of toxic people, old trauma and circumstances?
- You might have a fear of change. Explore trauma associated with change. You may have a fear that if get rid of unhealthy people then you will be alone and isolated. Explore further possibilities.
- Fear of saying “no.” What would happen if you said “no?” How would that make you feel?
- Who abandoned and rejected you when you expressed a need for safety? How did it you feel?
- Explore anger, rage or resentment that you are feeling / or felt for long periods of time.
- What is the benefit of holding on to these emotions? How does it keep you safe? Do you use the anger to express boundaries? Do you draw power from the anger, which makes you feel confident in circumstances that would otherwise intimidate you? Explore further possibilities.
- Place your hand on the stomach. Give the stomach a voice. How does it feel? You are searching for gut instincts such as terror, needing to hide, freeze, numb, fight or flight.
- Explore trauma related to feeling trapped, controlled, abused and manipulated. What do you need to feel free again? You have been feeling stuck in a cycle where you felt controlled and stagnant.
- In the past, what stopped from you from feeling free? Who is controlling you? How did that make you feel?
- Explore key emotions such as hatred, rage, resentment, anger or disempowerment.
- Explore secondary gain of holding on to these emotions.
- Explore womb stages. Did your mother feel stressed, trapped, out of control or unable to stomach her reality while she was pregnant? Explore how she felt. Explore how her emotions affected your solar plexus and stomach. Do you feel the same stress as your mother? Explore and explain the difference between her stress and your own stress.
- Who made you feel unworthy and undeserving of enjoying life? Explore the fear of moving beyond the limitations of the person who made you feel this way.
- You experienced trauma that resulted in a great deal of tension; you were ready to fight or flight. This state of mind kept you safe and alert during threatening circumstances. Letting go of the tension might cause you to feel vulnerable and unsafe. Explore further possibilities.
- Who or what do you need to destroy or get rid of? Who or what is causing you to feel so disgusted? Explore further possibilities.
- Did you have a natural birth? If you were born via caesarean then it might have a negative impact on the stomach area, as the baby was not squeezed through the birth canal. Explore further possibilities.

Strep Throat

See Bacteria, Fever, Inflammation, Scarlet Fever, Throat Problems

Emotions

You feel angry for not being able to express or defend yourself whenever you're confronted.

You felt under attack (either verbally or physically) by people who resent you and feel threatened by you. You may have felt unfairly blamed during childhood as a result of influential people's mistakes and shortcomings. You were on the receiving end of people's pent up anger and frustration.

You seem to feel punished for being yourself. You are scared of saying what needs to be said. You felt verbally attacked by influential people when you expressed yourself, causing you a great deal of sadness. You were not able to speak up and be heard. This has made you feel worthless and unworthy of being heard and acknowledged. You want to jump up and down to be noticed and acknowledged!

You are suppressing your truth to the point where it's causing a great deal of emotional or physical pain. You feel very angry and resentful toward influential people that are ignoring you. You regret not saying what needed to be said in the past. You feel that things would have been very different if you had been able to express yourself.

If the client is a child then explore how the parents felt or feel recently. Is there conflict in their life? How is it affecting the child?

Key Points

- Who made you feel insecure and scared to speak up during childhood? Is someone of the same gender triggering this childhood trauma, creating similar fears?
- Did you say something that you regret or feel guilty about? Explore further possibilities.
- By whom did you feel attacked when you spoke up or expressed yourself? Explore associations made with speaking up.
- Who or what do you feel a need to protect yourself from? Why?
- Did you challenge a parent's insecurity in regard to receiving love and attention from the other partner? Such as a child getting more attention from the mother so the father feels left out. The father unconsciously feels threatened and invaded by the child, resulting in competitive and conflicting behavior toward the child. Not allowing the child to express their emotional needs.
- Influential people suppressed your ability to speak, with the intention of punish.
- Trauma related to not being able to cry. You may have been punished when you cried and were told that you are being overly dramatic. This made you question how you felt, your actions and reactions. This made you feel unworthy of expressing yourself as you will not be believed or taken seriously. Explore further possibilities. How did this make you feel?
- You are being very hard on yourself due to harsh criticism. Explore further possibilities.
- Toward whom do you feel so resentful? Why? How did this person make you feel? If the client is a child then explore conflict between the parents. Why is there is conflict? How is it affecting the child?
- What do you feel unworthy of _____ (explore more possibilities other than love)? Explore further possibilities.

Stroke

See Blood Pressure (High), Blood Problems, Hemorrhoids, Tremor

Emotions

You want to be loved but at the same time, have an unconscious fear of receiving love. You have made negative associations with love. Receiving love may have caused you to feel out of control. When you needed love during childhood, your parents were often frustrated or out

of control. Now you may have a fear of love and losing control of your own life. This has caused many self-sabotaging patterns. This fear has reflected itself throughout your relationships and interactions with people. This cycle has now come full circle. Your emotions have become intense and overwhelming over time—it is almost literally paralyzing you.

Love has a very dark side and you know how much it can hurt if you allow yourself to become vulnerable. You have invested a great deal of energy protecting yourself from love that may potentially harm, expose or weaken you.

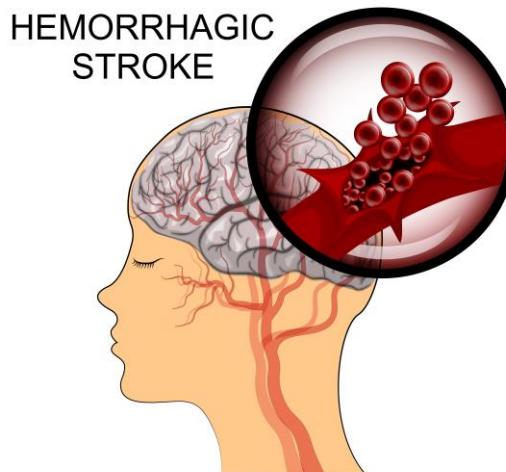
You feel mentally and emotionally challenged whenever you communicate the need for more control, love, safety or affection. The way in which you expressed your emotional needs was not always understood. This made you feel unloved, unfulfilled or ignored.

You have a deep need for love, support and acceptance so you took on other's burdens and responsibilities. By keeping busy, you help fill a void in your life. You take on too many responsibilities as a distraction from your stress and emotions.

You have reached a point where you do not have as many responsibilities. You are now terrified that you will not be loved, admired or accepted anymore. Your acceptance and self-worth were based on how many burdens and responsibilities you had.

The people who used to need you may be unavailable, so you are searching to replace the acceptance and approval you got from them. When this pattern changes, so will your lifestyle.

You are now spiritually, emotionally and physically exhausted. You have felt very intense emotions for a long period of time yet often felt too awkward to communicate these emotions. Your sadness and pain is expressed through anger, resentment and rage, which only causes more confusion, as the origin of the anger is not expressed.



Key Points

- When you needed acceptance, what did you have to do in order to feel validated? Do you still repeat the same cycle to this day? Explore further possibilities.
- Explore why you feel so angry. Who disempowered you during childhood?
- Who suppressed your ability to make your own decisions? You may have still acted out this pattern in your adult life causing you to become a very unhappy and bitter person. You were taught to serve and look after others. You may have been bullied and dominated into this position in the family.

- You have had many responsibilities starting in childhood. How did this make you feel? Explore further possibilities.
- Trauma related to feeling overwhelmed and trapped in circumstances you couldn't change. Explore fertilization stages when sperms approached the egg. Explore more possibilities.
- Explore birth trauma. Did you feel stuck in the birth canal? Was there a lot of pressure on your head? How did that make you feel? Can you relate to similar emotions in your life right now? Explore associations made during birth with feeling under pressure, scared, out of control or responsible for your mother's pain.
- Why do you feel so resistant to change? What part of your personality do you not want to let go of? Explore further possibilities such as anger. You might use anger to push people away, resulting in feeling safe. You might use anger to express boundaries.
- How does holding on to all your emotions keep you safe? What would happen if you let go of it? Do you know who you are without the anger, resentment or bitterness? You might have a fear that you will be vulnerable if you let go of the trauma. Who might attack? Explore further possibilities.
- What stops you from communicating how you feel? What would happen if you did? Explore further possibilities.
- Explore how your rigidity and stubbornness served you and explore the need to hold on to it.
- Why do you feel like giving up on life? What has become too much?
- Who or what is challenging your freedom and ability to make your own decisions? How did this make you feel?

Stuttering

See Learning Disability, Muscle Problems, Speech, Tic

Emotions

You are fearful of expressing your honest opinion. You don't want to voice your needs. Your problems are magnified when you are around people who are very vocal in conversation.

You may feel forced to communicate in a way that doesn't resonate with you. You are often sensitive people in a harsh family. Harsh communication may have been projected at you while you expressed yourself. When I refer to "harsh communication" bear in mind that what is harsh to you might not be harsh to someone else. Keep an open mind.

You experienced a trauma when you communicated, which resulted in a fight, flee or freeze response. Now when you communicate, it automatically triggers the old childhood trauma. This results in the gut instinct being activated. This will have a direct impact on how fluently you communicate to others.

You feel intense emotions when you communicate. Trauma you experienced may also be unrelated to communication. The feelings of anger, resentment and a need to run or hide come to the surface when you communicate, leaving you vulnerable and open to attack. As a result, you dissociate when you communicate. It begs the question, "What are you dissociating from?"

You have experienced a trauma during the infancy stages. Crying as a baby may have resulted in punishment. This will be a shock to any newborn baby who does not understand the reaction from their caretaker. This may result in an unconscious association, "Expressing myself = attack and feeling in shock."

The emotional components related to this condition should be explored in the ancestry line along with toxic poisoning. Toxic poisoning could affect the muscles in the body, affecting

movement and speech. The emotional strain was already present in the ancestor's life before possible toxic components came into play. The predisposition for stuttering was already present during cell division.

General remarks about ancestry: Old trauma (or ancestral trauma) was activated during communication and the trauma cycle did not complete itself. Whenever you express yourself, the unresolved trauma is activated resulting in the muscles becoming numb due to an unconscious conflict surfacing.

The conflict is related to saying something in a way that will not provoke confrontation. You have a fear of provoking a reaction from an influential person that caused you stress in the past.

Key Points

- Did you experience a trauma when you expressed yourself? If yes, how did that make you feel?
- When did you feel unsafe to speak the truth? How did that make you feel?
- Did you experience trauma that left you angry, resentful and frustrated? Who made you feel this way? What would happen if you expressed the anger?
- You are suppressing strong waves of emotions. What stops you from expressing these emotions? What happened in the past when you did express it?
- Explore birth trauma. You are still in shock as a result of being brought into such an abrupt environment. Many people's attention was focused on you while you were crying and communicating. It is a natural freezing response that you may not have completed. Explore associations made when you were crying and being handled by strangers.
- Incomplete trauma that caused you to feel angry or resentful toward an influential person who was in charge of keeping you safe. The anger is a way of setting boundaries. You have seen this pattern in the family. You were educated by means of anger, impatience and at times, unforgiving influential people.
- Did you have enough time to bond with your mother? How did she respond when you were crying? Explore further possibilities.

Suicide

See HIV, Anxiety, Attacked, Catalepsy, Depression, Gulf War Trauma, Mercury Poisoning

Emotions

You reached the end of a line where you have experienced too much in a short span of time. Several traumatic events (could be physical or emotional) have stacked up into a pile and it has reached a point where no more traumas can be added to the pile. When feelings of suicide start, it is the end result of an accumulation of unresolved trauma.

You are in desperate need to escape from the circumstances and memories that you cannot process. You are seeking a way out of the circumstances and need a clean slate.

The brain responds with the same survival instincts and emotions whether you are actually in a traumatic situation or imagining it in your mind. People who commit suicide may have misunderstood / misinterpreted trauma that was triggered in their life, as well as the origin of it. It's very challenging when an old deep-seated trauma is triggered in the present. You do not always have the "tools" or knowledge to realize where the origin of the trauma is stemming from. Unfortunately, in these cases, you may just accept the feelings and trauma that is surfacing. You may confuse old triggered trauma with more recent triggered trauma. When you do not have the tools to help, it can result in accepting and succumbing to this

feeling. You feel like you're in a bottomless pit, with no way out. People who suffer from suicidal tendencies also often have several traumas activated at once. The result is feeling very overwhelmed, confused and depressed.

It is important that many options and trauma points are explored under professional supervision. It can be challenging to explore old traumas, as you may have a certain attachment to the trauma. You might feel the survival of your identity is dependent on the trauma.

You may have experienced the trauma and consequences thereof for a long period of time. The trauma has become an old friend. On the flip side of the coin, you want to resolve the trauma. This causes a great deal of inner conflict. There is a part that is ready to move forward and trying to heal. The more that part of you is trying to heal, the more it could feel as though that part of you is dying. When you are changing and it feels as though you are dying (healing crisis) then there is an aspect of the trauma and old patterns that are still serving you (secondary gain). Unconsciously, the trauma keeps you safe from danger or an unknown danger. Anything new is a potential threat to your survival and vulnerable emotional state. You have learned how to survive challenges. Trauma influences and controls a big aspect of a person's personality. Trauma is not a person's identity! Who and what a person is was determined before they started to experience trauma. Trauma only adds to a person's experience in life. Trauma is something that happened to you, it's not who you are.

In most cases, you are trying to process a situation that is the end result of a misunderstanding. Misunderstood concepts played a big role during childhood. As an adult, you intellectually misinterpret your own strong emotions that are triggered. You do not recognize the unresolved trauma in the body that is trying to complete itself. You are trying to resolve too many conflicts in the head mind, causing a disconnection between the other body minds. You know what you want / goals yet you are overwhelmed trying to accomplish everything at once. There is a lack of confidence (related to past trauma) along with no clear plan for moving from one goal to the next in order to accomplish the desired end result.

I highly recommend that people who suffer from suicidal tendencies seek professional support groups and then use alternative modalities as a complimentary form of support.

Note to practitioners: what you as a practitioner think is not traumatic could be something that can flip someone else's world upside down. Be careful not to judge what is or could be traumatic for others and what is not.

An important step is to guide the client so that they understand that the suicidal feelings are often related to old traumas (including womb and ancestral trauma)that were triggered.

Key Points

- Always explore the birth trauma and see the Birth section. Explore similar emotional trauma that was present during the birthing process.
- Were you born with the umbilical cord around your neck? Explore whether your mother or grandmother were born with the umbilical cord around their neck. They may have associated life and being born with dying or feeling overwhelmed and out of control. Explore further possibilities.
- How did your mother feel while giving birth to you? Did she almost have a near death experience while giving birth to you? If so, do you know the difference between your trauma and your mother's trauma?

- During fetal stages in the womb, did you feel attacked by your mother's immune system or food / liquid / medication that she ingested? Explore further possibilities.
- Trauma related to sperm's tail falling off after it penetrated the egg and experienced traumatic transformational death.
- Explore stages after fertilization when the cell division starts. This can be experienced as another big change or as a death and feeling out of control.
- Explore how the sperm felt when it successfully entered the egg and the other sperms around the egg started dying. What did the environment and consciousness feel like at that time?
- Was your mother told to try and delay giving birth until doctors arrive? If yes, explore further. How did it make you feel?
- Did you fail a big responsibility in life such as attending to someone's needs, within your family or group? If yes, how did this make you feel? How did it affect your self-esteem?
- Explore separation trauma in your life.
- Explore what is really your responsibility in life and what is not. You feel responsible for everything and everyone. Make sure you are not taking on other people's pain, trauma and responsibilities.
- Why is death easier than life? Explore this further. Do not leave this stage unresolved.
- You often feel surrounded by darkness or a force that feels dark. This is often how you are perceiving yourself at the moment – feeling like giving up, not wanting to live any more, needing a quick way out, it's too hard, overcome by negativity or out of control emotional states. How does this make you feel? It works well when you pretend to put all the emotions in a box and then ask yourself how everything in this box makes feel.
- Ancestral trauma related to black depression. What happened in the ancestry line? Trauma related to murders, seeing someone die, slavery or war trauma.
- Explore key points in life where an ancestor needed to feel safe: escaping will keep them safe; feeling empty keeps them safe and leaving keeps them safe. Giving up has at some point benefitted you as well.
- Your sadness feels familiar and you hold on to it. You identify better with yourself when you can feel the depression and sadness. Sadness / grief / depression = feeling alive. Explore the difference between your depression and your mother or father's depression.
- Trauma related to feeling wrongfully accused and attacked. Who made you feel this way?
- Trauma related to ancestors being murdered. Did an ancestor see a mother or father killed in front of them? Explore further.

Note to practitioners: Keep monitoring the client every day and always have a family member's contact details (always call the number to make sure it's a valid number). This is especially important when working with someone who is suicidal, especially if you are doing a phone session and it's not face-to-face.

Sweating

See Fever, Gland Problems, Inflammation, Mercury Poisoning, Poisoning, Toxins

Emotions

This condition relates to excessive sweating without exercise being the cause. You are stuck in a panic mode. This is often very subtle however; it's an ongoing emotional state.

Sweating is increased when you are feeling emotionally trapped, panicked or anxious about

a situation that you cannot control. It's as if you are trying to control an invisible force in your life.

Most people report feeling it is similar to reaching out for support and finding that it is not there. You do not feel supported and safe. You seem to feel held back by influential people's sabotaging patterns. You do not trust yourself enough to take a big leap forward as you lacked sufficient support in the past. You feel you cannot accomplish your goals without the support of unavailable influential people.

Deep down you are suppressing a fight or flight instinct. You need to be pushed forward in life. You are stuck in fear and trauma as a result of abuse. This could also be an ancestral trauma and these possibilities should not be ruled out. You may be trying to get rid of unhealthy people and patterns that are no longer serving you.

Key Points

- What are you trying to get rid of or away from? The body could be spontaneously detoxing when it's under stress or in flight or fight mode as a way of trying to get rid of unhealthy substances (getting rid of people or situations = getting rid of toxins).
- Lack of boundaries. Feeling that others are crawling under your skin and irritating you when boundaries are crossed. What stops you from expressing boundaries? How does that make you feel?
- Punishment trauma related to expressing boundaries as a child. Now it is unsafe to express boundaries and the body's response to pushing unhealthy people / situation / emotions away is by pushing out toxins.
- The body could be stuck in a fight or flight mode. This causes the body to feel tensed and the adrenals are overworked. You were not able to escape from an influential person that caused a great deal of stress or emotional harm.
- You are stuck in a trauma that causes you to constantly feel the need to rid yourself of something or to get something out of your system. Who made you feel this way?
- When do you start to sweat excessively? What happened during that time? How did it make you feel? Explore what has been a pressing issue lately.

Syphilis

See Bacteria, Dementia, Yaws

Emotions

You feel a great deal of shame and guilt related to your sexuality. You were made to feel that your self-worth is dependent on how you express your sexuality. You may have been raised with conflicting values in regard to sexuality and how one should express it.

You feel guilty for expressing yourself through sexuality. You felt approved of and accepted when you complied with others needs and demands, regardless how it made you feel.

You have a very low self-esteem. As a result, you often feel like you have to lower your standards in order to be accepted and loved. Your need for acceptance and love is associated with guilt and regret. You find yourself agreeing to participate in activities with the intention of pleasing others, only to later regret it. This makes you feel a great deal of guilt and disgust

toward yourself for undermining your self-worth and values.

Your experience with love has left you feeling controlled and in many cases abused. You have learned that if you want to be part of society then you have to abandon what you stand for.

Your self-worth has been squashed along with your sexuality. You have been exposed to influential people who influenced how you feel about your genitals and gender. Shame, guilt and judgment have been projected at you. As a result, you feel conflicted about the purpose of your genitals and how you should express yourself sexually.

Key Points

- If the client is a child then explore associations that the baby may have made with the syphilis bacterium while in the womb. How did the mother's guilt and regret in her life affect the fetus? Explore further possibilities.
- You do not attend to your own needs. Why? Who made you feel this way during childhood? Was there a lack of hygiene in your childhood? If yes, explore associations made with your environment. This can include associations such as life is dirty, disgusting and not wanting to compromise by looking after yourself, just to name a few.
- You had to follow other's unreasonable orders and always found yourself compromising during childhood. This may have left you feeling that you have no rights or no personal power. How did this make you feel? Explore further possibilities.
- Explore how you were exposed to sex and how you were introduced to your sexuality.
- How do you feel when you express any sexual needs? If the answer is negative, then explore why you felt this way. Who made you feel this way?
- Explore the possibility of sexual abuse in your ancestry line or immediate family. If yes, then explore how trauma in regard to sexuality and sexual expression affected you.
- Explore why and how ancestors were exposed to syphilis bacteria. How did they feel at the time? How did they contract it? How did they feel about themselves and their sexuality?
- Who altered your discernment in regard to what the genitals are for? How did this make you feel? Explore further possibilities.
- Explore religious beliefs that were used to control and manipulate you. Explore if this affected your self-worth in terms of your sexuality. For example: you have been taught that you will be eternally punished if you have sex before a certain age. Explore more possibilities.
- When you needed love, you may have been punished instead. If this is relevant, how did it make you feel? Why do you feel that you deserve to suffer or be punished? Who made you feel that you deserved to be punished during your childhood?
- Explore the womb stages. Did your mother feel and experience similar issues as discussed in the above paragraphs while she was pregnant? Did she also feel that she deserved to be punished? Explore associations that you made while in the womb as a result of your mother's emotional state.

Teeth Problems

See Bacteria, Bone Problems, Bulimia, Hypophosphatasia, Inflammation / Infection, Mercury Poisoning (as result of tooth fillings), Malnutrition

Emotions

You seem to feel stuck in a time lapse. You feel resistant to move forward in life and away from debilitating and self-sabotaging patterns. You are depriving yourself of joy, happiness

and fun. You feel that others are always more entitled to have fun and express themselves freely. Your self-worth strongly relates to the amount of approval your mother or father gave you.

You may fear that if you let go of the trauma, stubbornness or resistance, then you will lose your identity and source of power. It seems that your life story has become a trophy. You may feel that you have earned your pain and resolving the pain will leave you feeling that everything was in vain. You are very unhappy with where you are in life.

You sense that your trauma keeps you safe. To get rid of it may cause you to feel defenseless and attract similar circumstances again. Decisions that you have made may have caused great disappointment as the decisions were made with contaminated needs and desires based on the trauma. The end result may be that you do not trust your judgment and ability to take control of a situation in your life.

You do not have sufficient support to make necessary and important decisions. You have been let down in the past, so you do not trust the intentions of others. You feel that you always have to be strong as no one will be there to save you. You have always relied on yourself, however you now find that you do not have sufficient resources to draw your strength from. You have a deep fear that you cannot accomplish your goals. You choose to stay stagnant as it feels safe and is the most familiar option.

You feel restricted by your responsibilities (being a parent, a partner or work) and it is as if you are not allowed to grow. You feel that no one cares about you or your needs despite how much time and energy you have invested in others.

You may feel stuck in a situation or relationship but are afraid to make any change that may alter the direction of your life.

Tooth sockets inflamed

You feel undermined, judged and criticized. You seem to feel that it is your fault that the family is in such a bad state. You have always been the scapegoat and there is nothing you can do to change that. You were never given the opportunity to defend yourself. The stress in your life is overwhelming and you are suppressing your fury.

Root canal

You have entered a phase in life where you find yourself surrounded by people who do not resonate with you. Influential people have challenged what you stand for, such as your values and beliefs. You seem to feel that you are heading for disaster and there is nothing that you can do about it. You seemed to have been disempowered during childhood by influential people (often a male figure). You have abandoned the idea and desire to be in control of your future or take personal responsibility for yourself. You have given your power away to people who have betrayed you.

Key Points

- When did the tooth problem start? How did you feel during that time? What was a pressing issue in your life at that time?
- Did you feel safe saying “no” during childhood? If not, then why? What happened when you did say “no” to others? How did this make you feel? What did you need emotionally when you said “no”?
- You may have just needed others to respect and love you. Explore associations made when you said “no” and expressed yourself.

- The way in which you were treated when you said “no” would have had a big impact on your ability to make decisions. Explore further.
- Did you have sufficient support and guidance when you were faced with a situation in which you had to make decisions? Explore further possibilities.
- Did you see either of your parents in similar circumstances? How did the lack of support in your parent’s lives affect the quality of your life?
- Did your parents always make the wrong decisions during your childhood, making you feel that decision-making is dangerous? Explore further possibilities.
- Explore trauma related to communication and self-expression. You may have been treated in a way that was upsetting and stressful when you expressed your emotions. Explore further possibilities.
- You internalize your stress and worries. Why? How does it keep you safe to internalize your emotions? What would happen if you expressed it? What happened when a parent expressed their grievances? How did the other partner respond? How did observing conflict between your parents affect you?
- Explore the relationship with your mother and father. Which parent challenged you the most?
- How did it make you feel? Explore emotional tension, guilt, anger and an unwillingness to forgive. How does holding on to these emotions keep you safe? You have used anger to defend and to protect yourself against verbal insults, criticism or attacks from an influential person.
- Explore trauma related to feeling unsupported. How did the lack of support make you feel? Do you feel worthy of being supported? What would happen if you allowed others to support you? You had to fend for yourself during childhood. As a child, how was your need for support met by influential people?
- Trauma related to feeling controlled and dominated by a partner or influential person that is mirroring a challenged relationship with a parent. Explore how you feel about this person and the situation at hand.
- You don’t believe in your ability to see things through; this may be a result of being undermined by influential people. What would happen if you took your power back and got back into the driver’s seat?
- You may have been on the receiving end of verbal attacks or even abuse when influential people felt out of control of their own life. You may have been used as a verbal punching bag.
- Frustrations were taken out on you and you were unable to defend yourself or express your own trauma.
- You are holding on to intense anger. Who made you feel this angry? Explore further possibilities.
- Explore trauma related to neglect. Who neglected you? Trauma related to feeling unable to cope due to lack of support and rejection trauma.
- Explore who in your family also has or had teeth problems. Do you have similar issues to what this family member had? Is there an emotional pattern?

Teeth Grinding

See Temporomandibular Joint and Muscle Disorder (TMJD) Jaw Grinding / Clenching

Temples

See Migraine, Temporomandibular Joint and Muscle Disorder (TMJD)

Emotions

You are fighting against your environment and issues you cannot control. You also seem to be avoiding confrontational people that are placing a great deal of pressure on you. You often jump the gun and get involved with circumstances before the time is right. As a result, you feel out of sync with life, as if things are working against you.

You are often very stubborn and rigid when you need to compromise with others. You are moving through a new transition such as moving into a new job, new career, and a new way of processing information. You might not feel ready or worthy of this new phase that is unfolding before you.

You often feel suffocated in your surroundings and are not communicating your boundaries clearly, resulting in more conflict. You are not achieving what you want.

Something or someone is creating conflict in your life and it's taking you further away from your goals.

Key Points

- Was your mother told to try and delay giving birth until doctors arrived or did she have a prolonged labor? If yes, explore further. Did this affect you in utero at the throat area along with head trauma? Explore the emotions that are a result of these traumas.
- Were you pulled out of the birth canal with forceps? If yes, explore trauma to the head and temple area.
- When did the temple problem start? What was happening in your life at that time? How did you feel? Who or what were you trying to push away or resist? What issue(s) have been causing a lot of conflict and pressure in your life?

Temporomandibular Joint and Muscle Disorder (TMJD)

See Allergies, Anxiety, Headache, Hearing Impairment, Muscle Problems, Myofascial Pain Syndrome (MPS), Parasites, Tendon Problems, Tinnitus

Emotions

If the grinding or clenching is caused by allergies then the body is feeling invaded, attacked or irritated due to its reaction to a substance from its environment. The allergic reaction may trigger unconscious feelings such as needing to get away or escape from someone; feeling irritated and trapped without an option or way to change it. You may feel imposed upon, causing anger and frustration.

You have suppressed a great deal of emotions and words. It stems from a time when you were forced to listen to and obey influential people. There may be incidents where this type of trauma has been associated with physical or sexual abuse. You are stewing over old trauma you are too scared to face in your waking life.

Unexpressed opinions and emotions have transformed into anxiety, tension and stress. The body feels too overwhelmed by all the emotions. You remember all the words and opinions

you were never able to share. You seem to always search for ways to express yourself in a safe way. These memories seem to be held in place by anger, frustration or resentment. You feel invalidated and unimportant. You have associated communication with shame, trauma and guilt.

You were taught to only speak when spoken to and were made to feel guilty or bad for speaking up any other time. As a result, you feel a great deal of uncertainty and anxiety whenever you need to communicate.

You often find yourself stuck in a victim of circumstance situation. You unconsciously create circumstances where you feel powerless, which reinforces your self-sabotaging patterns. You often attract dominant, headstrong people into your life to challenge your self-worth and boundaries. Hostility, judgment, a lack of trust and an unstable foundation were all a part of your childhood experience. This has given you a hard outer shell that you use to distance yourself from others.

You may have experienced a significant trauma such as a car accident or traumatic event that shaped your life in more than one way. It is also important to explore how the accident and trauma made you feel. What emotions have you not been able to process? What did you suppress due to circumstances that left you in a state of shock? All these suppressed emotions are being processed in your unconscious mind.

The body is trying to complete trauma that has been suppressed. You feel unable to make decisions that are in your best interest. Instead, you focus on the needs of others as a way of deflecting from your own troubled life and unmet needs.

Teeth Grinding

You feel unable to attract what you want in life and may sense that you are in a situation that you cannot change. This has resulted in a great deal of frustration (especially when the teeth grinding starts). You feel disempowered and overwhelmed by influential people who projected their needs and agenda onto you. You were not given the opportunity to express yourself and often conformed to what others wanted from you. You feel intimidated and bullied into doing things that you do not want to do, but fear the rejection if you do not rise up and obey. You feel deeply irritated and frustrated by your circumstances. Grinding your teeth is the unconscious mind trying to process and resolve deep emotions. If this condition started as Bruxism (grinding and clenching) you may be fighting against your own emotions, especially deep-seated anger. You are trying to suppress old rage, anger, frustration or feeling out of control. You feel that you have to bite your tongue instead of expressing yourself. You rely on the people that you feel abused by. You feel dominated, bullied and controlled by a dominant figure or by circumstances that you cannot control. You may have had to listen to an influential person that complained a lot and were unable to escape or express how you really felt.

Key Points

- You feel challenged when you need to express boundaries without feeling guilt, shame or fearing an attack or rejection. What happened in the past when you said “no” or expressed a boundary? Explore trauma associated with saying “no.” Explore sperm entering egg, how did the egg feel? Implantation? Understanding the difference between your mother’s and your emotions and where the boundaries between each other stop and start.
- What do you need to say and to whom? What stops you from saying it? How does that make you feel? Explore further possibilities.

- You may have associated love with fear or trauma as your needs as a child may have been met by abuse, stress, hostility or not enough time. Explore more possibilities.
- Trauma related to feeling trapped in a situation with a person that was traumatic or frustrating. How did this make you feel?
- Tension, anxiety, anger (as a result of feeling disempowered) and feeling attacked. Explore these emotions during conception.
- As a result of feeling suppressed, you have disconnected from communicating clearly. You seem to have given up trying because there is no audience to speak to. Explore who made you feel this way.
- What have you had enough of? What in your life turned into a teeth-grinding situation?
- What kind of trauma are you suppressing (such as emotional, physical or sexual abuse)?
- How does it keep you safe to suppress this trauma? Explore these traumas on an ancestral level. Explore further possibilities.
- You feel overly responsible for others and carry many burdens that may have been dumped on you during an early stage in your life. Why? How does it serve you to have so many responsibilities? It may be keeping you out of harm's way or make you feel accepted, validated and approved of. Explore further possibilities.
- This can also be a prompt for a parasite cleanse as well. Parasites in the body can cause a person to grind their jaws. See Parasite section as well.
- Your opinions were not tolerated or respected during childhood. As a result, you suppress what you say which makes you feel immense anger.
- You felt responsible for things that went wrong in the family. Feeling responsible to fix everything. Why? What is the reward when you fix things? How is that pattern serving you?
- You have a fear of success and the future. You sabotage opportunities that could change circumstances for the better. Explore whether your parents sabotaged their own success and how it affected you.
- You seem to feel rigid, trapped and held back every time you want to move forward.
- Explore the relationship with your parents. Did they feel overly controlled and held back by their parents? This may tie-in with the birth trauma. Explore similarity between the emotions that arose from this situation and your own birth.
- Explore birth trauma. Was your head squashed and stuck in the birth canal resulting in pressure, pain and stress being placed on the jaws and muscles around it? How did you feel at the time? How did your mother feel at the time? Explore associations made at the time of birth with the physical trauma along with how you felt.
- Ancestral trauma / frustration related to not being able to deliver a strong enough message to an abuser or opponent. They are still stewing and dwelling over what they could have said.
- Who forced you to let go of something that was valuable or important to you? This could include not having a fair chance to defend your feelings and actions or raise an opinion. Explore further.
- Lack of attention from your mother. Why? How did that make you feel?

Tendonitis

See Tendon Problems

Tendon Problems

See Achilles, Arthritis, Cramps, Cumulative Trauma Disorder, Bursitis, Foot Problems,

Inflammation, Joint Problems, Muscle problems, Osteoarthritis, Reactive Arthritis, Rupture

Emotions

You may not have had enough space to move around in the womb. This is a result of a lack of space or not moving around enough. This may have resulted in different parts of the body feeling stuck in painful and uncomfortable positions. This may have been the starting point of stress and tension that was placed on the tendons. If you didn't have enough space to move around in the womb, ask yourself, "How did that make me feel?" The answer you find could often be the same issue that always arises when you are experiencing the tendon problems.

It's important to find the emotional association made when you had the tendon problem. The answer that you are searching for should not be a superficial answer. You are searching for a much deeper answer.

You feel no joy in what you are doing or the direction in which you are heading. Your personal progress in life has come to a halt and you are bored and disconnected from your passion. You feel rigid toward your circumstances and too unyielding to make any changes. You are not interested in changing, taking charge or transforming the current circumstances to be more enjoyable and tolerable. Instead, you seem to take things as they come whether you like it or not. This makes you feel like a victim of circumstance.

You are quite resistant moving on and fear letting go of old values that no longer serve you. You are on guard and wary of the people who come into your life. You do not trust people's intentions, often feeling like everyone wants something from you.

Influential people abused and betrayed your trust, causing you to question everyone and everything. You feel stuck between a fight and flight instinct. The conflict between the instincts causes a great deal of stress, as you don't know whether you should run away or stand your ground and fight back.

Tendonitis

You seem to question your ability to cope with a situation that has caused a great stress. You feel forced to make a change and move into a direction that may challenge your ability to adapt, improvise and cope. You do not want to go with the flow. You are unconsciously sabotaging new possibilities that might take place in the near future. You want to be in a place that feels safe and familiar. You have a fear that your patterns and survival skills will not be sufficient enough to help you survive the challenging changes in your life.

Key Points

- What happened in your life that made you feel inflexible and rigid toward people and their circumstances? Are you resistant to change? Being rigid toward an influential person? Explore more possibilities.
- How do you feel when you are faced with a situation that would require you to change your circumstances or lifestyle? How does that make you feel? Explore further possibilities.
- What were you doing when the tendon problems started? How did you feel? What was a pressing issue in your life during that time?
- What happened that made you feel no joy or happiness in what you are doing? Who or what made you feel this way? Explore further possibilities.
- What happened that caused you to be so controlling toward others and your environment?
- Explore trauma related to a lack of control that you experienced in childhood. What did you need emotionally during the "out of control" times? Explore further possibilities.

- Why are you being so hard on yourself? Who bullied you during your childhood or adult life?
- You seem to feel angry and frustrated as circumstances or people in your life are challenging your rigid values and future goals. Who or what is challenging you? How does it make you feel? Explore further possibilities.
- Fear of being unable to cope when things start to change. Why are you afraid of being unable to cope? What made you feel that you cannot cope? Explore further possibilities.
- You do not trust in your own ability to cope in life, therefore sticking to what you already know is the safest option. Why? What would happen if you moved forward in life?
- Explore womb stages. Did you have enough space to move around the womb? Did you feel trapped, inflexible and controlled by the confined space? Explore further possibilities.

Tennis Elbow

See Elbow Problems, Cumulative Trauma Disorder, Inflammation, Joint Problems, Muscle Problems, Tendon Problems

Emotions

You may have stretched yourself too far physically or emotionally in life. You seem to be in a situation where you feel you are losing control. You are bored and tired of the same old routine.

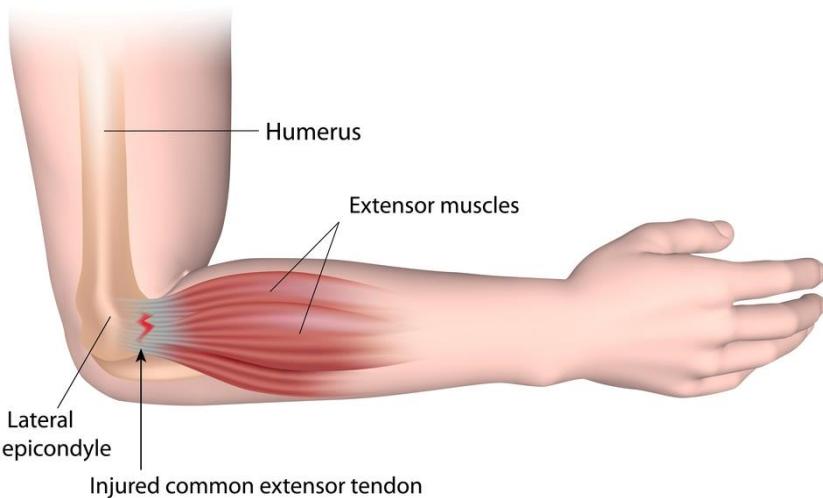
You feel obligated to provide and support loved ones. As a result, you prioritize everyone else's needs before your own. Your happiness is drawn from other people's happiness. It is time for you to move into a role where you can attend to your own needs and find a balance between giving and receiving.

You may feel overwhelmed with responsibilities and feel like you are going nowhere. You may have reached your goals and feel you have nothing to look forward to or you feel you've missed out on achieving your goals. You may have had to compromise to suit the family's needs. You feel rigid, inflexible, unsupported and unhappy with what you have been doing so far. As a result, you may feel uninterested with your accomplishments.

You may also have injured yourself on the elbow during childhood. Old trauma may have been activated in that area.

Tennis Elbow

Right arm, lateral (outside) side



Key Points

- When did the tennis elbow start? How did you feel at the time? How did you feel emotionally when you were active or used the injured elbow in the past? Where in your life do you feel competitive? Why? What is the benefit of this?
- Do you enjoy the activity you are doing? Do you feel under a lot of pressure to perform? If yes, why? Who made you feel this way?
- Do you feel happy when you participate in an activity that requires you to use your arms?
- If no, then explore why? How do you feel when you are doing the activity? Why are you doing it even though you do not like it?
- Feeling obligated to do what you are currently doing. How does that make you feel? Who made you feel this way?
- Who in the past has made you feel obligated to do certain things in life? How did that make you feel? Explore further possibilities.
- You seem to feel that you are in a situation where you are not comfortable or self-confident, which makes you angry and uncertain. There may be a part of you that is resistant to participate in certain activities. Explore further possibilities.
- There might be an underlying trauma from your childhood where you had to do something that made you feel controlled, competitive and manipulated. Similar situations may have been triggered in your adult life, which has triggered old childhood issues that were not resolved.
- Were you pushed too hard during childhood to become someone that does not resonate with your current values and goals? How did that make you feel? What did you actually want to do with your life? Explore further possibilities.
- This condition started to make you aware that you may need to reassess what it is you really want to get out of life. Are you fighting for ____ in your life? What is the benefit of fighting or being competitive? Are you living your true purpose?

Testicle Problems

See Male Problems, Penis Problems, Prostate Problems

Emotions

You do not feel safe and comfortable expressing your sexuality. It is not safe to be masculine or feminine without provoking confrontation, judgment, rejection or abandonment. You seem to feel worthless being a male figure and feel challenged finding balance in your life. This includes when to be in control of the masculine side and when to be more feminine.

There seems to be confusion—when to be relaxed and when to take action. You may question your ability to be successful on your own. Responsibilities in your life may have been taken care of on your behalf during childhood. As a result, you may problem solve in a way that is stressful and filled with sabotage because you lack guidance. You have no clear starting point for being independent. This example could also be to the other extreme where you had to take care of everything for everyone during your childhood.

You are sabotaging your creativity by allowing others to take the lead, leaving you feeling out of balance and unable to express yourself. You may have seen how challenging it can be to be a male figure in society. This made you unconsciously side step responsibilities and burdens that men often would traditionally be responsible for.

You may have experienced a challenging relationship with your mother; often feeling controlled and trapped by her needs. As a result, you sabotage intimate relationships because of the negative associations.

You have a fear of becoming more successful than a partner and moving into a new role or phase, whether it is parenthood, work related or getting married. You do not want to move away from your comfort zone. Any big shifts in these areas, even the loss of a child, can trigger these types of problems. You find yourself in a dilemma where you feel the need to move forward in life in order to grow. You often feel limited by your own fear due to unresolved trauma with your mother or father that challenged your self-esteem and ability to show love.

You may be tired of influential people's demands and responsibilities that are being projected at you.

Left side is mother, creativity and manifestations.

Right side is father and leadership, such as being a provider, protector and supporter.

Key Points

- Responsibility avoidant. Explore why. How does being responsible make you feel? Trauma related to holding onto too many responsibilities and feeling burned out by it.
- Where in your life do you feel blocked with your creativity? Explore further possibilities.
- Trauma related to feeling inadequate by being a man and expressing masculinity. Explore shame and guilt related to having needs and unconsciously not wanting children.
- What was your relationship like with your mother? Explore during fertilization stages how she felt toward your father during conception. Did she love, fear, hate or resent him? Was your mother possibly projecting her dislike in men toward you during childhood? Explore the womb stages and how she felt and how it may have affected you in utero.
- You seem to feel controlled by influential people / females and feel powerless to change it. How does this make you feel? Why do you feel powerless to change the situation and behavior towards you?
- Fear of success and being creative. Being a successful male may invite more responsibilities, expectations or pressure. Explore why you are avoiding this.

- You may have a fear that your future children will have similar self-debilitating patterns. Not wanting to create similar circumstances for your children. Explore further possibilities.
- You might be avoiding responsibility. Creativity does come with a certain amount of responsibility and so does having children. If this resonates, then ask yourself why you are avoiding responsibility? You might have a fear of losing your freedom, independence, financial stability or you feel trapped by a fear of commitment or past circumstances that may have overwhelmed you with responsibilities. Now you might be trying to avoid this taking place again. Be honest with yourself about how you really feel. Your ego often gets the better of you.
- Anxiety related to performance. You may feel that you are not capable of living up to the standards that influential female figures have projected on to you. Who made you feel this way? Explore further possibilities.
- Have you ever experienced any trauma to your gonads? If yes, explore how you felt before the trauma took place. How did you feel after the trauma?
- Did you lose a child? If yes, then explore how the loss made you feel. Explore the grief, self-blame, guilt and shame. Explore ancestral trauma related to losing a child, such as miscarriage.
- How do you feel about your sexuality? Explore further possibilities.
- Imagine that the gonads could speak. What would they say? What is the energetic block and hidden fears? Explore further possibilities.

Testosterone Problems

See Gonads, Male Problems, Penis Problems, Prostate Problems

Emotions General

You feel unable to draw any power from your masculinity. You often find it challenging to express yourself in a way that would enable others to understand your opinions and needs. You may have been made to feel ashamed of your masculinity or told that it's dangerous, abusive or weak. Ancestral trauma related to hard and strenuous labor and slavery. They were in circumstances that required them to be hard, aggressive and even abusive in order to survive.

High levels of testosterone

You have been exposed to circumstances that put you on guard in order to protect yourself from unpredictable mood swings or circumstances. Influential people may have taken their frustration out on you. As a result, you are often stern, stubborn and harsh as a means of protection. You feel neglected and rejected from any early age, as you had to fend for yourself. You are stuck in a fight instinct. This could be related to an ancestor that had to use aggression and anger to survive their challenging circumstances.

Key Points

- Explore why you feel the need to be aggressive, angry or forceful. What happened that made you feel this way? Did your mother feel the same way when she was pregnant with you?
- Explore the relationship with your parents. Did you ever feel under attack by your parent(s)? Explore further possibilities.

- Did you experience a trauma where you felt a need to protect yourself? Did you need to protect yourself from an influential male figure or influential people that challenged your safety or rejected and abandoned you? This may have resulted in you feeling attacked, unsafe and always on guard; using aggression and anger as protection.
- If you are male and exercise a lot, then explore why you feel the need to exercise so much? Are you trying to suppress something that you do not want to deal with? What emotion(s) are you trying to work out of your system? Why do you feel the need build your strength or endurance? Do you feel a need to protect yourself from someone or something?
- Feel unsafe being a male or female. You are often over-protective and are always ready to defend yourself. Why? Who made you feel this way? Explore further possibilities.
- Explore your mother's diet and overall health while she was pregnant with you. The more toxins she had in her body, the more it may have influenced you in utero. This is especially true if your mother was abusing alcohol or smoking. Explore further possibilities.
- Explore how your mother felt while she was pregnant. Was she suppressing anger issues? Did she have too many responsibilities? Did she have to move into a more masculine role due to a lack of support from your father? Explore how her daily stress affected you in utero.

Low levels of testosterone

Your confidence and talents have been undermined, squashed or rejected. Your confidence and self-worth were broken down instead of built-up. You may have had a challenging relationship with your parent(s) that made you feel controlled and submissive to dominant influential people. Your masculinity and strong will has been challenged in a way that left you feeling attacked, unsupported and unsafe to be masculine. You do not express your masculine qualities because you fear they might attract circumstances that will expose your vulnerabilities.

Key Points

- You may have felt challenged or undermined by an influential female figure, often a mother or care taker. Explore further possibilities.
- In which area of your life do you feel a lack confidence or feel unsupported and intimidated? Is it a love relationship or friendship? Why do you feel this way?
- How were you introduced and exposed to the topic of sex? How did that make you feel? How did your mother feel about her sexuality? Explore further possibilities.
- Did your mother and father project sexual guilt, shame and disgust toward your sexuality? Explore how it influenced you and how you feel about yourself.
- Exposed to a dominant and controlling influential person. Who was this person? How did this person make you feel? Explore further possibilities.
- If you are a male, have you experienced trauma to your gonads? If yes, then explore the trauma and how it made you feel. Explore how you felt before the trauma took place.
- Did you suffer from any viral infections that may have affected the gonads? Explore further possibilities.
- Your creativity has been suppressed and you may have been pushed to become someone that does not resonate with you. How did that make you feel?
- Who challenged your personal power and self-worth? Explore further possibilities.

Throat Problems

See Larynx Cancer, Muscle Problems, Thyroid Problems

Emotions

You feel rejected in your personal relationships. This made you suppress your truth until it has become pressing and urgent. You feel restricted in many aspects of your life. As a result, the pressure, anger and grief have built up in the throat area.

You have had enough of being silenced by influential people. In childhood, your words were cut off mid sentence—you were never allowed to complete what you needed to say. You want to speak up, however you seem to attract hostile circumstances whenever you do.

You often find it challenging to express any sadness or to cry. You are suppressing sadness and holding back tears.

You have poor personal boundaries. When you did communicate boundaries, you often experienced rejection. As a result, you suppress your truth when confronted with challenging people and circumstances.

You do not trust your judgment as to when to speak up and when not to. In the past, you may have chosen the wrong times, causing yourself to be rejected or punished. There is a toxic person or circumstance in your life. You feel challenged to move away from this as a result of poor boundaries. You feel ready to move forward in life but are afraid you lack the personal tools to do so. You may have been treated in a way that left you powerless and incompetent so you fear taking action without guidance.

You were made to feel that you have to be dependent on others. You may have felt smothered by instructions and manipulations such as: do this, don't do that and if you do this, bad things will happen.

You experienced a fear driven childhood. You were made to feel incompetent when you expressed yourself. Influential people projected their insecurities onto you in the form of power games. You are feeling a great deal of grief and sadness due to the way you were treated and communicated to. The judgment that was projected onto you during childhood has now been transformed into a self-punishing cycle. You now judge and punish yourself when you cannot meet the expectations of influential people.

Influential people may have made you feel stupid and incompetent with the intention of controlling you. It's easier for influential people to control a person when they feel disempowered. Children are often targets for these types of manipulative games. They are always willing to please and obey a parent. When the child matures, they might be confronted with similar circumstances and people.

You do not feel comfortable expressing your self-worth to people who are triggering your childhood trauma. The big question is, "What do you still need to say? Which words are you tired of suppressing?"

Key Points

- When did the throat problem start? How did you feel at the time? What did you need emotionally at the time? For example: were you in an argument? Were issues raised that you could not talk about?
- Did you feel comfortable expressing yourself? If the answer is yes, then why?
- You are holding back tears. You are suppressing sadness and feelings of betrayal. Why? Who made you feel this way? What happened that caused you to feel so sad and upset?

- You feel that everyone else is better than you are. Who made you feel this way? How does it keep you safe to feel less worthy / important than others? Explore further possibilities.
- Love = rejection and suppression. Explore associations when love was shown to you.
- Could be due to excessive alcohol intake and the body is trying to detox without a lot of success. If this is the case then explore why you drank too much. What were you suppressing? What does the alcohol give you that you cannot find or access?
- You feel fed-up and have had enough of bad treatment. Who made you feel this way?
- Who silenced you during childhood? How did it make you feel?
- Were you punished for voicing your concerns to a parent? Do you have similar issues with people of the same gender as your parent? Explore negative associations made with a gender when you communicated yourself.
- Explore after birth trauma. How did you feel? Did the maternity staff insert a suction pipe you're your throat while you were crying to remove excess fluid? If so, how did that make you feel? Explore how you felt and whether you can identify similar feelings in your life now. Explore further possibilities.
- Explore when you were made to feel stupid / humiliated by someone superior to you when you expressed yourself. Explore further possibilities.
- Did you feel safe communicating your needs to influential people (mother, father, and caretaker)? If not, then explore why? How did these influential people make you feel when you expressed their needs?
- Did you feel safe speaking and communicating any needs to your father? If not, then explore why. Did your mother have similar blocks / trauma with her partner?
- If there is too much mucus in the throat then the body might be responding to an allergy. Needing to protect yourself from harsh and manipulative words being shoved down your throat.
- Explore trauma related to fertilization.
- Are you drinking enough water?
- What would happen if you finally expressed yourself and told others how you felt? Do you associate communication with confrontation? Explore more possibilities.
- Fear of change and moving forward. Why? What happened in the past when you changed certain aspects about your life?
- Feeling under a great deal of pressure. There is not sufficient support available to you. Who made you feel this way? What stopped you from setting boundaries with this person? Explore more possibilities and explore.
- You seem to have a fear that what you have to say will cause problems and conflict. When in your life did you accidentally cause conflict by speaking out? Explore further possibilities.
- Explore possible trauma related to rape / abuse in the ancestry line. If relevant, then explore how certain aspects of the trauma, such as not being heard and believed surfaced in your life.
- Explore whether you were taught that children should be seen and not heard. What happened when you did speak? Were you abused, judged, humiliated or criticized?

Thrombosis

See Blood Clot, Blood Problems, Circulation Problems, Heart Problems, Varicose Veins

Thrush

See Bacteria, Candida – Thrush in mouth, Fungus, Vaginitis

Thymus Problems

See Muscle Problems, Throat Problems

Emotions

You were made to feel that your identity is dirty in some way. Influential people, who were battling with their own self-loathing issues, projected their insecurities onto you.

You do not attend to your own needs, as there was always something more important to deal with. You would much rather support others instead of being supported. You feel out of control when you are supported because being supported made you feel weak, incompetent and it challenged your need to be in control. You do not express your needs and appropriate boundaries when you are supported. You feel safer to sabotage the support, as you are then able to take control again.

You always feel that others might launch a personal attack or criticism so you are always on your guard. You feel a need to protect yourself from your surroundings as something important and vital has been taken away. Influential people who were projecting their own fears and insecurities may have emotionally smothered you. As a result, you are paranoid when faced with new and challenging circumstances, as you are expressing your parents' insecurities and paranoia.

You have a hard time discerning between when a person has good intentions or bad intentions. You avoid taking on too much responsibility, as you were overwhelmed in the past with very little support. You may have been overburdened by responsibilities during your adolescent years and now want to have fun and take a break from being an adult.

Your mother or father may have suffered from some kind of violation –this is often sexual abuse, however not in all cases. Trauma related to some type of violation (could include boundaries such as privacy) plays a big role when this condition starts.

Key Points

- Who made you feel that you are always being attacked or blamed? How did that make you feel? Explore further possibilities.
- What would happen if you allowed yourself to just relax? What happened in the past when you did relax? Were you attacked or felt wronged and blamed? Explore more possibilities.
- Trauma related to scarcity. You often feel, “I will never have enough of ____ in my life.” What has been taken away from you? What do you feel deprived of (this could include a career, personal or professional relationships)? How does that make you feel?
- You feel lost and unsure of where you are heading. You are trying to fit in where you can. Why do you feel rejected? By whom? Explore further possibilities.
- Explore womb stages. Did your mother ingest drink or food that may have challenged the fetal immune system, causing confusion as to what is good or unhealthy? In utero, you may have felt safe one minute and then suddenly felt attacked; trauma of feeling caught off guard. Explore similar situations in your childhood and adolescent years.
- What would happen if you had to allow others to support you? What happened in the past when people supported you? Explore negative associations made with being supported. How does being supported make you feel?
- Trauma related to feeling under attack (either verbally or physically). Explore sperms moving toward the egg. Explore Implantation trauma. Womb trauma. Did your mother drink or eat anything that may have caused you to feel trapped, poisoned or attacked by substances? Birth trauma, such as being touched or pulled by strangers. Explore further possibilities.

- Feel overwhelmed by responsibilities. Taking personal responsibility for your own journey will make you feel overwhelmed, as you might have to admit to all the mistakes and the consequences thereof.
- You are still blaming outside influences. Why? What is the benefit of this? Explore further possibilities.
- You feel that you have to change certain aspects about yourself in order to be accepted.
- You may have associated being yourself with being vulnerable to attack or criticism. Who made you feel this way? Explore further possibilities.
- Trauma related to rejection and abandonment. Explore and explain the difference between your trauma and your parents' trauma. Your mother and father may have projected their own abandonment and rejection trauma at you in the form of anger, resentment and especially guilt.
- Explore the birth stages, also after birth. Were you taken away too early from your mother for long periods of time? Trauma related to being handled by strangers and exposed to a new environment. If yes, then explore this. How did it make you feel?
- You may feel that everything you did during childhood was not of high enough standard. Who placed a lot of pressure and expectations on you?
- If you cannot identify these above issues in your life, then explore your parents' lives.
- There have been cases where you may be expressing a parent's unexpressed trauma. In this case, explore conception.

Thyroid Problems

See Grave's Disease, Hashimoto's Disease, Hyperthyroidism, Hypothyroidism, Pituitary Gland Problems

Emotions

You have a deep fear of not being heard and being misunderstood so you communicate your opinions with great urgency. You fear that you will not have enough time to say what needs to be said. You invest a great deal of energy making sure that you are understood. You have a deep unconscious fear of being attacked if your intentions are misinterpreted.

You feel undermined and attacked by those who should have listened and protected you. Instead, you felt attacked and threatened in your own territory. This left you feeling that nowhere is safe. You also seem to have a fear of not receiving your fair share of love and acknowledgement. This can often makes you become aggressive with the intention of making sure that you receive the acknowledgement and love you deserve. Aggression = respect, being heard and safety.

You may have a fear that if you speak, you will make things worse. In some cases, you may provoke an argument, as arguments were your parents' way of communicating. This pattern has overlapped into your personal relationships. The family used confrontation as a way to communicate. Communication has been expressed in an aggressive and forceful way – it was motivated by a fear of not being heard. This may be one of many reasons why you become aggressive when you need to express yourself. You also seem to become aggressive when you feel out of control in your environment. The aggression seems to be compensating for feeling ridiculed and embarrassed and you are trying to reclaim your personal power. You saw influential people using aggression to control and manipulate people and their circumstances.

In other cases, you may become submissive and resort to a state of numbness and needing to hide. You feel blamed and wronged for many faults and problems in the family life. You

have a need to always justify your intentions and goals before you are allowed to make your own decisions. You need to make sure that your side of the story is understood to avoid possible attack / blame.

You often get caught up in drama. You may find yourself in circumstances where you feel vulnerable to possible attack. You swallow your words and keep your opinions to yourself, until you just can't take it anymore. Then you may go into an explosive raging fit when your truth is twisted. These outbursts can be quite intense as a result of long-term suppression of your opinions and needs.

The bigger the thyroid problem, the more challenged and threatened you felt during childhood. Your suppressed anger has become a shield of protection against your environment and the people that might potentially harm you.

There is a great deal of trauma related to deprivation and scarcity. This could be love, food, attention or security. You learned that if you don't act quickly, you would miss out on having needs met. This could also be related to ancestral trauma where they didn't act quickly enough and traumatic consequences followed. Trauma related to an ancestor that was attacked or abused when they had an urgent message to deliver or share. Trauma related to war where someone's cry for help was never heard. More possibilities should be explored.

Key Points

- What happened in the past when you expressed yourself? How did influential people's reaction make you feel?
- What happened that made you use aggression in order to be heard and respected? Where is this pattern stemming from? You are overcompensating by using anger to get the attention and respect of others due to the lack of attention in your adolescent years. Explore more possibilities.
- Trauma related to scarcity. Often related to ancestral trauma. Lack of love, attention, food and security.
- Trauma related to not acting quickly enough, resulting in disastrous consequences (often related to ancestral trauma).
- You used anger to express boundaries and say "no." The anger is driven by a deep fear of not being heard and respected. Explore more possibilities.
- Who made you feel that you needed to protect yourself by using anger or running away?
- Explore trauma related to feeling helpless to change or take control of your circumstances and being stuck in a flight or fight mode.
- Why do you fear speaking your truth? What would happen? What happened in the past? Did either of your parents have the same fear or pattern?
- Explore womb stages. Is it your mother's fear or your father's fear? Explore further possibilities.
- You may have learned that conflict is the only way to communicate. Explore associations made with communication.
- Trauma related to feeling stuck in conflicting or abusive circumstances. Feeling helpless and unable to change how you feel and how these circumstances affected you. Why? How does that make you feel?
- Communication. The egg became separated from the other eggs during ovulation. How did that feel?
- You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty, lack of direction and moving through the tube.

- Explore ancestral trauma related to women being suppressed, punished, abused and even tortured when they expressed themselves. Explore trauma associated with communication and feeling out of control.
- Explore strangulation trauma, such as the umbilical cord being wrapped around the neck or being attacked by someone. Explore in the ancestry line. Explore more possibilities if relevant.
- Trauma associated with your sexuality and the ability to express it.
- Did your mother want a boy instead of a girl? Was she under a great deal of pressure to please her husband and family by delivering a boy? Explore further, this could also be related to ancestral trauma and pressure to conceive a boy. The mother was desperate to be recognized by the family. Feeling unimportant.
- Could also be related to fear of a daughter being molested by the family. It is safer to have a boy. Explore sexual abuse in immediate family and ancestry line.
- Trauma related to miscarriage and feeling like a failure. You feel that bearing children will give you the importance you are searching for. Could not communicate miscarriage, as you would disappoint influential people.

Tic (involuntary movements of muscles)

See Abasia, Chorea, Cramps, Duchenne muscular dystrophy, Dystonia, Huntington's Disease, Muscle Problems, Myofascial Pain Syndrome (MPS), Stroke

Emotions

You may have experienced trauma and shock during infancy stages that may not have been resolved by the body. As your life has progressed, you may have experienced another unrelated trauma that served as the final trigger of this condition.

You felt challenged to act out a desired movement or behavior during a moment of trauma. This could include needing to escape and run away, yet for whatever reason you could not escape. The memory of the unresolved trauma remains in your legs and unconscious mind. This is an ancestral trauma that has been triggered. You might have spasms or jerking reactions in your legs as the body is still trying to resolve the trauma. This may also be the result of emotional trauma where you felt like running away but couldn't. As a result, you are stuck in a conflicting flight or fight trauma. You are dealing with a great deal of anger and frustration while trying to regain control of your life.

You feel guilty for certain negative emotions that you are experiencing toward others. In the past, you were made to feel ashamed for expressing how you truly felt. You are suppressing your thoughts and opinions fearing that you might be rejected or abandoned if you express it to the wrong person.

You also seem to feel guilt even though you are feeling happy. Influential people may have used guilt and shame as a way to control and manipulate you during childhood. You may have associated positive feelings with guilt and shame. This condition can also start when you are feeling happy. The trauma might be triggered by intense emotions, whether it is a happy emotion or not. Any type of emotional rush resulting in adrenaline can trigger the unresolved trauma in your body.

Your body is working hard to complete a stagnant trauma cycle that never completed itself. It is important to find where in the body you feel the urge to move or do something. Did you experience a trauma before this condition started?

Facial Tic

There seems to be emotion on top of emotion. Your fear of speaking up has resulted in a strong block and rigidity related to your ability to communicate your opinion. You may have experienced a trauma while expressing yourself, which meant you were not able to complete the trauma. You need others to acknowledge your emotional strength as this validates your self-worth and confidence.

Your truth and words do not have the desired impact and people often disregard what you say. You feel a great deal of anger toward influential people that don't respect you in a way you deserve to be respected.

You often feel like a fraud and are afraid of being abandoned if people found out what you are made up of. Do you suffer from fatigue and exhaustion? If so, what do you need to escape from? Explore social anxiety and fear of speaking to people that you do not know.

You are very intuitive but don't always know how to express or explain what you see, feel or sense. When you express your truth and opinions, you are not respected or acknowledged by influential people. You desperately want to share your opinions and insights. You worry that others will misunderstood you or that influential people will twist your words. General remarks: Traumatic experiences can split part of the self (meaning identity and how the body functions) into different sections. Every section contains old memories, unspoken resentment, fears and trauma. The brain is not an organ. It should however be a coherent mind. Some people can use their left or right side brain more independently -trauma could split the connection between the left and right process. The more serious the traumas, the bigger the splits are in the head, heart, gut and sexual minds. This results in the body feeling confused and scattered.

Key Points

- Discomfort in the eyes: feeling fatigued, tired, exhausted or not setting healthy boundaries and attending to your own needs. You are tired of seeing old patterns playing out in your environment.
- Discomfort in the nose: feeling invaded by your environment and people.
- Discomfort on your shoulders: feeling burden by others problems and needs.
- Discomfort in your back: feeling irritated and stressed by the lack of support and a great deal of pressure in your life. You are expressing you parents' trauma related to lack of support.
- Discomfort in the hips: invasion trauma, feeling stuck in a state of fear and feeling frozen as well as scared to move forward, feeling out of sync with your sexual needs.
- Discomfort in the legs: needing to get away from a situation, feeling rage and anger toward someone or a situation. You feel that you are not able to move away from people that are overstepping your boundaries. You feel trapped and controlled.
- Discomfort in the feet: you need to feel more in control of your life. You are not happy with the direction that your life is heading in. You seem to feel that you have little to no options available and are stuck in the illusion that you are forced to accept things as they are. Coping anxiety, feeling that you cannot or may not cope with new changes. You want to dig your heels in and do not want to be flexible with others and new changes. Trauma related to not being able to run away or escape.
- Where in your body do you feel the urge to move or do something? Did you experience a trauma before this condition started? If yes, then how did this trauma make you feel? Explore further possibilities.

- This condition could also be related to ancestral trauma where you were hit or abused in the face. Trauma to the face.
- What would happen if you were not able to move when the tic urge starts? How would that make you feel? Explore further possibilities.
- Explore your anxiety. Did you experience a trauma that occurred at a time when you were relaxed and least expected it? If yes, explore trauma associated with relaxing and feeling safe (“When I relax bad things happen,” for example). The anxiety is keeping you on guard and ready to fight or flight. The secondary gain of the anxiety is that it keeps you safe. It begs the question, “Safe from what?”
- This may also make you feel that you could be attacked and that others could hurt you or take advantage of you. This is often the case when you have a fear of saying “no” and setting boundaries.
- What happened in the past when you allowed others to see who you really are? Did influential people make you feel broken, stupid, inadequate or unworthy?
- Explore birth trauma. Did you feel stuck in the birth canal? If yes, explore pressure and tension that built-up in your body along with how you felt at the time. Can you identify similar emotions that may have been triggered in your life now?
- When the tic urges starts, do you feel similar emotions at the time of your birth? Explore further possibilities.
- What unresolved tension do you have in your life? Explore further possibilities. Explore possible secondary gains. How does the tension keep you safe? You might feel vulnerable if you let go of the tension as the tension may have helped you to survive in the past. Explore the difference between the tension and your identity; recognize who you are without the tension. Knowing and understanding how to feel safe without needing the tension to serve as a safety barrier and means of protection.
- Refer to the Quick Reference Guide for more info relating to body parts.
- You may have made a negative association with stillness. What happened in the past when you felt relaxed, safe and still? Explore further possibilities.
- Ancestral trauma related to a near death experience (could be drowning, accident).

Tinea Capitis

See Alopecia, Hair Loss / Problems, Kerion Celsi, Parasites, Rashes, Skin Problems

Emotions

You feel attacked, invaded, controlled and punished for being related to a culture or family that has been under scrutiny. Your identity may have caused you a great deal of stress, abuse, rejection or abandonment. You do not seem to feel safe in your environment and may have been exposed to a family that was very critical, hostile or angry. Mistakes were not tolerated. You have been caught up in the middle of disputes. You have also been made to feel guilty and ashamed for being the cause of disputes even though you had no direct involvement. You seem to feel unprotected, as the sources that should protect you can't even protect themselves.

Key Points

- Trauma related to feeling attacked or scrutinized for having certain values and beliefs. By whom? How did this make you feel?
- What did you need emotionally when you were verbally or physically attacked or punished?
- Trauma related to feeling unprotected and not cared for. Explore further possibilities.
- What happened when you made a mistake? How did that make you feel?

- What was your parent's relationship like with each other? If it was abusive, stressful or full of blame then how did that affect you?
- How did influential people's behavior affect your self-worth? Explore further possibilities.
- Has anyone attacked you because of your appearance? If yes, explore how the punishment or attacks made you feel and also how it affected your self-worth.
- Trauma related to feeling vulnerable, exposed or not able to protect yourself. Explore further possibilities.
- What was happening in your life before the condition started? How did you feel? Explore further possibilities.
- Ancestral trauma related to feeling unprotected by God, mother figures and influential people. Trauma related to slavery. Ancestors may have worked long hours in the sun, damaging their skin. There may also be imprisonment and torture trauma that left the ancestors feeling deeply angry, in rage, victimized, unprotected, abused, unsafe, threatened and controlled.

Tinnitus

See Anxiety, Hearing Impairment, Meniere's Disease, Migraine, Temporomandibular Joint and Muscle Disorder (TMJD)

Emotions

In most cases tinnitus is related to a person that is fed-up with their living arrangements / working conditions or immediate environment. You may feel obligated to listen to someone for whom you have lost respect due to their abusive characteristics (when I say abusive, it can range from very small incidents to severe cases. Abuse does not always necessarily have to be severe. It depends how you respond to the abuse). It all boils down to feeling like you have to just take it. Now you are ready to walk away from it all, but feel held back by fear. You do not feel that you have the inner strength to stand up for yourself. Inevitably, you become a victim of your own poor boundaries.

Your intuition is trying to guide you to move into a different direction, however you refuse to listen to your own judgment. You feel stuck in a pattern where you get caught up in unhealthy circumstances. Most of the time, you feel like you don't have a choice due to a childhood upbringing where you were bullied or dominated by hostile behavior of authority figures or caretakers.

You are in conflict with yourself and your immediate environment and relationships. This condition could also be brought on if someone close to you has passed away or be due to a partnership break-up. Your whole world felt momentarily shattered and you disconnected from everyone and had to fight your own battles. You feel challenged when you are confronted by grief, anger or rage. You felt suppressed during childhood and had to be strong, shut up and go on with life.

You have become more and more conscious of the things that you have been suppressing and avoiding. You cannot afford to see life for what it really is or was. You unconsciously create drama as a distraction. You seem to have a fear of changing and moving away from everything that you know, even if your circumstances are unhealthy. You feel safer with patterns and behavior of others that are familiar.

Example of a woman who suffered from tinnitus: She was breaking-up with her husband. He was verbally abusive to her during that time. She knew that they were going to separate. She created a barrier between her and her husband due to the anger and resentment that pushed her beyond her limits. She stopped listening to his insults. At the same time, she stopped

listening to herself. She overcompensated by cutting herself off from everything, including herself. She stopped listening to her own needs and judgment.

You have been under a great deal of pressure in your life. The circumstances that caused you to feel under pressure changed, creating less stress and emotional or even physical pressure. It begs the question, “Where in your life have you been under pressure and then the pressure suddenly changed?”

Key Points

- Birth trauma. Explore when you emerged into the maternity room. Were there any loud or disturbing noises that could have caused a shock or trauma to your sensitive ears? How did you feel? Do you feel similar emotions now that you did after being born?
- Explore the new born baby stages after birth. Were you taken away too early from your mother for long periods of time? If yes, then explore further. How did it make you feel?
- Were you left in a ward together with other newborn babies? How did it make you feel to be there while the other babies were crying for attention? Is any trauma present with your ability to hear? “I can’t hear my mother I only hear crying and screams.”
- When did the tinnitus start? How did you feel at the time? What has been a pressing issue around the time when the tinnitus started?
- You may also have been exposed to sounds (not necessarily people’s voices) that have regularly triggered old traumas. You unconsciously try to block out these sounds that may be causing great stress because they trigger old memories that you do not want to deal with. Explore possibilities.
- Explore the womb stages. Were there any loud or disturbing noises that could have caused a low level trauma or impact on your hearing development? Similar sounds that may have resulted in a traumatic experience for you may have been triggered in your adult life.
- What did your mother not want to hear while she was pregnant with you? What did she try to block out? Were there marital problems between your mother and father (arguments) while you were in the womb?
- What were your mother’s stress levels like while you were still in the womb? Was your mother part of circumstances that made her feel angry, frustrated and not wanting to hear? Explore further possibilities.
- What is the benefit of having the tinnitus? Some people might say that it helps you to tune out your environment, especially if there is regular conflict. The tinnitus gives you something to focus on, instead of focusing or worrying about a specific circumstance or trauma in your life. You can block out people’s opinions that you don’t like.
- You have reached a stage in life where you need to become aware of an important learning experience that already has or is about to surface in your life. You seem to have been too fixated on how you feel instead of seeing how you could have changed and learned from these circumstances. Feeling stuck and unable to change how you feel.
- Did you experience head trauma? If yes, explore further. Did this have a possible impact on your hearing?
- You seem to be reliving a similar trauma cycle that a parent did. You are not aware of this cycle that you seem to be repeating. It is causing a great deal of stress in your life. If you are aware of it then you might feel destined for it. Explore the difference between your issues and your parent’s issues. You no longer need to express your parents’ trauma.
- Do you feel that because your parents suffered in life that you also have to suffer? If yes, why? What would happen if you changed this cycle? Explore further possibilities.

- What is the relationship like with your mother or father? Did your parents scream or yell a lot? Were they verbally abusive? How did your parents make you feel during childhood? Explore and keep searching until you find a pattern where your parent(s) would do and say things that were traumatizing to you. Especially circumstances where you felt disempowered and unable to do or say something back or defend yourself.
- You have a fear of conflict. What happened in the past when you had to face a conflicting situation?
- Was conflict always part of your life? Explore further possibilities.
- Who and what suppressed your power? Why did you give the power away? How does it or did it keep you safe?
- Feeling forced to deal with circumstances that you have had enough of. You may not know how to move forward and instead you have given up and thrown in the towel.
- You worry a lot about the future. Why? What is the benefit of worrying about the future? You may be avoiding problems in your present life by focusing on the future. You are stuck in a flight instinct.
- Trauma related to rejection and abandonment.
- What do you fear losing control of? Has this happened before? How did it make you feel?
- You don't allow your intuition to guide you. You confuse your intellect with intuition, causing confusion.
- Ancestral trauma related to loud noises. Could include war trauma, involvement in weapon industry etc.

Toes

See Foot Problems

Emotions

General remarks: Self-punishment and feeling unworthy of what you are working toward. Fear related to inability to control the outcome and manifestation of your power. You may have been punished or undermined by influential people with the intention of keeping yourself small and controlled. You have a fear of losing control and balance in your life.

Left side relates to spirituality, feminine side (mother), nurturing.

Right side relates to authority, making decision, direction in life, support.

Big toe relates to direction and where you are headed. The direction you chose may be controlled or criticized by an influential person. You may feel that you are trying hard to move forward with your goals, however your need to be in control is sabotaging your progress.

Second toe relates to how you feel about yourself. Who challenged your self-worth and confidence?

Third toe relates to a partner and how you feel within that intimate relationship. This may also relate to your sexuality.

Fourth toe relates to feeling rejected by a loved one. Unresolved resentment toward a loved one that is surfacing again or the pattern with this person is repeating itself.

Fifth toe relates to feeling that you cannot find your footing in the family or relationships. You feel destabilized by recent circumstances that were beyond your control. It also relates to not wanting to be seen or noticed. You made a negative association with attention from others.

Tongue Problems

See Allergies, Candida, Nerve Problems, Muscle Problems, Stutter

Emotions

You may be feeling a great deal of humiliation related to the ancestry line. You have an unconscious fear that if you had to speak up you would be humiliated or punished. Your truth was not acknowledged as a child and as a result, you do not feel worthy of other people's time and support. You have internalized a great deal of anger and taken it out on those you felt comfortable speaking with (loved ones). You often silently blame others for your circumstances.

You feel challenged when faced with reality and would much rather dive into your comfort zone and hide. You may have been restricted from enjoying yourself and exploring the unexplored. You may end up feeling guilty when you explore things that used to be taboo.

There are many unresolved quarrels and incomplete conversations related to your mother and father. You seem to feel incompetent in terms of what you should or should not say. Ancestral trauma related to a time when someone lost his or her tongue as a result of punishment.

Key Points

- Were you punished as a child whenever you expressed yourself in conversation?
- How does it make you feel when others really hear and listen to you and give you the time that you so desperately need? Do you feel worthy of it? If not, why? Who made you feel this way?
- Who humiliated and undermined you when you expressed yourself? Explore any associations made when expressing your feelings to influential people.
- Trauma related to being humiliated. Often related to the ancestry line.
- Did you say something that you regret or feel guilty about? Muscle problems are related to guilt and rigidity. Who made you feel this way? Explore further possibilities.
- Do you feel guilty about the food you are eating or words you are expressing?
- Resentment related to not being able to express clear boundaries. Feeling invaded by others and not able to say "no." Why? Who made you feel this way? Did either of your parents have the same pattern? Explore further possibilities.
- Why are you holding your tongue? What are you not allowed to say? Why?
- Birth trauma. Suction tubes being stuck down your throat to remove excess fluid, causing trauma to the tongue. *Remember the tongue is a long muscle! *

Tonsil Problems / Tonsillitis

See Bacteria, Inflammation / Infection, Parasites, Strep Throat, Throat Problems, Virus

Emotions

You were controlled by means of shame and being blamed by influential people. You are feeling intense emotions such as sadness, resentment, confusion or needing more love from

an influential person. You are questioning your judgment and feel stuck in limbo, "Should I or shouldn't I speak? Should I ask for more love or will I be punished?" You tend to act or speak first and then think. This pattern only attracted punishment and awkward circumstances. You do not feel safe enough to be yourself and instead suppress your talents as you may have been attacked or criticized. The more you allow yourself to shine, the more vulnerable and exposed you feel. You do not allow yourself to speak up or ask for any needs to be met.

You felt guilty and ashamed when you did things that were not pleasing to influential people. You always had to put other's needs before your own. Your shame stops you from speaking up and changing this pattern. In the past, you were made to feel awful for expressing yourself and for the way you communicated. Communication = isolation and rejection.

Key Points

- How does it keep you safe to keep yourself so small?
- Explore unexpressed anger, rage, grief or resentment. Who made you feel this way? Explore further possibilities.
- If the client is a child, then explore whether the child is perhaps feeling weighed down by the mother or father's problems. Is the child trying to ask for more love or attention? Did the client suffer separation from the mother? Is the client's primary parent going through marital issues? Explore further possibilities. Acknowledge the difference between the child's issues and the parent's issues.
- Trauma related to feeling blamed, wrongfully accused and not able to defend yourself.
- Shame and guilt was used to control you during childhood. How did that make you feel?
- What is your biggest regret in life? Explore this further.
- Place your hand on the area closest to the tonsils. Give the tonsils a voice. If they could feel an emotion, what would they feel right now? Explore this further.

Tourette Syndrome

See Dystonia, Muscle Problems, Tic

Toxins

See Asbestos, Attacked, Cirrhosis, Immune System, Lead Poisoning, Mercury Poisoning, Poisoning, Septicemia, Tremor

Emotions

You feel under attack (mentally, verbally, emotionally and spiritually). You often overact towards your environment due to pre-existing issues that have taken a toll on you. This may stem from a childhood that was filled with dramatic, hostile and unpredictable moods or circumstances. The family may have said one thing and meant something else. This left you feeling a great deal of anxiety, as you never quite understood what was expected of you. The only way of life that you knew was filled with stress, anxiety or feeling invaded. Influential people have invaded your values and boundaries.

You are not expressing appropriate boundaries where necessary due to fear of punishment. You may be feeling overwhelmed with your circumstances, leaving you tired and depleted.

You have been stuck in a fighting instinct and constant state of alertness. This pattern is exhausting and could have taken a toll on your immune system. The body was already

weakened and felt vulnerable to its environment.

Aluminum

The key words are sorrow and grief. Someone could have passed away. Trauma related to incidents that had a big impact on you.

Cadmium

Lack of trust; not trusting your own judgment or the judgment of other people.

Iron

Feel like the world is pressing down on you and you have to fight on a daily basis. Who is making you feel under attack? You feel scrutinized and judged by the world, especially by an authority figure. Feel criticized by people whose opinion you value. You don't feel like you have enough freedom to make mistakes in life. Don't feel strong enough to defend yourself.

Lead

You are feeling a great deal of mixed emotions, mainly anger and hostility. The anger is your best defense.

Mercury

Feeling resentment and irritation toward people in your life or environment.

Key Points

- Explore earliest trauma related to toxicity in the ancestry line. Look for trauma that occurred during the womb stages.
- Was there toxicity present during your conception? Such as ruptured condom, a medication your mother or father were using or alcohol abuse?
- Did your father use any drugs, medication at the age of 12-years and thereafter? If yes, explore further.
- Did your father use any drugs or medication three-months before you were conceived? If yes, explore further.
- What were your circumstances like when the toxins took effect?
- Was your mother in a toxic environment while pregnant with you?
- Did she have any infections during her pregnancy that may have challenged her immune system as well as yours in utero?
- Did your mother use any medication that felt toxic to you? You may have made an incorrect association with the toxins. "My need for love and comfort is met by toxicity and bad health."
- Did your mother have any toxic poisoning while pregnant or used any medication while pregnant? If so, how did it make you feel to have the environment poisoned?
- Make sure that your body has a correct association for toxins. At some point, did someone in the ancestry line make a negative association with toxins? The body might have learned to fight this toxin in the body with aggression instead of passing it through the system quickly and easily.

Tremor

See Abasia, Addictions, Chorea, Concussion, Cramps, Duchenne muscular dystrophy, Dystonia, Fatigue, Huntington's Disease, Malnutrition, Mercury Poisoning, Multiple Sclerosis, Muscle Problems, Parkinson's Disease, Stroke, Tic, Toxins

Emotions

You seem to have a deep need to start over and move away from everything that you once knew. You want to break free from old habits and patterns. You are stuck due to a fear of the future and the possible consequences if you did make a change. You may have been told that by staying where you are, you will be safe. If you move, it could lead to danger. You feel conflicted by what you've been told, what you have learned and what you really want.

You may feel that you do not have what it takes to go ahead and manifest your desires into reality. You have been under scrutiny by influential people, leaving you with a feeling that you cannot do anything right. You may doubt whether you can in fact make the right decisions. You are in a situation where you feel out of control. You are desperately trying to regain control again.

Your experiences have caused you to feel that you do not know when to take hold of something and when to let go. You are afraid of making a mistake and hearing, "I told you so."

Key Points

- Is the tremor accompanied with anxiety? If yes, explore why you felt anxious? Explore further possibilities.
- When did the tremor start? Were you going through changes in your life during that time?
- What else was happening? How did those circumstances make you feel? Explore further possibilities.
- Unresolved guilt. Explore suppressed guilt.
- Do you have a fear of the future? If yes, why? Explore further possibilities.
- Feeling that you are not able to do anything right. Feeling under pressure and performance anxiety. Explore further possibilities.
- You may have made a negative association with stillness.
- What happened in the past when you felt relaxed, safe or still? Explore further possibilities.
- Lack of support and guidance in your life, which left you with a lack of confidence in your ability to make your own decisions. Who made you feel this way? Explore further possibilities.

Trigeminal Neuralgia

See Acoustic Neuroma, Bell's Palsy, Circulation Problems, Nerve Problems, Neuralgia, Pain

Emotions

You felt invaded or violated and lacked privacy as a result of an invasive family (you could also be expressing ancestral trauma related to this). The family may not have had proper discernment in regard to boundaries (expressing it, recognizing it and respecting it), especially when it came to your boundaries.

What you have to say is not acknowledged. A controlling parent that had limited discernment of other people's emotions and feelings has twisted your truth. You lacked the support you needed from your family members and grew up in a hostile environment. You

felt under attack and had to fight for your right to privacy and freedom. You were made to feel ashamed for expressing boundaries.

Deep down you are painfully shy and are very conscious of how the outside world responds to you. You do not like being supported by others. You are a private person and prefer to keep to yourself. You have trouble expressing your truth. The truth may have been disregarded during your childhood, causing you to doubt your own judgment, decisions or opinions.

What happened that made you feel so overly sensitive toward people?

Key Points

- Explore trauma related to invasion and violation. Explore fertilization, womb stages (mother trying to abort the fetus, consuming food and drink that may have been potentially harmful to the fetus), birth trauma and childhood trauma. Explore ancestral trauma.
- You have poor boundaries and don't know when to say "no" due to regular invasion trauma as a child. This resulted in not being able to exercise clear boundaries in a safe environment.
- Were you in an accident that may have resulted in this condition? If yes, explore trauma related to the accident. See Accidents.
- Were you physically abused? If yes, explore physical trauma to the face, feeling humiliated, terror or feeling like fighting / running away. Could also be related to ancestral trauma.
- What did you need emotionally when you were abused or just before the abuse took place? Explore association made with what you needed and the action that took place. For example: you might have needed to feel safe and instead you were abused. Needing safety = abuse. Explore more possibilities.
- Trauma related to feeling unsafe. Who made you feel unsafe? Explore further possibilities.
- Find it hard to trust. Who challenged and betrayed your trust? How did that make you feel?
- Feeling that your truth is unimportant and always wrong. Who made you feel this way? Explore further possibilities.
- You are painfully oversensitive as to how others interact with you. What happened that made you feel so sensitive (emotionally)?
- You have an over sensitivity due to blocked communication or feeling suppressed and under pressure. Explore further.
- Explore the birth trauma. Were you stuck in the birth canal? Explore pressure in your head and face as you were stuck in the birth canal. How did you feel? Was there pain in the head and face? If yes, explore how you felt at the time. Do you feel similar emotions in your life now? If yes, explore further. See the Birth section.
- You might feel very shy and find it challenging to communicate. When did you start to feel this way? What happened? Explore further possibilities.
- Trauma related to the pain of this condition. How does the pain make you feel? Explore further possibilities.
- Being dominated by a controlling influential person and loss of privacy and freedom. Explore further possibilities.

Tuberculosis

See Bacteria, Fever, Inflammation / Infection, Lung Problems, Pain

Emotions

You may feel that you have not been given a chance to make it out there on your own. You feel held back by influential people and your circumstances. You are in a position where you cannot speak up and feel you cannot make the necessary changes to your lifestyle. You feel

like a victim of circumstance and feel hopeless, powerless or directionless. There is a deep feeling that this is not fair, as if you are being attacked for no valid reason. You are holding others accountable for your suffering.

You have been stuck in a self-punishing cycle. Your life has been full of challenges. You seem to believe that you deserve nothing better than what you have already achieved. You are stubborn, rigid or inflexible. Life has been your enemy and you have felt rejected by it right from the beginning. You have experienced a “hardening of the attitude” and feel angry and upset with everything that has caused you any upset or challenges.

You may feel that you have no one left in the world to comfort you. You have not had a lot of success with changing problem areas of your life. The rejection you experienced in childhood has caused you to reject those around you.

You may be stuck in an angry cycle as you routinely find yourself in circumstances that trigger your fears. Your anger is what keeps you safe. You get caught up in thinking that nothing will ever turn out the way you want it to and it is all someone else's fault.

Key Points

- Trauma related to feeling attacked, which results in rejection, abandonment, grief and disappointment.
- By whom did you feel rejected? Explore further possibilities.
- When you needed love, how did influential people respond? Explore further possibilities. Explore why you feel angry? What is the benefit of holding on to the anger? Anger keeps you safe from feeling rejected. It's like a shield that protects you from others. Letting go of anger might leave you vulnerable and open to attack.
- Explore the relationship with your parents. Explore challenges, unresolved disputes and trauma.
- Who are you still holding accountable for your pain and grief? What would happen if you stopped blaming this person? You might have a fear that this person will then get away with their behavior. Explore further possibilities. Refer to the Forgiveness section and Taking Responsibility section.
- You associated grief with shame and humiliation. Who made you feel this way? What is the benefit of suppressing your sadness?
- Explore ancestral trauma related to TB and explore the predisposition of this condition.
- What were the ancestor's conditions and living arrangements like? What could have contributed to this condition? Explore the unresolved guilt, regret, anger and vengeance.
- Did someone close to you pass away? If yes, explore the grief and anger, as you might feel abandoned by this person.

Tumor

See Acoustic Neuroma, Cancer, Cyst, Kaposi Sarcoma, Lipoma

Emotions

You tend to sabotage many aspects of your life. The self-sabotage seems to be driven by a feeling that you don't deserve the good things in life.

You may have realized that you are admired and appreciated only when you put yourself through a great deal of hardships and challenges. You feel recognized through your pain. You may be experiencing the same self-sabotaging patterns as your parents. This includes feeling angry and resentful of others who are living the life that you want. As a result, you do not trust your own judgment or the intentions of others. You made a negative and even traumatic

association with trust.

Your rigidity and stubbornness has cost you a lot in the long run. It has sabotaged your emotional and spiritual growth. You feel challenged to let go of your rigidity, as this has been a protecting shield, protecting you from abusive, controlling or dominating figures.

You have suppressed your emotions and moved into a state of stubbornness and rigidity to keep you safe. This pattern has served you for quite some time. There is a big part of you that does not know how to live without being inflexible and rigid. Negative patterns (stubbornness, rigidity and anger) and emotions have given you “positive” results during hard and challenging times. You only felt heard when you were angry. People only respected your boundaries when you were rigid and inflexible.

You often hold on to trauma that made you feel out of control and invaded. You feel vulnerable without the trauma as it serves as a reminder of what might happen if you let your guard down. You feel a great deal of resentment toward an influential person that had a big impact on your life.

You have bottled up many intense emotions such as rage, anger or bitterness. You have never felt safe enough to explore and express these emotions. You have now reached a point where you have had enough and it's time to let go!

You feel controlled by influential people who are abusing their power and position in your life. You feel that you need permission from an abusive figure to move on with your life.

You may feel that you have no freedom of choice. You have the illusion that your freedom and rights are in the hands of influential people. You allowed yourself to become a victim of circumstance as a result of poor personal boundaries. This is also the result of childhood trauma where you were unable to exercise personal boundaries, “You will do as you are told.” You are tired of fighting for everything that you want or need. You feel overwhelmed, fed-up or directionless. You often feel like an asset instead of an extension of the family.

Your environment is constantly changing, without your control. You feel unable to express how you feel about the changes that are taking place even though these changes are in conflict with what you want. It seems the changes may be what others want for you. I call this misdirected support.

Influential people are projecting their control issues onto you by supporting you in a very manipulative way. You feel very controlled and trapped in your circumstances. You feel that others see you as a weak target to be manipulated and used. Anger has become your best defense as your personal boundaries fail.

Key Points

- Where is the tumor? Explore the Quick Reference Guide for more information.
- If the tumor is benign then explore conception stages for out of control trauma.
- If the tumor is aggressive and malignant then explore points where you felt out of control along with feeling invaded.
- Trauma related to old grudges and resentment in your life. Who, what and why?
- What happened that made you feel out of control in your life? Explore fertilization and cell division stages.
- Explore the ancestry line for abuse, such as mental, emotional and sexual abuse as well as slavery and torture. Explore how certain traumas may have surfaced in your life.
- Fear of confrontation. You have associated confrontation with abuse, attack or punishment. Who made you feel this way? Explore further possibilities.

- Fear of expressing boundaries. Setting boundaries = rejection. Who made you feel this way? Explore associations made with boundaries. You express clear boundaries with anger or fear, not confidence.
- How would it make you feel if you had to let go of your anger? How is your anger serving you? Is it keeping you safe from being hurt by others? Does it give you more confidence to say “no”? Explore further possibilities.
- Explore rigidity related to forgiving those who caused you harm and upset. Fear that if you forgive then the abuser(s) will get away with their unjust behavior. See the Forgiveness section.
- Feeling controlled. If this is still happening in your life then why are you allowing it? Explore your circumstances. How does it keep you safe to allow others to control you?
- This condition may also have started as a result of ancestral trauma that was triggered in your life by similar incidents, circumstances or the behavior of influential people. As a result, the trauma has been triggered. It could have a double whammy effect on you. Everything you are feeling is magnified as you are experiencing your own trauma as well as possible suppressed memories of others. Explore why this occurred and what was / is the opportunity within this? What has changed in your life that would never have changed without this condition?
- Explore trauma related to resentment, anger, hatred or abandonment while you were in the womb. Who made your mother feel this way? When she felt these emotions, what did she need at the time? Did angry influential people meet her need for love? Was it met by abandonment? Explore associations made when she expressed her needs.
- Explore stages after birth. Were you taken away too early from your mother for long periods of time?
- Explore circumstances that resulted in you feeling invaded or out of control. How did invasion and lack of control make you feel? Explore more possibilities.
- For Brain Tumors see the section Birth (Forceps and Pro-longed Birth). Forceps causing pressure on your head during the birth process. You and your mother already felt out of control. Pro-longed birth causing unnecessary pressure on the head, along with your mother feeling out of control.
- You may not have had enough space to move around in the womb area due to lack of space or just not moving enough. You may have stayed for long periods of time in one position. This may have resulted in different parts of the body being stuck in a painful and uncomfortable position. This may have resulted in physical and soft tissue stress in your adult life and even childhood. If you didn't have enough space to move around in the womb, how did that make you feel? Did your mother press down (feeling frustrated, angry or irritated) onto her womb to stop you from kicking and moving around? This creates an environment where you feel tightly controlled in the womb environment.
- You feel powerless to change influential people's opinion of you and the way you were supported. Support from others is given in the form of manipulation and control. You desperately wanted to escape your circumstances yet felt that you had to rely on the support of the abuser(s).

Ulcers

See Bleeding, Inflammation, Canker Sores, Blisters, Peptic Ulcer

Emotions

You have been suppressing strong emotions related to hatred / anger, vengeance, betrayal or

resentment. You don't feel worthy of expressing your emotions, especially to the person whom you felt was responsible for how you currently feel. You are very critical of yourself.

You do not take time to nurture yourself. You often suffer from dehydration. You are dwelling in negative emotions so the body has become stagnant, rigid or toxic. You are from a family where you had to accept whatever was given to you. Your emotional needs were met by unpredictable moods, instability or negative reactions. This resulted in a great deal of tension and stress. You now think twice before expressing any needs.

You felt intimidated, challenged or disempowered by influential people. You stopped fighting against the people that caused you emotional, mental, physical or spiritual harm. You protect yourself using anger, rage or resentment.

You feel rejected by influential people, often by a female such as a mother. You feel very angry and resentful for not being loved and accepted. It was up to you to compromise and change your identity in order to become someone else. Influential people rejected this identity.

You felt unsafe, unprotected, used or abused by a loved one. You find yourself on the receiving end of other people's insecurities and frustrations. You are giving your power away and it's time for you to reclaim it.

You are still yearning for the relationship and love that you never had with an influential person. You can't let go of your unmet needs and you are still searching for the acceptance of an influential person.

The more your need for acceptance is rejected, the more resentful and angry you feel. This is a vicious cycle that can stop when you realize that you cannot change others. You can only change how you respond to those people.

Key Points

- Feel tremendous pressure to behave a certain way that doesn't resonate with you. You did this to receive acceptance and love. Who made you feel this way? Explore further possibilities.
- Explore feelings of anger, hatred and resentment. Toward whom do you feel this way? Why? What is the benefit of holding on to these strong emotions? Do you feel that it keeps you safe from being hurt or abused by others?
- What do you regret in your life? Why? Explore further possibilities.
- There is a deep sadness that has turned into resentment. This is the result of not being loved and accepted by influential people or person (such as your mother) in a fulfilling way.
- Why are you holding on to the resentment? How is it serving you?
- You often blame others for your pain. What is the benefit of this? What would happen if you stopped blaming others? Explore further possibilities.
- You are stuck feeling like a victim of circumstance. Why? Who made you feel this way? Explore further possibilities.
- Do you feel like a victim of circumstance? If yes, then explore trauma and issues that made you feel this way.
- Are you on the receiving end of your parents' frustration and marital disputes? If yes, explore how this affected or is affecting you now.
- What have you had enough of in your life? What can you not tolerate anymore?
- Trauma related to feeling rejected by your mother. This is also a pattern in the family line.
- Pushing people away. Being alone is safer as you feel less vulnerable and exposed.

- Lack of control. You feel unable to control the amount of attention and love you receive. You feel conflicted by the manner in which influential people give and show love. Why? Who made you feel this way? Explore further possibilities.
- Explore your diet and remove any offending food from your diet.
- How did your mother feel while your stomach and intestines were forming in the womb? Her own resentment and anger had an impact on the growth and development of your stomach. Did she reject you in the womb? Did she feel strong resentment toward others in her life? Explore further possibilities.

Umbilical Hernia

See Birth – Umbilical cord, Hernia – Umbilical Hernia

Uremia

See Bleeding, Blood Problems, Fatigue, Hypertension, Kidney Problems

Emotions

You are holding onto negative emotions as it is serving you in one way or another. Your emotions have piled up. Anger and resentment that you projected and felt towards others is now being projected towards you. You are poisoning yourself with your own trauma, anger or rigidity.

You have learned how to feel comfortable feeling uncomfortable in your life. You may have a fear that if you let go of how you feel then you will lose the coping and survival skills. You have learned how to survive in hostile circumstances. You have felt strong emotions for a long period of time. As a result, you started to identify with your hardships and trauma.

You feel unable to communicate your resentment toward others. This will only result in judgment or criticism. You feel that no one understands you or how you feel.

You refuse to express how you feel. You feel shame and guilt for expressing negative emotions. In the past, your opinions were not tolerated and you often found yourself abandoned or rejected whenever you communicated your feelings. You suppress both good and bad moments and feel restricted by influential people and circumstances that have consumed your time and energy.

You seem to feel unable to control your life or your emotions. Everything has become too much and you are feeling overwhelmed. You feel attacked or rejected from the time in the womb. People who were supposed to be a source of love, trust and comfort have met your needs with the opposite.

If you have children then there is a possibility that this unconscious projection from your own mother and father has overlapped into your relationship with your child. You want to escape your reality yet are afraid of moving away from something you know. New changes may have had consequences and you do not have the patience for more drama, stress or tension.

Key Points

- You find it challenging to let go of old anger and resentment. Why? How does holding on to these emotions keep you safe?
- Who made you feel so angry and resentful? Explore further possibilities.

- Your need for love has been met by rejection, causing you to reject yourself and your own needs. You avoid the good things in life, feeling undeserving. Why do you feel this way? Who made you feel this way? Explore further possibilities.
- You feel challenged when you need to express any grievances or anger. Why? What happened in the past when you did? This is often related to ancestral trauma, where a partner was abused for speaking up too much. They had to bite their tongue and tolerate bitter and unpleasant circumstances.
- They felt conflicted by wanting to restore peace in the environment while defending themselves at the same time.
- Explore womb stages. How did your mother feel while she was pregnant with you? Did she feel challenged by her partner? Was she able to express her anger and frustration to him? Explore how her feelings affected you in utero.
- Do you know the difference between your emotions and your mother or father's emotions? You seem to be responding to circumstances in the same way as your parents did in the past; this is in conflict with how you want respond. You often feel, "I have to behave and act as my parents do, otherwise I will not survive." Explore further possibilities.
- Did your mother use medication or have kidney problems while pregnant? If yes, how did this affect the fetal kidneys and general healthy?
- Explore the relationship with your mother.

Note to practitioners: The client might say it was OK, however if they have not experienced anything other than hostility and rejection, then it might seem normal to them. Establish first what the client's definition of love is and whether they can truly feel the emotions that they describe. Explore further possibilities.

- You often feel like giving up before you have even started. Explore why? Who or what made you feel this way?
- Who made you feel unworthy of experiencing the good things in life? What happened in the past when you allowed yourself to be happy? Explore self-sabotage.

Urethritis

See Bladder Problems, Inflammation / Infection, Pregnancy

Emotions

You feel intimated, irritated or angry toward your intimate partner, friends or family who triggered unresolved issues you had with a parent(s). You felt threatened and disempowered by influential people who made you believe that you are in the way. You were to be seen and not heard.

You feel shame and disgust when you express your sexuality. This is often a result of being exposed to sex in a way that created negative associations. You feel anger toward an influential person that made you feel worthless.

You feel unable to let go of issues that pissed you off. You feel unable to reclaim your power, identity and territory from an authority figure that intimidated you. You seem to feel that somehow you might still need these people in your life. You felt conflicted, wanting to push them away while needing them at the same time. You might feel unworthy of having more support and loving people in your life.

Key Points

- Explore sexual abuse in your ancestry line. Explore how certain memories of the trauma and patterns played out in your life.
- What was your first sexual experience like? Did you feel guilty, out of control, angry, invaded or confused, with a desire to run away? Explore further possibilities.
- Was your body respected by influential people? This does not necessarily include sexual abuse. Explore further possibilities.
- When did this condition start? What happened in your life at the time? What has been a pressing issue for you during that time or even before this condition started? If it was due to medication or chemicals then explore if you may have made an earlier association with this chemical. If you did, how did you feel at the time? Explore further possibilities.
- Was this condition triggered by sexual activity? If yes, then explore how you felt at the time. Did you feel angry and guilty at the time? This may have triggered ancestral trauma related to feeling overpowered and used by influential people.
- This condition may have started due to a chemical irritation or sex. Longstanding issues in your life may have been triggered by a chemical or sex.
- Explore abandonment trauma. By whom? How did that make you feel? Do you feel that you are still attracting situations that cause you to feel abandoned? Do you feel that you have to hold onto toxic relationships because of a fear of being alone and abandoned?
- What did you need emotionally when you were abandoned? Explore associations made with needing ___ and being abandoned.
- When does this condition become more aggravated? How did you feel at the time? Who were you with? Explore triggers.

Urinary Incontinence

See Bladder Problems, Bladder Cancer, Incontinence

Uterine Fibroid

See Female Problems, Fibroids, Polyps, Tumor, Urethritis

Emotions

You have a fear of losing your power and independence when in a relationship. Being with a man and having children might challenge your freedom and individuality. You want to break away from an old-school belief that women have to be housewives; they have to take care of everything and be a mother, role model or caretaker for everyone.

You may feel resistant and unsafe to be with a man or challenged by the idea of having children. You could have a fear of the opposite sex that impacts your desire to have a relationship. This may be a pattern related to trauma from the ancestry line. This could include women who were abused and mistreated by men, during a more repressed time in history.

Your biological clock is ticking away yet you feel unsure of how to move forward with the biological instinct nudging you to create a family. Family structures and dynamics were thought to be hostile, resentful and devoid of joy. You may have suffered a miscarriage or are struggling to conceive a child. This is a disappointment, as you do not want the opportunity to pass on your passion, love and knowledge to someone that would understand and appreciate what you hold dear.

You could have experienced hostile or negative personal relationships with your mother.

Perhaps your mother was jealous of you, which resulted in a hostile and bitter relationship. You feel rejected and abandoned due to the nature of your relationship with her or another female figure. You are searching for love from a female figure that was either absent or emotionally unavailable. You are afraid of rejection, but still keep reaching out. You may have been traumatized by a male figure that abused his position of authority.

If you don't bear children, you may feel that you have no purpose in life. You feel as if you failed your role as a female.

Key Points

- Explore the history with your mother. What was it like? Explore how your mother felt when she was in her mother's womb? Then explore how you felt during your own womb stages (how did you feel toward your mother and how did your mother feel toward you in utero?). Were there similar traumas and negative feelings from your mother's side and your own fetal experience?
- Do you have children? If no, how does that make you feel? Explore further possibilities.
- If you did have children, what is your relationship like with them? If you have a bad relationship then explore further – is history repeating itself? How does it make you feel as a mother?
- Did you have a difficult relationship with your mother? If yes, then explore further. Explore the womb stages.
- Toward whom or what do you feel hostile and resentful? Why? Explore this further.
- What is your relationship like with men? Explore issues related to abuse and suppression trauma as a result of the relationship patterns with men. What kind of relationship did you have with your father? How did it make you feel?
- Are you aware of any ancestral abuse toward woman? If yes, then explore further. Explore during fertilization and cell division.
- Did you suffer from a miscarriage? If yes, then explore this. Explore grief, bitterness, anger or feeling out of control, as well as unsupported.
- Your biological clock is waiting for a child to be conceived. You have chosen not to have a child yet. This will be the conflict where you didn't want a child but your biological clock created an urge that was in conflict with how you really felt. Why didn't you want to have children? Is this due to a traumatic experience with someone or your background? Explore any feelings of guilt, disappointment or shame.
- How do you see yourself in society as a feminine figure? Do you feel worthy, confident etc.? Explore whether someone or a situation challenged your position in the family or in society as a female figure.

Uterus Problems

See Abortion, Birth, Bleeding, Eclampsia, Endometriosis, Estrogen Problems, Fallopian Tube Problems, Female Problems, Fibroids, Hysterectomy, Ovary Problems, Polyps, Pregnancy, Prolapsed Problems – Uterus

Emotions

Your inner strength and power may have been suppressed and challenged by influential people. Influential people may have felt that you represented a threat. These people may have deliberately punished and challenged your strengths, boundaries and patience.

The uterus is also strongly related to a person's relationship with herself. You might feel that you are not allowed to explore your life, your creativity or sexuality and femininity. You

may have been manipulated and controlled by means of shame and guilt. You experienced a challenging relationship with an influential female figure, a mother, teacher or sister.

You feel a great deal of sexual anger and frustration due to failed relationships and feeling invaded by your partners (even though the partner did not necessarily do anything wrong). This is a result of not feeling worthy enough to have your sexual needs met in a way that is satisfying to you. Your identity, value and personal power are tied in with how much your father loves you. When there is conflict between a daughter and her father, there is always stress on the uterus.

The more you are trying to push away a sexual partner, the more tension there may be in this area.

Abuse suppresses a person's creativity and talents. When I refer to abuse in this context, I am referring to a person's childhood years. It also includes the mother's (and grandmother's) childhood years that had a big impact on the development of the uterus / sexual mind.

You may feel that you have failed at being a good mother, female role model, daughter or guardian. Your efforts as a mother, friend or guardian were not rewarded and you feel deeply hurt by this situation.

You may not have received sufficient attention during childhood. This left you with the feeling that you aren't worthy of being accepted because there were more important things to worry about. You were made to feel guilty and selfish for worrying about your own needs. Lack of love and attention may have caused you to feel that you will not have enough love available to give to your own child. You might be overcompensating for the lack of love you received in childhood by being selfish and possessive of the love that you presently have.

People draw their passion, talents and creativity from their base chakra or in IBS, I refer to it as the sexual mind.

Two Horned Uterus

Your creativity and passion in life have been twisted, controlled or manipulated by means of aggression, sternness or hostility. You seem to be fulfilling your parents' unaccomplished life goals and dreams. You feel that others see you as an asset / investment / object; that you were merely a tool for your parents to use to achieve goals they couldn't achieve in their own life.

You have become increasingly resistant and even suspicious of people's intentions that are part of your life. You may feel that everyone has an agenda and you are the target. You seem to have become accustomed to being used and controlled by people. As a result, you have abandoned your own emotional and physical needs.

Your goals have been changed to suit someone else's agenda. Influential people told you, "I know what is best for you." They may have had a hidden agenda to control your goals. You may have been manipulated into roles that suppressed your aspirations, creativity and passion. You subconsciously resent the stigma behind being a woman; women always had to give in, obey and serve without equal rights.

You may resent your partner or children. Your role in these people's lives gave you the illusion that you do not have your own unique identity as an individual. You seem to blame your mother for not taking appropriate action to protect or defend you in the past against a controlling father / male figure.

Key Points

- Explore associations made with your sexuality, creativity and being a female.

- Did your mother project resentment, jealousy or hostility toward you? If yes, explore how did this make you feel.
- Do you have a fear of becoming a mother? If yes, explore why? Do you fear that you might not be a good enough mother, or that you might repeat your mother's mistakes? Explore more possibilities.
- Did influential people use guilt, shame and threats to get you to do what they wanted you to do? If yes, how did this make you feel? What would happen if you made your own decisions and set your own goals?
- Do you feel anger toward the opposite sex? If yes, then explore why.
- You feel financially unsupported. If yes, explore how this makes you feel?
- Who made you feel financially unsupported during your childhood? Explore further possibilities. Explore whether you perhaps took on a parent(s) financial stress.
- Your needs are not being met in a way that is fulfilling. How does this make you feel? Do you feel that you are sabotaging relationships where your emotional needs are not met? Explore further possibilities.
- You have no control of your creativity, life, direction and what you want. What is blocking you? Fear of success or failure? Who made you feel that you are not allowed to be in control of these aspects of your life? Explore further possibilities.
- Trauma related to feeling controlled by men and fear of expressing boundaries toward them. Why? What would happen if you expressed clear boundaries? Fear of reclaiming your power and identity. Why? Explore fears.

Vaginal Thrush

See Candida – Thrush in vagina, Fungus, Vaginitis

Vaginitis

See Bacteria, Candida, Female Problems, Inflammation

Emotions

You feel angry and resentful. Your current patterns, habits or old resentments are no longer serving you. You have been holding on to anger and sexual guilt that may be triggered by your current relationships and circumstances. In the past, the anger has kept you safe and helped you to express boundaries. Now, you have moved into a new phase in your life where this habit will only sabotage new opportunities. You may feel a great deal of regret over past relationships that didn't work out.

You may feel a great deal of sexual anger, as your needs are not being met in a fulfilling way. This may be tied in with feeling guilty for having sexual needs, for they are in conflict with the values that were projected at you during childhood.

You may also feel guilt toward your children for failing you in one way or another. You seem to feel kicked out, rejected or abandoned by the people that you took care of. Your contributions, efforts and love have been rejected, abused or used. Your need for approval and acceptance has been met by lack of gratitude or even abuse.

You feel that as a female, all responsibilities fall on you. You may resent your position in the family as you feel you had no time to experience life and to feel joy. Everyone had fun while you were caught-up with responsibilities and chores.

You may be feeling irritated by your partner or a dominant figure in your life. You feel powerless to change how a current situation is affecting you.

Key Points

- Do you feel resentful of being a female? If yes, why? What happened that made you feel so resentful? Did influential people manipulate you into believing that men are more important than women? Explore more possibilities.
- You don't trust in your ability to be good at something.
- Your talents may have been undermined and criticized with the intention of keeping you small.
- You may have a fear of being more successful than an influential person in the family. If yes, explore why? What would happen?
- You feel unworthy or insecure about speaking up. You feel strong emotions towards certain people or circumstances. Explore why.
- Who makes you feel disempowered? Why? What stops you from changing this? Explore further possibilities.
- If you are an adult, how did you feel during your first sexual encounter? What trauma / emotions were stored in the reproductive area during that time?
- Did you feel guilt, regret and ashamed or disrespected? Explore more possibilities and association made with your first sexual encounter.
- When did this condition start? How did you feel at the time? What has been a pressing issue that may have led to this condition revealing itself?
- Explore the relationship with your parents. Which parent challenged you the most? Do you have someone similar to this parent in your current life, which might be triggering any unresolved issues with your mother or father? Explore further possibilities.
- You might have a good relationship with both parents. If this is the case then explore whether your parents had marital problems and whether you took on their stress and anger toward the opposite gender. Explore further if relevant.
- Explore ancestral trauma related to sexual abuse.
- Fear of self-expression. Why? Who made you feel this way? Explore further possibilities.

Varicose Veins

See Blood Pressure, Circulatory Problems, Inflammation, Muscle Problems, Restless Leg Syndrome, Skin Problems, Ulcers, Varicose Veins

Emotions

You often have difficulty receiving support as receiving support may ultimately help you to move forward in life, whether it's a personal move or a career move. You are afraid to move forward because you don't like making changes. You sabotage receiving support as a result of this fear. You experienced a great amount of sadness in your life and missed opportunities as a result of this fear of moving forward. You know what you are worth and capable of.

You prefer to avoid circumstances that would require you to ask for support. You may feel trapped in a career where a promotion is unlikely or are fearful of a promotion, because of new responsibilities you might have. You do not feel comfortable delegating. You might also have a role where you can't always physically move or where you spend long hours on your feet.

You do not feel confident and do not believe in your great talents. You find it challenging to communicate yourself to others. Expressing your needs and boundaries are a challenge. You often have issues with receiving—you can move mountains for others, however you do not attend to your own needs.

You don't deal well with circumstances in which you feel pressured and pushed. You stall or freeze (freezing instinct). Your attempts to move forward were met by rejection and lack of support.

An authority or dominant figure has rejected your needs and goals. You feel traumatized by a parent who may have punished you whenever you expressed your desires. Your desires may have been in conflict with a parent's goals for you.

You were not allowed to speak freely as a child. There may have been a period in your life where you had to carry heavy loads or burdens, stress and responsibility. There is trauma associated with these loads being taken away and you are feeling that you have no purpose or way forward in life. You felt under pressure one minute (resulting in your blood pressure rising) followed by no stress and pressure (blood pressure dropping). Age, menopause, type of job, obesity and pregnancy all play a role when exploring this condition. Refer to other sections in the book that are relevant.

Key Points

- Always explore the birth trauma and see the Birth section.
- Your ability to communicate to the world has been challenged during childhood. Explore ovulation. The egg became separated from the other eggs during ovulation. How did that feel? You are searching for a disruption in communication with other eggs, separation and journey by itself, uncertainty and lack of direction, moving through the tube alone and being squeezed.
- What type of job or role do you have? Does it require you to stand or sit down for long periods of time? If yes, how do you feel when you were working? How does your job make you feel? Were these emotions present in your childhood as well?
- What was the relationship like with your parents? How did it make you feel?
- Did you cross your legs a lot at the knee area? If yes, explore the pressure that was placed on the veins. Where in your life did you feel under pressure? How did it make you feel?
- Fear of moving forward. What would happen if you made the necessary changes in your life?
- People who were active and then suddenly started to slow down in life could also be prone to this condition. Why did you stop being active or stop exercising, etc.? Explore this further.
- This often surfaces at a time when you stopped feeling beautiful, attractive and important. Why do you feel this way? How did this change of mindset make you feel?
- Trauma related to a challenged relationship with a mother figure. Explore further as this could also be related to ancestors.
- Did you feel abused by a mother figure? Did you have a fear of going home knowing that you might be punished or attacked (verbally or physically)? Explore further.

Vasculitis

See Blood Problems, Heart Problems, Immune System, Inflammation, Circulation Problems, Thrombosis, Varicose Veins, Vein Problems

Emotions

You seem to feel that your truth has been manipulated by influential people's own values and beliefs. You have experienced a "hardening of the attitude" as an unconscious effort to emotionally protect yourself from others. You are simmering with anger as a result of love that has been denied.

You felt deprived of many privileges during childhood. You feel there is a lack of love, support, encouragement and protection in your life. You are resentful, as you couldn't have what you wanted in relationships. You feel punished, as if you were treated unfairly.

You are holding on to old grudges from the past. You firmly believe that what comes around, goes around. You want to see others get what they have coming, especially those who caused you pain, trauma or upset. You are stubborn when you are faced with circumstances that push you to take responsibility for the future and how you are currently feeling. You have given your power away to others and are deeply resentful. You seem to be blaming others for this situation.

You feel challenged by life and may feel that you do not have what it takes to achieve your goals. You don't feel important in the eyes of the people you love. You struggle and fight just to be seen and acknowledged.

Key Points

- When did this condition start? How did you feel at the time? What has been a pressing issue that has been building up to the onset of this condition? Explore further possibilities.
- You may have made an association that love disempowers you. You are unconsciously fighting against everyone that comes too close to your heart. How does keeping others at arms length keep you safe? Who made you feel this way in the past?
- You have suppressed feeling compassion toward yourself. You have abandoned the idea that life can be easy as your experience has been very different. Explore why? Who or what made you feel this way?
- Love and affection may have been shown to you in an angry, aggressive or resentful way. Explore possibilities.
- What would happen if you had to let go of grudges and resentment toward others? How does it serve you to feel these strong emotions?
- Explore the need for vengeance or for blaming others for how you feel. Explore issues and trauma related to feeling disempowered.
- Feeling overwhelmed with many responsibilities from an early age. Why? How did this make you feel? What would happen if you started to focus more on your own life instead of others? Explore further possibilities. You may feel that many responsibilities, stress, tension, deprivation = love and acceptance.
- Explore ancestral trauma related to feeling under a great deal of stress, pressure and tension. Explore similar patterns in your life. Explore the difference between your stress or anger and your parents' or ancestors' emotions.
- You might feel that love will only weaken you. If relevant, then why? Who made you feel this way? Explore associations made with giving and receiving love.
- How does being emotionally hard serve you? What does it protect you from? How has this attitude served you in the past? Who did it protect you from?
- In which area of your life do you feel stagnant and angry? Why? What happened? How did that make you feel?

Vein Problems

See Blood Pressure, Cardio-Vascular Problems, Circulatory Problems, Heart Problems, Inflammation, Muscle Problems, Restless Leg Syndrome, Skin Problems, Ulcers, Varicose Veins

Emotions

Love and affection were not easily expressed in the family. When influential people expressed love, it was shown and expressed in a rigid or conditional way. This has caused you to feel blocked, confused and angry. What you attract in the love department is not what you were searching for. You seem to be attracting people that are mirroring the influential people's responses and behavior toward you during childhood. The people you attract also express and show love in a controlling or rigid way. Love made you feel unsafe, as you had to provoke others in order to get a response. Love = fights, arguments, hostility, control and ultimately feeling trapped. You want to move away from these patterns, yet you know no other way of life. You fear that any new changes might cause even more ripple waves in your life. You would rather compromise your needs than rock the boat in your family life. You may also have been the scapegoat and were often wrongfully blamed.

Manipulative and dominant influential people treated you in a way that stripped you of your power. You feel that you have to go with whatever is happening; everything is a challenge and nothing is easy to come by. You equate happiness with having to give up something. This leaves you feeling a lot of resentment and bitterness. You are having a hard time letting go of these intense emotions, so you often sabotage your happiness.

You feel very resistant toward people who come too close (emotionally). You felt out of control when you allowed yourself to be vulnerable as a child. You overcompensate for these feelings by being very stubborn and rigid. This is how you express your boundaries.

If you have vein problems in your leg, you may have been in an occupation that required you to stand or sit for long periods. In this case, it is important to explore how you felt while you were sitting down or standing up for long periods of time.

Key Points

- Did you have a job or lifestyle that required you to sit down or stand for long periods of time? Explore feeling blocked, under pressure, controlled and manipulated as well as what was going on in your personal life at the time.
- How did you feel about this job? Did you like it? Was it stressful? How did you feel while working? How did people treat you?
- What were your relationships like with others in your environment?
- Who made you feel like an outcast in the family? Explore authority figures that may have put you under a great deal of pressure.
- Were you able to communicate easily? If not, which person challenged your ability to express yourself the most? Explore further possibilities. How does suppressing what you need to say keep you safe?
- Explore old resentment and feelings of bitterness related to the past. How does holding on to these strong emotions serve you?
- Explore the relationship with your mother. Explore issues such as feeling controlled, trapped, abused, rejected or abandoned. What did you need emotionally from your mother when you were controlled, feeling trapped, abused, rejected or abandoned? Explore further possibilities.
- You feel like a victim of circumstance. Feel unable to change the circumstances and how you feel.
- Why do you feel this way? Who made you feel that you cannot change anything in your life? Explore trauma that made you feel disempowered and out of control.
- Explore the womb stages. Did you have enough space to move around? Are there already issues with your veins in utero? Explore how your mother's emotions and circumstances may have affected your developing circulatory system. Explore further possibilities.

- You have made a negative association with love.

Vertigo

See Dizziness, Eye Problems, Meniere's Disease, Tinnitus

Emotions

You often have many self-sabotaging blocks in your life. You seem to feel that you do not deserve to have things come easily to you. Any past attempts at becoming successful have been sabotaged by influential people's own self-destructive behavior.

You may have been raised in a family where you felt unsafe and stuck in a fight or flight instinct. Perhaps you were exposed to volatile, unpredictable moods. You fix and adjust things constantly in an effort to avoid how you feel.

You have been exposed to many unstable and unpredictable circumstances. As a result, you do not always know what to do. This pattern has overlapped into your adult life, causing a great deal of anxiety, confusion, stress or loneliness. You know how to survive within chaotic situations but have reached a point where you have lost complete control of how you feel.

You have a fear of change and the unknown. You are overcompensating for the lack of control you experienced during childhood by exercising too much control. This pattern often attracts circumstances that will only leave you feeling out of control once again. Feeling out of control seems to be a familiar emotional state that stemmed from your childhood years. You had enough of being delegated to and ordered around by an authority figure. You may have been in an abusive relationship that made you feel powerless, helpless or unable to take control of the future. You feel that too much has been expected of you and you cannot cope with the all demands and needs of others, along with your own unmet emotional needs.

You have a habit of making things really hard, whether it's work related or personal projects. You often complicate tasks, which causes you to sabotage your progress. You overcorrect mistakes, creating even more stress until you eventually burn out. You tend to skip the process of thinking things through before plunging ahead. This creates more out of control circumstances.

This condition is also related to a person who is stuck in an abusive relationship and they have a fear of leaving the relationship. You may feel that staying where you are is safer than moving away. Change = numbness, fighting and feeling paralyzed. You feel that you are not allowed to leave a dominating / abusive partner because if you do, you will be punished. Your identity, value and self-worth have been strongly associated with a dominant, abusive figure. This is related to the relationship with your father or other dominant male figure.

People who suffer from this condition are often adrenaline junkies. You've made an association during womb stages that your need for safety was met with stress, tension and a release of adrenaline.

Explore further according to key developmental points during the womb stages. This condition is also related to a time when your mother fell while she was pregnant, either by accident or domestic abuse.

Key Points

- When did the condition start? How did you feel at the time? What has been a pressing issue in your life up until that point? Explore further possibilities.
- Ancestral trauma related to a mother being kept at home. She had a fear of leaving her husband. If she left, she would be in danger. She would have no territory to control. Her future and security will be threatened. She felt she had to surrender to her circumstances,

as she had no other choice. How did that make her feel? Can you feel similar emotions / trauma as this ancestor (it could also have been your mother while she was pregnant with you).

- There is a need to keep a family member safe and protect them. You know what is good for them but your advice is not respected and accepted. Explore further.
- Did your mother fall or almost fall while she was pregnant with you? If yes, how did that make you feel in utero?
- Birth trauma related to lack of control. Your mother may not have been able to walk to the delivery room / wheelchair or transport quick enough. She may have felt out of control, too weak and unable to do something that she tried to do. Explore further.
- Trauma related to being dropped or almost dropped as a child. Pressure from the head moved quickly down to the body, feeling shocked or trying to recover after losing one's balance. Explore further.
- Losing your balance as a child / falling or during an accident. Not being able to control the outcome, surrendering to your circumstances.
- Trauma related to cell division just after fertilization stages. Explore dizziness, confusion. It's an amazing process during our developmental process, however the consciousness of the cell can experience dizziness, feeling it's happening too fast and too rapidly. How did your mother feel during that time?
- Explore fear of moving forward. Why? What would happen if you moved away from stressful circumstances and people?
- This way of life may be the only way of life you know. It is familiar. What would happen if you moved away from it or changed it? Explore further.
- What are you sabotaging in your life? Why? How does this pattern serve you? Are you sabotaging certain aspects to distract yourself from how you really feel?
- Trauma related to feeling out of control. Explore conception, fertilizations, cell division, implantation and birth trauma.
- See the Birth section for more information.
- Did you experience head trauma during your own birth? This condition may have been triggered by events or emotional stress similar to that of your birth. Explore possibilities.
- Was your head stuck in the pelvis, pressure on head, eyes or ears? Explore further possibilities. How did you feel at the time? Do you feel similar emotional stress in your life now?
- What in your life is or was out of balance that was traumatic and overwhelming? Explore further possibilities.
- How does trying to do too many things and pleasing too many people serve you? Are you doing it to be loved / accepted by others or to distract yourself from a much deeper issue? Explore secondary gains as well.
- Explore your childhood trauma. Who in your childhood made you feel out of control? Explore further possibilities.
- Explore the emotional state of both parents during your conception. Did your mother feel abused by your father? Were they having marital problems? Was she too scared to leave?
- Feeling a like a victim of circumstance. You unconsciously re-create circumstances that make you feel like a victim. You are unconsciously re-creating situations that make you feel out of control – similar feelings to lack of control in your childhood.
- You may have experienced head trauma during birth when you started to rotate. While moving through the cervix, you could have possible cranial damage as you move past your mother's spine, causing orientation, depth perception and directional issues. Damage might

not necessarily be evident at the time. Secondary trauma to the head later in life could cause this condition to surface.

Vestibular Schwannoma

See Acoustic Neuroma, Cyst, Tumor

Virus

See Cirrhosis, Herpes, Human Papillomavirus (HPV), Parasites

Emotions

Viral issues are related circumstances where people are battling out their worthiness issues. You feel that you have been deprived of many emotional needs during your childhood. You seem to feel that you had to cope with very little support, love or protection.

You felt smothered by a partner that was emotionally needy or possessive. You may also have felt smothered by means of control, dominance or threats that were projected at you.

You often felt that you had to fight for what you wanted, including having any needs met. You are always on guard and your immune system has been under a great deal of stress. Your fighting instinct has been triggered early in life and it was left in the “on” mode.

You are feeling drained and depleted by past circumstances, which are still troubling you. You are running on empty and feel resentful and angry—either with yourself or others. You like to blame others for creating circumstances that have taken a toll on you emotionally, physically or spiritually.

You make things hard for yourself, causing more frustration, anger and resentment. Your need for support has been ignored and you feel like you have to do it all by yourself. As a result, you work even harder to compensate for the lack of support in your life. You seem to feel that your self-worth and value is tied in with how much you do for others.

You feel intimidated by people in positions of authority. Your goodwill is often abused or taken advantage of—all in the name of acceptance. Love, attention and acceptance come at a price. You feel that you have to give away an aspect of yourself in order to get what you want and need.

Key Points

- Feeling under attack by an influential person or circumstances. Explore further possibilities.
- Who made you feel that you had to work hard for love?
- What have you had enough of in your life? Why? What stops you from changing this? Explore further possibilities.
- What would happen if you had to set personal boundaries with others and say “no”? What happened the first time you said “no?” Explore association made with setting boundaries and saying “no.”
- Who made you feel that you had to fight for what you need emotionally? Explore further possibilities. Did either of your parents have similar patterns? If yes, then explore the difference between your trauma and your parents’ trauma.
- Explore the ancestry line. Explore trauma associated with viral infections and diseases as well as the lack of support, knowledge, losing a partner and unhygienic conditions.
- Did your mother suffer from an illness when she was pregnant with you? If yes, how did her illness and compromised immune system affect the fetal development and your own

immune system? Explore how she felt when she was ill and how her emotions affected you in utero.

- Did your mother have viral infections while she was pregnant? If yes, how did the viral infection affect you? What association did you make with the virus presence? How did your mother feel? Do you feel similar to what she felt when she contracted the viral infection? Explore further possibilities.
- Explore issues that caused you a great deal of stress. What has been a pressing and exhausting issue for you? Explore self-sabotaging patterns (fear of success or failure).
- Feeling resistant to change. You have become comfortable feeling uncomfortable and do not want to move away from a life that is familiar.
- Changing anything in your life might mean you have to let go of coping skills that served you well during childhood. Change seems to have been a negative experience for you in the past.
- Explore birth trauma and how you felt after being born. Do you feel similar emotions now? Explore further possibilities.

Vitiligo

See Auto Immune System, Chloasma, Immune System Compromised, Inflammation, Skin Problems

Emotions

There seems to be a great deal of ancestral trauma that has surfaced in your life. You have experienced trauma and circumstances that mirror the same emotional intensity that an ancestor experienced in their lives. There has been an accumulation of a specific kind of trauma (often feeling threatened, in danger, needing to hide and not able to control their territory). As a result, you may feel very sensitive to your environment.

Your ancestors may have been exposed to slavery and physical abuse. They felt unsafe being themselves as they have certain characteristics that may have attracted attack or abuse, feeling undermined. They experienced trauma that left them feeling that they need to hide and escape from their circumstances. This could also be related to stress experienced in the womb, as your mother may have felt this way.

You feel like an outcast and want to blend in. You feel exposed and vulnerable and as a result, are overly sensitive to how people interact with you. Your voice has been suppressed during childhood. You were not able to express what you wanted to say, resulting in a great deal of suppressed anger.

You feel ashamed and guilty for feeling these emotions as you were taught that it's unacceptable to express anger. You have deep anger that needs to be expressed! You feel very irritated by influential people who are controlling or dominating you. You may feel resentful as an important figure in your life abandoned you, or moved out of your life without warning. This could also be related to separation trauma from a mother figure. You feel trapped and unable to change irritating circumstances. You have convinced yourself that you have to take things as they come, with no other options available.

Ancestral trauma related to separation. They were separated from their mother. As a result, the skin felt unprotected and changed color to be more visible to the mother who was looking for her lost child. It may also have been dangerous to be a different skin color. The ancestors felt outnumbered by an enemy whose skin color was different than theirs. Their body responded by changing to a similar color with the intention of surviving.

Key Points

- Explore where on the body this condition started. Have you experienced any trauma to this area such as physical abuse, working too hard, feeling invaded or violated?
- Explore ancestral trauma. Did they experience any kind of abuse along with feeling ill or affected by other skin conditions?
- Were ancestors tortured, imprisoned or endure war trauma or slavery trauma? Explore trauma to their skin.
- Feeling under attack and always ready to fight or flight. This pattern has become debilitating and has started to attack you from within. Explore further possibilities.
- Do you feel that you deserve to be punished? If yes, why? Who made you feel this way?
- When did this condition start? What was happening in your life? What issue(s) have been building up before this condition started? Explore further possibilities.
- You have allowed yourself to believe that you have to take things as they come and there are no other options available. Who made you feel this way or what happened that made you feel this way? Explore further possibilities.
- Feel that you are in danger. There is a need to hide and blend in. Why? Who made you feel this way?
- You feel guilt, disgust and shame. Why? Who made you feel this way? Whose trauma are you expressing? Explore further possibilities.

Vomiting

See Nausea – Vomiting

Warts

See Skin Problems, Virus

Emotions

You feel unsure about how to proceed with a specific relationship or direction in your life. You may have experienced a stressful and tense relationship with a parent or influential person who challenged your decisions. You are very stubborn and inflexible.

You have a fear of what the family might think if you moved away from the family values. You have been made to feel deeply ashamed for believing in your own values and beliefs, which is separate to your family's value system. As a result, you feel stuck in a fight or flight instinct, which has been very taxing on the immune system and your overall wellbeing.

Your leadership and authority skills have been challenged and suppressed by circumstances or influential people. You do not feel worthy of being as good and equal as the rest of the world.

Your poor boundaries and goodwill have been used and abused by others. You may have learned that poor personal boundaries help you to be accepted by others. You realized that people love you more if you don't challenge their needs and agendas. You suppress and change your values in order to fit in with society. This is a result of fearing rejection and abandonment if you do not compromise with others.

Plantar Warts (warts under feet)

Lack of worthiness and confidence is creating performance anxiety and stress. You seem to feel that you don't have what it takes to accomplish your goals and nothing can be achieved without challenges. You are very unsure of your talents as you move toward your goals. You

are prepared for an attack from influential people who feel threatened by your success. You feel that others do not want to see you happy and successful. Your low self-esteem and poor boundaries result in people taking advantage of you. You seem to feel responsible for carrying others to their destination even while you are also working hard toward your own goals. This stems from a childhood where everything was hard to come by. Failures were punished and not tolerated. Your desire for attention and admiration caused you to settle for less than what you are worth. You feel controlled and bullied by influential people.

Key Points

- When did the warts start to grow? How did you feel at the time?
- Lack of self-worth resulting in performance anxiety. Who pushed you too hard to achieve success? How did that make you feel?
- Lack of guidance or direction in life. Why? What are you unsure of? What do you regret?
- Who made you feel stupid? Who undermined you? Explore how this made you feel.
- Your goodwill and kind nature have been used and abused. Why did you allow this? What would happen if you said “no?” What happened the first time when you said “no?”
- Who made you feel less worthy than the rest of the family? How did that make you feel? Explore further possibilities.
- Harsh criticism has left you feeling unsure of how to behave and fit in. Who made you feel this way? Explore further possibilities.
- What in your life do you want to escape from? Why? How do these circumstances or this person make you feel?
- What has become a heavy burden? Does it correspond with the area where the wart is? See the Quick Reference Guide for more information. Explore further possibilities.

Weight Problems

See Addictions – Food, Anorexia, Bulimia, Depression, Dumping Syndrome, Hyper-Somnia, Thyroid Problems, Toxins

Emotions

This could be a result of an underactive thyroid. An underactive thyroid is related to carrying a great deal of emotional baggage. You feel a great need to protect yourself from experiencing any further emotional pain. You have already had a fair share of stress, tension and rejection. You believe that you have too many shortcomings in life and no matter how much you try; you will always fail. You seem to feel that you will never have enough of what you need and you are surrounded by deprivation.

You have a void within that cannot be filled. I sometimes ask my client's, “What does this void represent?” The void often represents lack of love from a mother or father. Either one may have been emotionally absent during your childhood. Grief and loss also seem to be present. This may have left you feeling like you don't fit in anywhere. You tend to isolate yourself, as you feel deeply ashamed of what you are made up of.

As a child, you feel your talents were often suppressed. You are afraid of your own power, as it makes you feel out of control. You punish others by punishing yourself. You sacrifice your body, health and happiness to punish others who may have caused you pain in the past.

You have a deep fear of losing control. You invested a great deal of emotional energy to keep your trauma and sorrow at bay. You try to avoid people and circumstances that could shake your foundation.

You have a fear of being with a partner who is the same gender as the parent who abused

you. This could include losing a father or mother. You might find yourself avoiding being in relationships with men or women. You fear being hurt or abandoned. This may make you be overly cautious and decide to be unattractive in order to avoid unnecessary attention.

You see intimate partnerships as a one-way relationship that is in favor of the partner, as meeting your own needs does not feel important. You didn't see any teamwork between your mother and father. As a result, you believe that it's not possible to find support and harmony in future relationships. There is deep rage and anger that is suppressed due to fear of self-expression. This stems from an abusive and manipulative household (physically or emotionally).

You feared your source of food and comfort (your parents) during early infancy stages. What you want and need in life has always been the last priority for others. You were made to believe that you are worthless and not important in the family. You feel like an outcast and have to carry all your burdens on your own.

You would rather die than ask for help or support from others—asking for help may not even have been an option during your childhood.

Food released a positive endorphin during challenging times. Influential people did not meet your emotional needs. Instead, your needs were met by rejection, abuse or hostility. Now these emotional needs are met by food, self-punishment or rejection. This may be because you made a positive association with food when you needed love, safety, support or abundance. This only provides a short-term solution. Therefore, you have to eat more food to reinforce the happy state. By eating certain foods, your need for love and comfort was met by a positive endorphin release.

You were smothered by controlling and fear based influential people. These people provided a false sense of safety for you. When these influential people are not emotionally available you may confide in food. Food gives you the false sense of safety that you would have felt in the presence of these influential people. You are unconsciously trying to re-create familiar past experiences. Even if past experiences may have been abusive, damaging or unhealthy, it feels familiar to you. When something feels familiar, it feels safe. When you feel out of control, you unconsciously re-create safe, familiar patterns and circumstances. As a result, you surround yourself with people who made you feel the way you did during childhood.

You seem to feel a great deal of anger and rage for being where you are in life. The anger is a result of feeling powerless and helpless. You feel that you don't have what it takes to make it in the world. Your talents may not always have been supported in a way that would give you the confidence to explore it further. You sabotage your goals. You seem to feel that you do not deserve to be happy. You feel you are part of the audience, watching how well everyone else's life is panning out. You are feeling a great deal of disgust with yourself.

You feel like a victim of circumstance whenever you are challenged. You hide and become invisible instead of standing your ground. You felt too helpless in your childhood to change the circumstances. The pattern of helplessness has now overlapped into your adult life. You are trying to compensate for the part of you that is unattractive and not perfect. Your friendliness is often a symptom of a hidden submissive nature. If you don't give in to others, you fear being rejected. Everyone needed you, yet no one offered support. This only reinforced the illusion that you have a lack of everything in your life.

Ancestral trauma related to famine and poverty in the ancestry line. They might overcompensate by eating too much. Being abundant is dangerous, as their ancestors may have experienced many financial losses. The ancestors associated needing to eat more food, as they never knew when they would have enough money to buy more food. It is almost as if

you are overcompensating for the all the lack of love, food and abundance that is in the ancestry line. The more lack you have, the more you fill up with food to compensate for the void in your life.

Key Points

- Explore womb trauma. How did you feel during the womb stages? How was your mother feeling toward you? Explore rejection, anger and stress that may have been directed at you in utero.
- Did your mother and father have abundance issues? If yes, explore how their feelings related to lack and fear of not having enough affected you. Explore further possibilities.
- Did you have a hostile relationship with your parents? Were they emotionally present or absent? How did this make you feel?
- Feeling as if the soul consciousness is bigger than the body. Do the emolument exercise.
- You are punishing yourself with food. You feel disgusted and ashamed for abusing food. You are reinforcing this feeling, as you seem to feel you deserve to feel disgusted and ashamed. Who made you feel this way? Explore further possibilities.
- Who and what made you feel insecure and unprotected? Why? How does that make you feel?
- Who or what made you feel unsafe during childhood? Where or when did you feel that the first time? Explore this trauma during birth, womb and conception stages.
- You are stuck in a victim state. Which parent had the same pattern? Explore associations made during childhood and the mentioned parent.
- Criticism and feeling attacked. You seem to feel that you cannot do anything right. Who made you feel this way? What did you need emotionally at the time when you were physically / verbally attacked and criticized? Explore further possibilities.
- How does it keep you safe to feel so insecure? The answer could be that it allows you to hide from society, so that you don't get hurt or attacked.
- You have a fear of attracting unwanted attention. Has this actually happened? Have you attracted attention from others that caused you to feel unsafe, traumatized or upset? If yes, then explore further. Look inside yourself to find comfort within in the highest and best way.
- Lack of self-respect. Who made you feel that you were not worthy of being respected? Explore this.
- Explore your feelings of resentment. Who do you resent and why?
- The body is overwhelmed with toxins as well. Toxins are stored in fat and if the body lets go of the toxins too quickly, it could cause a healing crisis and overwhelm the body. Another way to explore this is self-punishment. Holding on to toxicity, unhealthy friendships and relationships that are emotionally and physically unhealthy for you. Why do you feel that you deserve to be punished?
- You feel as if you are not allowed to be more beautiful or attractive than a dominant figure in your life. What would happen if you were? The answer could be that you would be attacked or rejected.
- Trauma related to the umbilical cord. Your mother could have ingested food while experiencing negative and toxic emotions such as resentment, hatred, anger and feeling abused and suppressed. The negative emotions were stored in the food source that is now

delivered to you in utero. There is a possibility that you could have made an unconscious association between being nurtured and fed while being exposed to these negative and toxic emotions.

- You have a fear of not feeling safe to relax. You have a fear of an unknown danger. You are stuck in a fight or flight instinct. Who made you feel this way?
- Explore trauma of famine or poverty. There seems to be a need to hold on to things and waste that you don't need anymore. Why?
- Explore implantation. Was there enough yolk in the sac? Did you get enough nutrition from your mother? Was your mother perhaps going through a time of hardship and poverty while pregnant? Was she overly cautious of her weight or not eating enough food? Explore further possibilities.
- Explore the womb stages. Did your mother smoke or was she with a partner that smoked? How did this affect the fetal developmental stages, especially your hormones? Did your mother consume alcohol or use medication while she was pregnant? Did she have thyroid issues while she was pregnant with you? Explore how this affected you.

Whiplash

See Accident, Back Problems, Concussion, Muscle Problems, Neck Pain, Pain, Tendon problems

Emotions

All of your rigidity has been triggered by this incident. You are holding on to rigid thoughts and patterns that no longer serve you. You seem to have a fear of moving forward without the baggage or old memories of influential people that may have caused you harm.

You have a fear of being vulnerable. You are fighting against any new changes that could force you to acknowledge issues you have been avoiding. You feel safe with what you know as well as how to survive in your circumstances. You feel that you are losing control of challenging situations. This may be the result of old baggage coming to the surface, which is magnifying more recent unresolved issues in your life.

Key Points

- Explore physical trauma. Then explore how you felt at the time of the accident. What has been a pressing issue in your life? Did you feel vulnerable on the day of the accident?
- Losing control. Explore fertilization stages, implantation as well as birth trauma.
- Explore your birth. Did you experience any trauma or traumatic pressure on the neck while moving through the birth canal? If yes, how did that make you feel?
- Fear of change. Why? What would happen if things changed? What happened in the past when things changed? Explore further possibilities.
- Fear of moving forward in life. Why? Explore whether you have enough support. Do you have a clear goal? Fear of the unknown.
- Explore trauma related to feeling under pressure. Who made you feel this way? How did being under pressure make you feel?
- You have poor personal boundaries. Fear of saying "no." What would happen if you said "no" to someone? What happened in the past when you said "no?" You might fear that people will punish, manipulate, reject or abandon you. Poor boundaries = being accepted and loved.
- What conflict did you have, especially before the accident? Explore further possibilities.

Whooping Cough

See Cough – Whooping Cough

Wilsons Syndrome

See Cirrhosis, Nerve Problems, Psychosis, Schizophrenia

Emotions

You feel challenged when faced with a situation that involved giving and receiving love. Love may have been expressed in a rigid, stubborn and hostile way. You are holding on to old pain, stress and tension in your life.

You are sabotaging your goals. This may be the result of being belittled or undermined during childhood. You may have been part of a family that suppressed a great deal of anger, only allowing it to surface unexpectedly.

Problems and issues were ironed out and resolved by means of aggression and anger. This may be due to poor boundaries and not feeling worthy of being heard. You feel unsure of how to express clear boundaries. The only way boundaries were respected is when they were expressed by means of anger and aggression. What you express and how you project your feelings is not an accurate interpretation of how you truly feel. You communicate from a place of fear and vulnerability. You hold yourself back, causing feelings of frustration. You want to move forward, however it feels unsafe.

You feel that you give up control when you finally have a chance to communicate. This is a result of built-up excitement, passion and fear of being silenced or attacked. You are now feeling challenged by your emotions and circumstances. Your old coping tools and skills are not serving you anymore. This causes frustration and anger, which leaves you feeling out of control all over again. You do not want to see your life for what it was in the past. You spent too much time feeling under attack and unprotected. You seem to be stuck in a fighting mode where nothing feels safe and everyone has bad intentions.

Key Points

- It is important that your mother and father also participate during the session.
- Do you have any ancestors that survived a war, slavery and imprisonment, severe poverty or famine? If yes, then explore how the ancestor's diet and lifestyle may have affected them. How did ancestral trauma affect you? Have any bits and pieces of their emotional trauma overlapped into your life? Has anything possibly triggered a pre-existing trauma?
- Explore the ancestry line for possible sexual abuse. If yes, then explore how this trauma may have affected you in your current life. This could include holding on to trauma or feeling challenged by unknown fears.
- You feel trapped in your pain or trauma. You are stuck in a cycle where the trauma and pain have become so familiar and you fear moving away from what is familiar. Explore the difference between your identity and your trauma.
- Explore points where you felt out of control and felt like giving up. Egg leaving the fallopian tube. Sperm rushing to the egg. The egg being surrounded by masses of sperm. The sperm losing its tail.
- Implantation and birth trauma.

- Acknowledge the defected gene. Acknowledge the trauma (environmental factors such as food poisoning, polluted water, air) that caused the gene to become damaged in the ancestral line.
- Explore trauma related to feeling under attack. Who made you feel this way? Explore womb stages for these points.
- Explore trauma related to feeling unsafe. Explore ancestral trauma related to this.
- What and who do you need to get away from? Why? How does that make you feel?
- Did you ever feel unable to escape a situation in your life? If yes, explore further.
- Self-punishment. Who made you feel that you deserve to be punished? By whom do you feel punished the most? Explore how this made you feel.
- You have given up hope achieving your goals in life. You feel that the only purpose in life is to live for others and serve others. Reconnect to your passion. What makes you happy? Do you have a hobby that you abandoned etc.?
- Trauma related to losing the battle with life and having to give in when things became too hard. Explore Birth trauma.
- Explore toxicity levels in your mother's system and also in your mother's conception and womb stages. What was your mother's fetal stage like? Was she exposed to toxins or poisons while she was in the womb? It is important to also take note of the emotions felt by her while she was exposed to toxins or poisons during her fetal stages.
- What were your father's fetal stages like? Was he exposed to toxins or poisons? It is important to also take note of the emotions felt by him while he was exposed to toxins or poisons in the fetal state.
- Feeling like disconnecting from life, not wanting to deal with or face reality. Why? Explore further possibilities.
- The damage to the gene could have taken place even before your parents were conceived. It is important to explore this possibility, as this is where the actual damage could have taken place.
- Explore the ancestral lines for their environment. Were they exposed to toxins, severe pollution, lead or heavy metals? Did they face imprisonment with bad food or slavery with tainted and bad food?

Worms

See Diarrhea, Nausea, Nerve Problems, Parasites, Rashes, Skin Problems

Emotions

You feel outside of your comfort zone and poor personal boundaries have invited parasites and possibly parasitic people into your life. You feel unworthy of asking for what you need, as your experience has taught you that you should be ashamed for expressing needs. You feel invaded by the needs and agendas of others. You do not feel worthy of expressing your own boundaries.

You feel suffocated by influential people and even sense that you can't do anything without the guidance of these authority figures. You gave your power away and even though you may experience difficult and stressful relationships with these people, you feel you need their support.

Influential people may have been overly protective. As a result, you do not have any healthy sufficient coping and survival skills. You are angry and irritated by your circumstances and the people you cannot get away from such as a parent, partner or colleague.

If the client is a child, explore whether their parents have good personal boundaries toward

one another and other people. Do the parents have people in their life that are using them or taking advantage of them?

Key Points

- Do you feel that you changed your lifestyle or diet since this condition started? This could include craving certain foods or needing more or less sun? If yes, then explore the difference between your needs and the worm's (parasite's) needs.
- What would happen if you started to express boundaries by saying "no"? You might fear that you will lose support. Being supported = poor boundaries. What happened in the past when you did say "no"? Explore further possibilities.
- Feeling invaded by the needs of others and feeling controlled. Who made you feel this way? Explore further possibilities.
- Did you feel overwhelmed or overprotected by an influential person? If yes, how did that make you feel? Did it affect your ability to make your own decisions and create goals? Explore feeling disempowered and controlled as well. Explore further possibilities.
- Who or what is irritating you? Why? How does this situation or person make you feel?
- Is someone taking advantage of you? If yes, then why do you allow it? Did you associate love with just giving to others? "Love = giving and then receiving attention for myself." Explore more possibilities.
- Explore implantation stages. Did the zygote feel like a parasite just taking from your mother? Did your mother feel that you were taking too much of her energy and influencing her quality of life? Explore how this may have affected you in utero.

Wrist Problems

See Arthritis, Bone Problems (Broken), Carpal Tunnel Syndrome, Cumulative Trauma Disorder, Inflammation, Osteoarthritis, Muscle Problems, Rheumatoid Arthritis, Tendonitis,

Tendon Problems

Emotions

You know what you want however, you lack the flexibility to make necessary changes to successfully create and develop what you want. You have a need to be creative with your life again. You want to follow your own journey and not someone else's agenda.

Fear of the future is often related to a lack of trust in yourself and in others. You have been giving and compromising too much. Many areas of your life have become out of balance. You only give to others and do not allow yourself to receive love, support or comfort. When you needed support in the past, your need was only met when you jumped through hoops. As a result, you feel that support and love are very conditional. You feel tired and drained of only giving and compromising for someone else's needs.

You may also feel that you have had to step in between your mother and father during arguments to keep the peace. You feel that you have been the buffer for people who are in conflict.

Key Points

- Who is blocking you from doing what you want to do? Who controls or intimidates you?

- Whose permission do you need in order to move forward with your life? Explore further possibilities.
- Do you participate in activities or have a job that requires you to use your hands and wrists a lot?
- How do you feel about your job or activities? How do you feel when you are using your wrists? Is there someone that you resent? Do you feel a lack of support? Do you feel controlled, rigid or trapped? Explore further possibilities.
- What has been a pressing and long standing issue in your life when the wrist problem started? Explore further possibilities.
- You don't allow yourself to do things that give you joy and pleasure in life. Why? Who or what made you feel that you do not deserve this? Explore further possibilities.
- You often deprive yourself of the good things in life. Why? Explore further possibilities.
- Explore resentment that you are holding onto. Inflammation = anger / resentment.
- You are very hard and unforgiving. Who treated you this way or did your parents treat each other this way?
- What in your life has become unacceptable or scares you? Explore further possibilities.
- You feel pushed and manipulated into doing things and work that you do not want to do. Why are you in this situation? Can you change it? How does this make you feel? Explore more possibilities.
- Feel that you have to protect a family member against an influential person. Why do you have to be the protector? Explore further.
- Trauma and disappointment related to fear of success or related to past failures. Often related to male figure in your life, such as your father or male role model.

Yaws

See Bacteria, Bone Problems, Skin Problems, Syphilis, Warts

Emotions

You feel suppressed, controlled or manipulated by your religion and influential people around you. You feel unprotected, uncared for, as well as unimportant. You may have been raised with the value and belief that others are always more important than you are.

You have been exposed to sex in a way that was confronting, stressful or disempowering. It also made you feel confused and disrespected. It may have challenged the values and possible religious beliefs that were projected on to you. As a result, you may feel a great deal of disgust and guilt related to expressing your sexual needs.

You were part of circumstances that didn't give you enough opportunities to exercise clear boundaries. As a result, you felt obligated to meet the demands and requests of others. You seem to feel that you are not strong and supported enough to make it on your own. As a result, you had to tolerate your circumstances and relationships (related to ancestral trauma). You feel that you are being punished for circumstances that you are not responsible for. You feel that your existence involved around serving others and keeping the peace. You feel very isolated, misunderstood and empty, without any stable support available to you. You seem to feel that there is nothing out there for you. Your passion for life has been suppressed due to your circumstances and authority figures.

Key Points

- Explore regret and guilt that you felt before this condition started.
- What has been a pressing issue in your life before this condition started?

- How were you introduced to sex? How do you feel about your sexuality?
- Do you feel respected when you are intimate? If no, explore why? Who made you feel this way?
- Trauma related to a power game being played back and forth between partners. Who was too domineering or abusive? Explore along the ancestral line. Who suffered as a result of a partner that was too masculine?
- You might associate sex with obligation, acceptance, invasion or violation. Explore further possibilities.
- What would happen if you said “no” to someone else’s demands? You may have associated setting boundaries with punishment, abuse, violation or abandonment. Explore further possibilities.
- Did your mother express similar issues as mentioned above while she was pregnant with you? If yes, then explore how her environment and emotions may have affected you in utero.
- Explore ancestral trauma for famine, slavery and imprisonment, being stripped of all human rights. Explore how these emotions may have been triggered in your life in different ways.

Yeast

See Allergies -Yeast

Yellow Fever

See Fever, Jaundice, Malaria, Nausea

Emotions

You feel frustrated and stuck. You seem to feel that you cannot change circumstances that are heading your way.

You are trying to let go of how you felt in the past. You feel familiar with the trauma and stressful circumstances. The trauma seems to be the only thing that makes sense in your life at the moment. You want to rid yourself of what you do not need anymore. This could include relationships, partnerships and friendships.

Your environment never really provided you with the safety and comfort you needed. You may have withdrawn from the environment and kept your own counsel. This is a result of not trusting influential people. Your trust has been betrayed and you cannot let go of the injustice and disappointment.

You feel invaded and attacked by circumstances and people that you trusted. You feel overwhelmed and stressed by life’s responsibilities and pressure from influential people.

Key Points

- How did you feel before this condition started? What has been a pressing issue in your life before the onset of yellow fever? Did you feel vulnerable, attacked or invaded? Explore how you felt before and at the time of infection.
- Who or what makes you feel under attack? How does this make you feel? Explore further possibilities.
- Who betrayed your trust? How did that make you feel? What did you need emotionally at the time when your trust was betrayed?

- Feeling invaded by your environment or people. Who or what made you feel this way? Explore further possibilities. Explore trauma during fertilization and after birth (feeling invaded after leaving the womb, being touched by strangers).
- Who or what in your life do you feel that you cannot get rid of or move away from? Why? How does this make you feel?
- You feel undeserving of the good things in life and expect the worst outcome. Why? What happened in your life that made you feel this way?
- Did either your mother or father feel the same way? If yes, then explore the difference between your emotions and your parent's emotions.
- You felt that there was not enough love to go around in life. You felt unworthy of love and support. This may have caused you to withhold love and support from yourself.
- Explore your anger and resentment issues. Who made you feel this way? Why are you still holding on to the anger? How does the anger and resentment keep you safe? You might feel that your anger gives you enough confidence to say “no.” This is called a boundary failure, not setting appropriate boundaries when you should have. Why?

Yolk Sac Tumor

See Cancer, Gonad Problems, Tumor

Emotions

Your mother may have felt suppressed, controlled or dominated by her partner while pregnant with you. Her boundaries were invaded, controlled and manipulated to suit her partner or her family's needs and demands.

You seem to feel a great deal of anger that has been suppressed in your mother and may have been triggered by your personal relationships and environment. Your mother's anger is a result of not exercising her own power or expressing her needs and feeling disempowered by a partner or by influential people.

You may have been taught that influential people are the leaders and have to be obeyed and respected, regardless. These values have made your mother feel like a moppet who has to do what she is told. She never felt she had a chance or option to exercise boundaries and express her own power. Feeling unable to stand strong and express her authority.

She felt unable to stand up for herself and as a result, allowed people to walk over her. Her masculinity did not attract the power that she needed in order to stand strong in herself and in her own power. She felt intimidated by dominating influential people. She didn't feel that she had permission to explore her talents and goals.

Key Points

- Explore your mother's anger and rage or feeling invaded, which overlapped in to the womb, affecting you in utero. Explore the difference between your mother's masculine blocks, trauma and problems versus your own.
- Did your mother or father feel controlled, abused or intimidated by influential people in their life? Did your mother feel safe enough to stand up for herself?
- Explore what caused your mother or father to suppress their masculinity. It seems that your mother or father might be too feminine in their approach to life. Why did they abandon or suppress their masculine qualities?
- Your mother and father are not exploring their creativity. They may have been forced into a career or way of life due to circumstances that suppressed what they really wanted. Explore further possibilities.

- Explore how your mother felt during the time when she fell pregnant and the cells started dividing after fertilization. Was she under any stress or in controlling circumstances that left her feeling out of control?
- Explore the amniotic fluid during the womb stages. Does it feel toxic? Explore how this may have affected you.
- Who made your mother feel unable to stand up for herself? Who else in her family has the same pattern? Explore the possibility of your mother having copied someone else's behavior during a time of stress and trauma and how she found comfort with this pattern.
- Your mother felt that suppressing her masculinity was safer. Explore this possibility for your father, as well.

EVETTE ROSE

Glossary – explanation of terms

You may come across these terms in this book.

Abuse, in its broadest definition, is any crossing of a person's boundaries. Abuse generally involves intimidation or manipulation and an intrusion into another person's space. Types of abuse include physical, sexual, emotional, financial, and spiritual abuse. A useful lesson is that a person can feel abused, even though the other person does not think they have done anything wrong. Abuse is subjective and we accept the victim's account at face value during therapy, because it is their feelings that we are healing. Acknowledgment means accepting the truth about something. It is the opposite of suppression or resistance.

Activate – when a trauma is activated (or triggered) it means that you have accessed or awakened the memory of the trauma (what happened to you) or the survival instinct (how you survived it). When the trauma is activated, you are in a trauma state. That means that you will make decisions or communicate from a place of trauma.

Attack – this is when someone is being verbally or physically attacked. The person feels unsafe, out of control or disrespected as a result. Feeling or being attacked is not necessarily a physical trauma; it can be emotional (feeling emotionally or mentally attacked). A person's ideas, opinion, truth, beliefs or values can be attacked.

Body Mind is the part of the Body and Brain model that corresponds with the R-complex. It is associated with basic reptile or fish abilities of acting on survival instincts. When we respond to a threat to our safety, or act to meet our most basic needs (food, shelter, the desire to reproduce), we are applying the body mind.

Boundaries define where you end and another person (or outside world) begins. This might define physical (personal) space and also mental / emotional space. For example: someone crosses your physical boundaries when they physically touch you without permission, or when they enter your physical space (such as your home). Someone crosses your emotional or mental boundaries when they verbally abuse or psychologically torment you.

Brain Mind is the part of the Body and Brain model that corresponds with the neo-cortex. It is associated with advanced human thought and reasoning, including language skills. When we think things through logically and communicate our reasoning, we are applying the brain mind.

Coherence means that all of your minds or centers of consciousness become one. For example: if the head (human rational brain), heart (feelings oriented mammal brain) and gut (body mind acting on instincts) all give the same answer, they are coherent. Coherence is (and should be) our natural state. It is trauma (especially at conception and in utero) that blocks us from coherence.

To complete a trauma means to finish the process that began with a traumatic experience, so that the survival instinct reaction has returned to its normal or neutral state (not stuck on or off). At this point, there is no subjective experience of trauma or lasting symptom.

Control (being controlled) – to be or feel controlled emotionally, mentally or physically. When a person’s freewill is manipulated and controlled by an influential person in an unreasonable way that causes the person stress or fear. An abuser may use dominance, threats, or forms of rejection or manipulation to control an individual.

Control (being controlling) is a lack of empathy or disregard for someone else’s freewill. Often this type of behavior stems from a resolved trauma related to lack of control in one’s past. Abusing power and authority or position within a family, workplace or relationship.

Ego is a person’s sense of self or identity. Ego creates a boundary; it keeps us feeling separate from others. Note that ego is neither good nor bad. It is not the goal of therapy to have no ego (in fact, that could be quite damaging). However, a useful goal would be to balance your ego, so that you can feel special and unique, without having to be separate. This would enable you to feel good about yourself without needing to be competitive or abusive of others.

Empathy is the ability to share another person’s feelings. Without empathy, it is not possible to have compassion or to take into account another person’s emotions. People with no capacity for empathy are considered to be sociopaths or psychopaths.

Epigenetics is the study of how the environment affects the expression of genes. The environment (e.g. emotional and physical trauma) can switch different genes on and off. The DNA itself does not change. I believe that epigenetics explains why ancestral trauma affects our emotional and physical health.

Fear is a distressing negative sensation caused by the perception that someone or something is a threat. The key element is the external threat, which distinguishes it from anxiety, which does not require an external threat. A fear might be completely rational, whereas a phobia is irrational.

Gut or Gut mind refers to listening to your body’s instincts. In the Body and Brain model, it refers to the Body mind.

Head brain – see Brain mind. Heart Mind is the part of the Body and Brain model that corresponds with the limbic system. It is associated with mammal abilities of feelings and group dynamics (behaving as a team or community, self-sacrifice to help the group). When we connect with our feelings and especially when we make decisions based on feelings, we are applying the heart mind.

Hidden benefit is a broad term, which means an internal or external benefit that we get from holding on to something, whether it is an association, trauma, symptom or something else. The term “hidden” suggests that the benefit is unconscious. Becoming consciously aware of the benefit helps to heal it, but does not always do so. Psychologists call the external benefit of a symptom secondary gain. We use the term “hidden benefit” when we are speaking more broadly about benefits that lie outside the definition of secondary gain.

An Instinct is an automatic behavior that does not require cognition or consciousness in order to occur. A learned response is not an instinct.

Key Developmental Events are key moments in the process of life, from conception through to birth. Examples include fertilization and implantation. Trauma at these moments in time can have a significant effect on our development. This suggests that instead of trying to clear any and all trauma, we can and should focus on specific traumas at those moments when we are most susceptible.

Personal responsibility means taking responsibility for your actions, accepting the consequences that come from those actions and understanding that what you do impacts those around you. You have a personal responsibility to take care of yourself, for example, by keeping healthy, managing your emotions, setting personal boundaries, and treating yourself with respect, etc. The opposite of personal responsibility might be called a “blame mentality.” People with a blame mentality will always look for someone to be responsible for everything that goes wrong in their life, rather than looking within. They don’t see how they might have caused the problem or how they can change things.

A Phobia occurs when a fear becomes irrational. For example: a fear of heights is a survival instinct to stop you peering off the edge of the cliff. However, if the fear prevents you from crossing bridges or boarding an aircraft, it has become a phobia. In practice, the difference between fear and phobia is not important.

Placebo is a substance that has no therapeutic effect. For example: a sugar pill is often used as a control in testing new drugs. Many people given the placebo treatment will heal; this is called the placebo effect. In relation to talking therapies, or spiritual healing, a placebo may be the interest that the practitioner shows in the client. Patients will often report at least a short-term benefit from any therapy, even one with no therapeutic effect.

Responsibility means being accountable for something or acknowledging that you are the cause or source of something. For example: if you take responsibility for your own life, it means that you acknowledge all the choices you have made that got you to where you are today. The opposite would be blame – if you tend to blame others for where you are in life, you aren’t taking responsibility. People often take too little or too much responsibility, depending on their nature. Too much responsibility is where you feel accountable for everyone around you, such as the health and success of your friends and family. If you take too little responsibility, you might be expecting others to support you rather than being accountable for your own success.

Secondary Gain is an external benefit (usually unconscious) that a client gets from their symptoms. Examples include avoiding responsibility or gaining financial advantage. We can gain external benefit from many things, so not all benefits are secondary gains. For this reason, we also use the broader term hidden benefits.

Self-sabotage occurs when you hinder your own progress or success, usually unconsciously. Self-sabotage is usually caused by fear. This is most often a fear of success. For example: a person with a fear of being hurt in a relationship may be going on many dates but constantly sabotage them, perhaps by being late, being rude, constantly finding fault with the partner, etc. This behavior enables the client to avoid ever being in a committed relationship, which could result in being hurt. The method for clearing self-sabotage using IBS is to identify either (a) the underlying fear, which the sabotage is avoiding (success at something); or (b) the

secondary gain of the self-sabotage – how is the sabotage keeping the client safe. In most cases, these two approaches will yield the same underlying cause. In some cases, it may be necessary to take both approaches.

Spiritual healing is a broad label for any of a wide variety of healing techniques (or “modalities”) which require either (a) a spiritual belief in a higher power; or (b) a belief in invisible “subtle” energies. Examples include prayer healing, angel healing, Reiki, Qigong, acupuncture and chakra balancing. I don’t consider IBS to be a form of spiritual healing because the effectiveness of the technique requires no belief in any spiritual causes or explanations.

Survival instincts are hard-wired instincts that keep us alive. The best known is the fight-or flight response. Other instincts include the freeze response and hiding. A useful test as to whether a feeling or instinct is a survival instinct is to ask, “How many steps is this removed from my survival?” For example, fighting, fleeing or freezing can each lead immediately to your survival. By contrast, people offer “aloneness” as an instinct, and whilst it may be safer to be alone, it does not lead immediately to survival. It is too many steps removed, so it is not a survival instinct.

Sympathy is a mixture of empathy (the ability to feel what others are feeling) together with a desire to see change or to help the other person. You may have empathy for all people but are more likely to sympathize with close friends and family. It is sometimes said that empathy helps you to recognize people’s problems but sympathy draws you into their problems. This is a reason why therapists must have strong professional boundaries.

A symptom is a physical or emotional feature noticed by a client that indicates an abnormality. A physical symptom may be an ache or pain, whereas an emotional symptom may be a strong emotion like grief or anger.

A State is the present condition or consciousness of a person at a given point in time. You could describe someone’s mental state, physical state or emotional state at any moment. Their State includes the content and coherence of their minds.

Therapy or Therapist, when used in this course, relates to any talking therapy or the person who applies them. Note that different states have different rules about the word “therapy” or “therapist.” You must not advertise a therapy or describe yourself as a therapist unless you hold the licenses required in your state.

Trauma is an injury or harm, which occurs when a person experiences a threat to his or her own, or someone else’s safety. Examples might include physical assault, an accident, injury, or other event, which involved a threat to survival, or feeling unsafe. [This is from the technical definition from DSM-IV, pp. 424-28.] Simply witnessing harm to someone else (even remotely by photo or video) can also constitute trauma. An example might be the trauma of watching the events of September 11 2001; this caused higher stress levels in many people and their children who were in utero at the time.

A Trauma State is a state in which a person’s trauma is activated. The person is responding from their trauma and survival instincts rather than a place of clarity. Generally a trauma state

is temporary. Even if the trauma is not healed, people naturally create a level of bypass so that they can get on with their lives – at least until the next time the trauma is activated. Thus, most people spend their lives moving from trauma state to bypass state to trauma state.

Triggered – see Activated.

Body and Brain model is a model of the evolution of the vertebrate forebrain and behavior proposed by the American physician and neuroscientist Paul D. MacLean.

References

The body is the barometer of the soul, 1994 Annette Noontil

Your body is telling you love yourself, 2001 Lise Bourbeau

The Body Bears the Burden, Trauma, Disassociation and Disease, 2001 Robert C. Scaer, MD

Recall Healing Pyramid of Health, 2011 Gilbert Renaud

Grant McFetridge (et al), Peak States of Consciousness: Theory and Applications, volume 1 (2004) and volume 2 (2009)

Wikipedia, “List of diseases” Online [Available]
http://en.wikipedia.org/wiki/Lists_of_diseases

Science Daily, “Babies Show Ripple Effects of Mothers Stress From 9 / 11 Trauma” Online [Available]

<http://www.sciencedaily.com/releases/2005/05/050503153904.htm> May, 3, 2005

Science Daily, “Mirror, Mirror In The Brain: Mirror Neurons” Online [Available]
<http://www.sciencedaily.com/releases/2007/11/071106123725.htm> 7 November 2007

About The Author



Evette Rose is an Author, Life Coach, Co-Founder of a personal development company and founder of Metaphysical Anatomy. Evette was born in South Africa and grew up in Namibia, West Africa. She moved to Australia for work. She is best known for her work in helping people to resolve trauma from their past and freeing them to live successful and fulfilling lives. Evette's work is drawn from her own personal experience of moving from a difficult past into a well-balanced life and career. Evette's philosophy is that we, as a human race, are not destined to live our lives in pain due to past trauma or abuse. Humans often suppress their ability to complete or heal trauma naturally. In today's society we often suppress our pain in order to keep

up with life and avoid being left behind. Fortunately, through gentle therapy, this natural internal healing instinct can be restored. Writing her books has helped Evette reach out to other people who are in need of love, support, and someone to relate to. She shares her experiences with the world in hopes that it will help people heal and provide encouragement and reassurance when they need it most. Evette now travels the world teaching personal development seminars. She has been to more than 40 countries and worked with thousands of people!

Would you like to learn and see more? Then visit my website:

www.metaphysicalanatomy.com