



A Simple Guide to
What Your Everyday
Aches & Pains
Really Mean

Barbara Clark

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TABLE OF CONTENTS

1. Right Or Left?
2. Head
3. Neck
4. Shoulders
5. Arms
6. Back
7. Hips
8. Knees
9. Ankles
10. Feet
11. Joints
12. Bones
13. Muscles
14. Digestive System
15. Stomach
16. Nose
17. Heart

18. Skin
19. Eyes
20. Ears
21. Inflammation
22. The Immune System
23. The Urinary System
24. The Common Cold
25. Influenza

About Me

For over eighteen years I have been an Emotional Freedom Technique and Reiki Practitioner. More recently I created the *Beyond Affirmations* healing guided meditation series and became a channeller. My book, *Brighter Horizons: Spiritual Illuminations From The Magdleine Group*, has been described as being "right up there with Abraham, Seth and *Conversations With God*".

I am passionate about sharing one simple message; Your body is not your enemy. It is always, always doing the very best it can to support you.

Learning this simple truth empowers you and helps you to work with, rather than against, your body. Whether you are dealing with illness, dis-ease or weight issues, this positive, cooperative approach is much gentler and more effective than beating yourself up and battling your body with negative self-talk.

You will feel better, heal faster and your body will come back into balance much faster when you realise you are both on the same side and work together.

A Simple Guide To What Your Everyday Aches & Pains Really Mean

This guide is not intended to replace medical treatment or any of the wonderful books that explore this subject in depth. It is simply intended to be a handy little guide you can refer to understand the messages that your everyday aches and pains are sending you.

When you realise that everyday aches, pains, coughs and colds have a message for you, the way you perceive and understand your body and your life will change forever. This is a much more empowering way to view the world than to believe you are a victim of your body and circumstances. There is a deeper reason for everything we experience.

The first thing to realise, is that the area of the body affected, holds a big clue to what is really going on and why you created the bump, bruise, cut, burn, graze, ache or pain.



Pain is your brain's
response to
unaddressed stress,
anger or fear.

~Dr John Sarno



Beyond Affirmations

RIGHT or LEFT?

Generally speaking, the right side of our body represents the masculine principle; the outside world, intellect, finance, authority, business etc. The left side represents the feminine principle; our inner-world, intuition, wisdom, creativity, nurturing etc. This is why pain or injury point to different emotional issues depending on which side of the body is affected.

Emotionally Speaking...

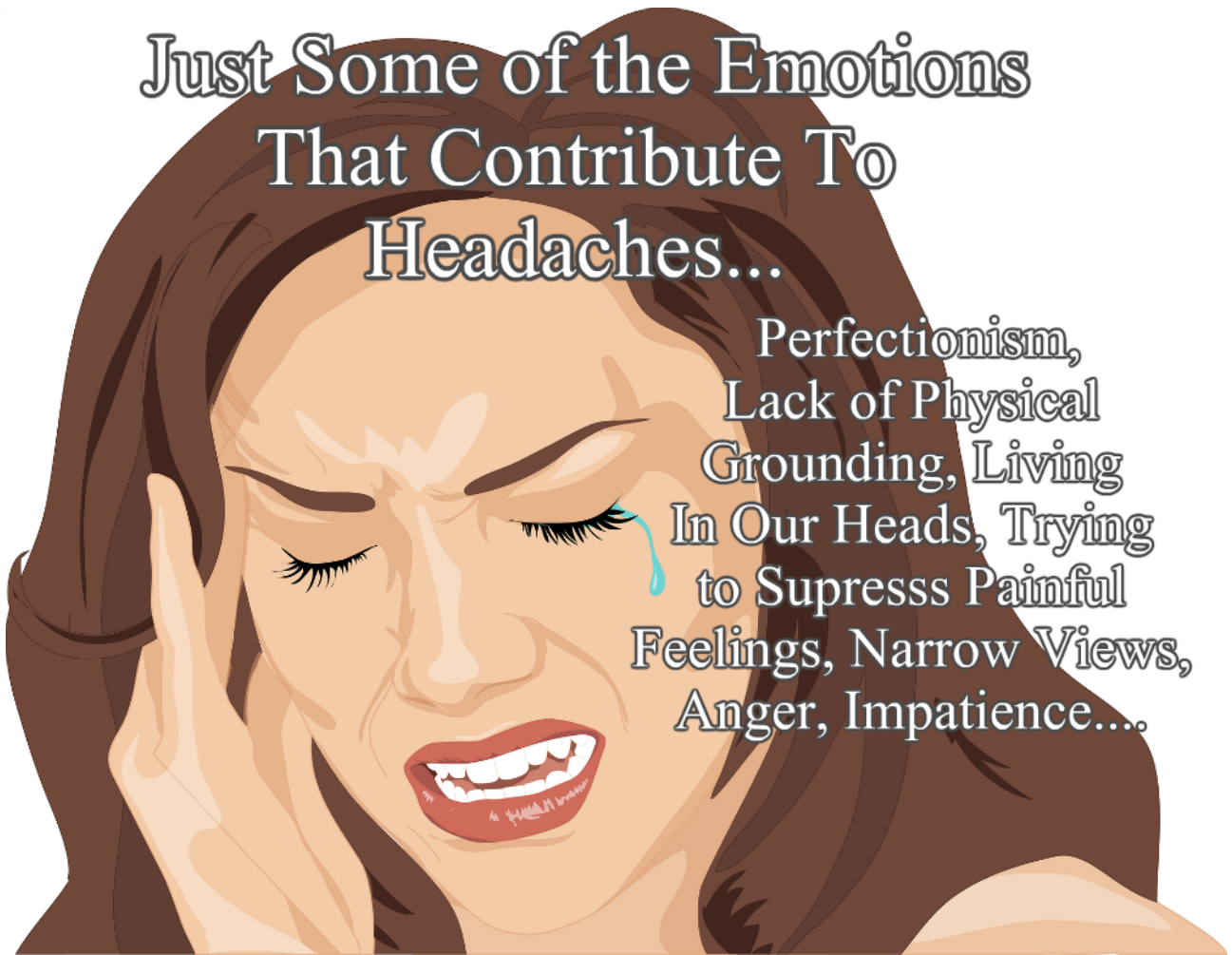
The left side of your body represents the feminine principle. Your inner-world of intuition, creativity & nurturing.

The right side of your body represents the masculine principle. The outside world of authority, business, finance & intellect.



HEAD

Just Some of the Emotions That Contribute To Headaches...



Perfectionism,
Lack of Physical
Grounding, Living
In Our Heads, Trying
to Supresss Painful
Feelings, Narrow Views,
Anger, Impatience....

The head, the seat of intellect and the place from which we reach outward to explore the world. A crack or accident to the skull can indicate a longing to expand and grow from within. Or it may be due to a conflict between the demands of the physical world and a deeper spiritual desire or motivation.

EMOTIONAL ISSUES CONTRIBUTING TO HEADACHES

- Tension & stress
- Inability to resolve emotional upsets
- Hurt feelings being repressed
- Feelings of inner pressure
- Feeling unable to control your life
- Fear & anxiety
- Painful relationships

- Impatience
- Narrow views
- Perfectionism
- Lack of physical grounding
- Excess mental absorption
- Holding on to old limitations

Headache Pain Relieved – Success Stories.

Download the What Your Body Wants To Hear, Headache Relief guided meditation MP3

Use our FREE affirmations for headache relief.

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NECK

The neck acts as a bridge between our heads and bodies, between the intellectual mind and the loving heart. Many of us have more energy in our heads, we can spend hours talking or thinking and this often comes at the expense of feeling or hearing our hearts and bodies. This can create tension or rigidity in our necks. If the head and the heart can communicate with each other and respect each other they may not feel so throttled or denied.

EMOTIONAL ISSUES

- Stubbornness
- Inflexibility
- Not wanting to yield
- Narrow-minded attitudes
- Inability to make a decision
- Not knowing which way to turn
- Conflict between thinking mind and feeling heart
- Feelings of repulsion about your body
- Helplessness
- Afraid to express your feelings
- Believing someone or something is a "pain in the neck"

Neck Pain Relieved – Success Stories.

Download the What Your Body Wants To Hear, Healing For Your Neck guided meditation MP3

Use our FREE affirmations to relieve neck pain.

Get What Your Body Wants To Hear Healing for Your Neck on mobile app.

SHOULDERS

The shoulders are where we carry the weight of responsibility. If we are carrying too many burdens for ourselves or others and develop painful, tight shoulders, it might be time to put them down and take time to care and nurture yourself.

EMOTIONAL ISSUES

- Carrying too much responsibility that is not yours
- Believing life is a burden
- Carrying stressful responsibilities
- Feelings of helplessness and hopelessness
- Lacking support
- Lacking courage
- Carrying weighty financial burdens



Injuries & skin complaints on the inside of your arm indicate you want to hold something or someone close.

If they are on the outside, the opposite is true; you want to push something/someone away.

ARMS

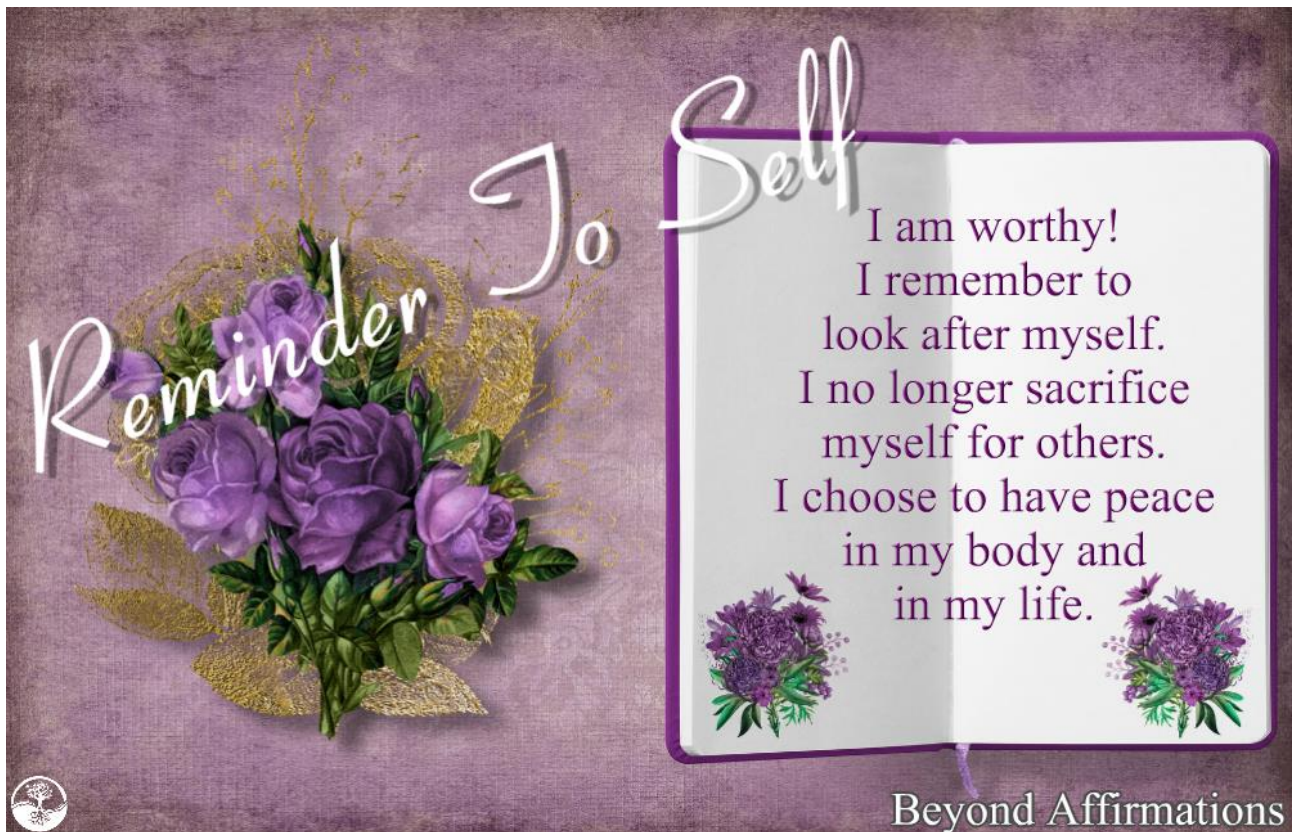
Our arms are a very large part of our communication skills. Open arms invite love in and show an open heart. Folded or close arms are our way of keeping someone or something at a distance and protecting our hearts. We can use our arms to hold and embrace or to attack, reject and repel. We use them to lift and carry and sometimes the load gets too much!

Like the sides of the body, the inner and outer sides of our arms represent different aspects. The outer side of our arms represent things that we want to keep away from us, the inner arm, things we want to hold close. If you hurt the outer side of your arm, look at what you are trying to push away. If it's the inner arm, what are you trying to hold on to?

EMOTIONAL ISSUES

- Inability to express feelings
- Unable to make decisions
- Unable to control your situation
- Inability to grasp life
- Resistance to activity or expression
- Holding back from sharing
- Hitting some kind of resistance
- Conflict
- Needing to take a break

BREASTS



Breast health issues are growing at a tremendous rate. It is vital that we start to understand what is going on emotionally beneath the horrendous statistics. Repressed anger, inability to nurture ourselves, self-sacrifice, people pleasing, lack of worthiness or an inability to keep our loved ones close and safe are among the many psycho/emotional issues that contribute to impaired breast health.

Lack of self-care, putting others needs before your our own and repressing our feelings, taking on other people's problems as if they were our own all contribute to an overall lack of self-care and self-esteem. Sadness, regret, holding on to past hurts, not knowing how to say no, feeling overwhelmed by the responsibilities of motherhood can all lead to feelings of disempowerment, victimhood and feeling as though we have no control of our own lives. Feeling unfulfilled by life and finding it difficult if not impossible to ask for help all can all contribute to breast conditions. Self-love really is the key to breast health.

Download the What Your Body Wants To Hear, Breast Health full guided meditation MP3

Use our free Affirmations For Breast Health

HANDS

Hands are where we create, so represent all the ways we do things and all the feelings we have about what we are doing.

The hands go out into the world ahead of us, they meet the world. They symbolise how we are handing life or feel we are being handled by life and/or others.

They are the most outward expression of our hearts. We touch, caress, show love or the opposite, we can also form a fist and express dislike.

Are you touching the right person? Do you really want to punch someone? Are you resentful at giving someone else a helping hand and not being given one back?

Hands can be wrung in anguish, gripped in desperation or clenched in anger. We can let things slip through our hands or can grasp them, sometimes too tightly.

Stiff Hands indicate a stiff or resistant attitude.

Painful Hands imply that what we are doing is causing us discomfort or something that is being done is hurting us. Is someone cramping your style?

Arthritic joint pain in the hands often implies an overly critical attitude about what we are doing or what is being done to us.

Sweaty Hands indicate that we are nervous, anxious or scared.

Very cold hands may show that we are withdrawing feelings from our activity, perhaps withdrawing love or emotional involvement.

FINGERS

The Secrets Hidden In Your Fingers



Your Fingers Hold Secrets

Every part of our bodies hold messages for us and fingers are no exception.

Pain or injury in different fingers have different meanings. As with everything we have two of, the side of the body affected is very significant when trying to work out which emotional aspect or issue is involved.

RIGHT HAND

THUMB

Relates to feeling lost, uninspired, listless. Problems with creative blocks, sexual energy, zest for life. Stress & worry.

INDEX FINGER

Relates to the intellect, how you perceive yourself, life and the world. Feelings of being controlled or being controlling. Feeling rejected, fearful or full of dread.

MIDDLE FINGER

Relates to Personal power, emotional pain, sometimes masked by weight gain. Sadness, fear, anger and resentment. Feeling confused, tired and/or drained.

RING FINGER

Relates to relationships, human connection, issues around giving and/or receiving love.

LITTLE FINGER

Relates to issues around survival and security, family and tribe. Issues relating to trust, feeling not good enough, not strong enough or lacking courage.

LEFT HAND

THUMB

Relates to standing up for yourself, self-assertion and self-worth. Suppressing your feelings, emotional coldness, detachment and loneliness.

INDEX FINGER

Relates to your sense of self, feelings of belonging, connection to your intuition and inspiration.

MIDDLE FINGER

Relates to notions of self-limitation, judgement, criticism and holding on to memories of painful experiences.

RING FINGER

Relates to your relationship with your inner-child. Feeling run-down or out of balance, guilt, blame, shame or anger.

LITTLE FINGER

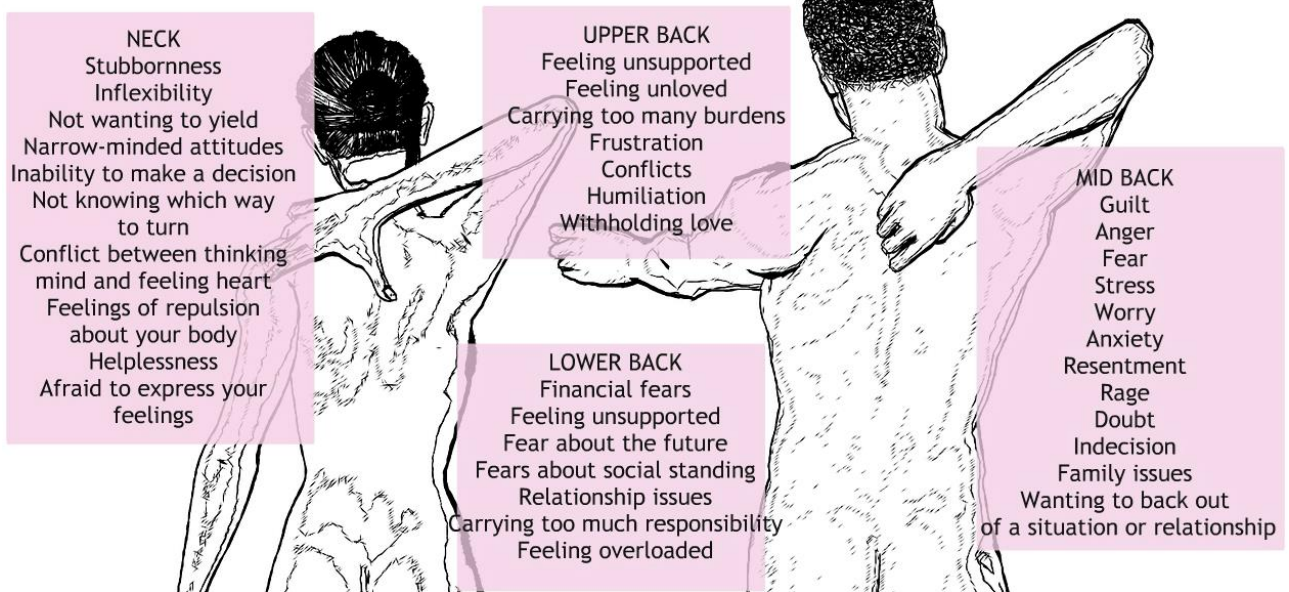
Relates to self-esteem, where you belong in the world, problems grounding yourself. Feeling unsafe or uncomfortable in your own skin.

A Finger Tip To Help You Let Go of Anger

If you are angry with a man or something in your external world, gently hold the middle finger of your right hand, take a few relaxing breaths and feel the anger dissolve. If your anger is directed at a woman or an inner-world, creative or intuitive situation, hold the middle finger of your left hand.

BACK

Emotional Issues Contributing To Back Pain



Upper Back

The upper back represents the reverse side of the heart; this is where we find fear, irritation, anger, resentment and frustration. Many physical issues can arise based upon the emotional health of your spine. Since the spine literally supports your whole body, pain and imbalance in the spinal column often reflects feelings of non support and lack of love.

EMOTIONAL ISSUES

- Feeling unsupported
- Feeling unloved
- Carrying too many burdens
- Frustration
- Conflicts
- Humiliation
- Frustration
- With-holding love

Back Pain Relieved – Success Stories

Download the What Your Body Wants To Hear, Heal Your Upper Back guided meditation MP3

Use our FREE affirmations for your Upper Back

Get it What Your Body Wants To Hear, Heal Your Upper Back on mobile app.

Mid Back

The middle area of your back holds the balance in the centre of the body; therefore it is connected to decision-making. Resentment can also be found in the middle back. Pain in the mid-back is associated to deficiency in the stomach liver, gallbladder, adrenal glands, and reproductive organs. The saying “I bent over backwards to help” relates to the middle back.

EMOTIONAL ISSUES

- Guilt
- Anger
- Fear
- Stress
- Worry
- Anxiety
- Resentment
- Rage
- Doubt
- Indecision
- Family issues
- Wanting to back out of a situation or relationship

Download the What Your Body Wants To Hear, Healing for Your Mid Back guided meditation MP3

Back Pain Relieved – Success Stories

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Lower Back

The lower back is often where we store feelings of being unsupported, the weight of responsibility. Issues with the lower back are connected to the large intestine, immune system, bladder, and kidneys. Childhood trauma that has not been dealt with often manifests in lower back problems. Issues of security, isolation, survival and self-support are often stored in the lower back.

EMOTIONAL ISSUES

- Financial fears
- Feeling unsupported
- Fear about what lies ahead
- Fears about social standing
- Relationship issues
- Carrying too much responsibility
- Feeling overloaded

Back Pain Relieved – Success Stories.

Download the What Your Body Wants To Hear, Healing For Your Lower Back guided meditation MP3.

Use our FREE affirmations for your lower back

Get What Your Body Wants To Hear, Healing For Your Lower Back on mobile app.

HIPS

Fear of movement can manifest as stiffness or pain in the hips. Fear of moving in to our future or of a change in the direction of our lives. A resistance to change, perhaps regarding work or living situation or a fear of not finding and fulfilling your life's purpose. Does the ground you are standing on feel shaky and uncertain? Feeling useless or fearing for our survival causes us to hold on tightly to what we have often to the point that we become immobile. Are you carrying too much weight for others, holding it as a mother carries a child on her hip? You may even be carrying your own mother in your hips. Is it hard for you to put her down and stand on your own? Hip pain is often telling us that we are holding on to a lot of fear, root chakra, primal fear.

EMOTIONAL ISSUES

- Fear of making major decisions.
- Has nothing to look forward to.
- Lack of physical and emotional support.

Hip Joints

- Not wanting to accept present experiences.
- Non acceptance of physical experiences.
- Fear of going forward.
- Major decisions.
- Nothing to move forward to – towards.
- Fear of where we are going.
- Fear of change.
- Inability to let go of the past.
- Feeling unable to stand on our own.
- Lumps of stubborn anger at parents.

Hip Stiffness

- Resistance to change.
- Work/living situation.
- Fearful about life purpose/financial future.
- Standing on shaky ground and/or uncertain ground.
- When we feel useless our hips prove that uselessness by preventing us from moving.
- Survival fear makes us hold on tight to what we have until eventually we become immobile.
- Fear of intimacy.
- Fear of letting someone get too close.
- Past hurt can cause us to withdraw energy from this area.
- Do you want to go in your own direction and move away from a situation or person or relationship?
- Are you carrying too much weight for others?
- Finding it hard to stand on your own.
- Conflict.

Hip Pain Relieved – Success Stories

Download the What Your Body Wants To Hear, Healing For Your Hips guided meditation MP3.

Use our FREE affirmations for hip pain.

Get What Your Body Wants To Hear, Healing For Your Hips on mobile app.

KNEES

Nine Messages Painful or Injured Knees May Have For You

1. Inability to bend
2. Fear
3. Inflexibility
4. Stubbornness - won't give in!
5. Lack of Ease
6. Fear of Changing Life Direction
7. Unwilling to Bend to Authority
8. Ego Gets in the Way
9. Pride Gets in the Way



We need our knees to be flexible so we can move with grace and ease, to dance, run and climb stairs! Pride and inflexibility put a strain on our knees. If our knees give way too quickly, knocking or trembling with fear or an inability to stand up for ourselves, we need to work on our self-esteem and insecurity issues come to believe in ourselves and claim our place in the world.

EMOTIONAL ISSUES

- Stubborn ego and pride.
- Inability to bend.
- Fear.
- Inflexibility.
- Won't give in.
- Fear of change of life direction.
- Lack of ease of movement.
- Unable to be flexible.
- Not wanting to bend, usually to authority.

Right Knee

- Not wanting to give in to authority
- Conflict
- Moving in a direction you don't want to go, but going anyway
- Spiritual turmoil

- Conflicts about no longer being physically able to do something

Left Knee

- Insecurity
- Unresolved stress

Knee Pain Relieved – Success Stories

Download the What Your Body Wants To Hear, Healing For Your Knees guided meditation MP3.

Use our FREE affirmations for knee pain.

Get What Your Body Wants To Hear, Healing For Your Knees on mobile app.

ANKLES

These thin little parts of our body support our entire weight. If an ankle slips our whole body falls to the ground. Support is the key here as the ankles reflect the support we depend on not just from others but from our inner support system. This inner system consists of psychological and emotional beliefs that give our lives meaning and purpose. If any of this is taken away, doubted or questioned there is nothing to hold us upright. This can happen when we experience shock or trauma or when we feel rejected, betrayed and unable to stand alone.

EMOTIONAL ISSUES

- Feelings of being caught off balance
- Not knowing which foot to lead with
- Feelings of insecurity
- Self-worth issues
- Inflexibility
- Guilt
- Resistance to receiving pleasure

Ankle Pain Relieved – Success Stories

Download the What Your Body Wants To Hear, Healing For Your Ankles guided meditation MP3.

Use our FREE affirmations for ankle pain.

Get What Your Body Wants To Hear, Healing For Your Ankles on mobile app.

FEET

Our feet ground is in the physical world. They take us forward in our life's journey. As we grow up, we learn to "stand on our own two feet". We can "put our foot down" to ensure our boundaries. If we are afraid of the direction our lives are taking this can manifest as foot problems. As our toes go on ahead of us they are sometimes the part that gets hurt first if we are pushing ahead too quickly or in the wrong direction. If you are tiptoeing through life, your toes might make their presence felt and bring you down to earth.

EMOTIONAL ISSUES

- Fear of the future
- Feeling unable to stand on our own two feet
- Unclear about direction in life

- Emotional uncertainty
- Emotional burdens too great to bear
- Holding on too tightly
- Stubbornness
- Fear of change
- Feeling ungrounded
- Issues around motherhood.

JOINTS

Our joints allow us to move. They connect our thoughts and feelings with movement and action. When they are at ease they allow easy, graceful, pain-free and effortless movement. If they are not at ease, are inflamed or painful our movement becomes stiff or jerky. The most common difficulty with joints is inflammation. This represents fear, a build up of anger, irritation or an inability to convey our feelings.

- Anger
- Resistance
- Rigidity
- Inflexibility
- Critical attitudes
- Not expressing your deeper feelings
- Lack of freedom
- Holding on to old ways of being

BONES

Our bones support us. Just as our core beliefs can give us inner support or break us down, healthy bones support us strongly, but too much conflict, inflexibility or resistance can cause problems with our bones. If you feel emotionally fractured or split you may even experience a broken bone.

- Stiff or limiting beliefs
- Inflexibility
- Resistance
- Deep conflict
- Feeling broken
- Divided loyalties
- Going in one direction in your life yet longing for another direction

MUSCLES

Our muscles work in conjunction with our bones to provide movement. When we are well, healthy and at ease, they work seamlessly and effortlessly. If we accumulate too much stress and tension in our muscles we can lock our musculature into fixed, painful positions.

- Stress
- Tension
- Imbalance
- Fear
- Guilt
- Self-esteem issues
- Past traumas
- Anger
- Emotional blocks
- Insecurity
- Self-punishment
- Resisting a deep desire for change

DIGESTIVE SYSTEM

The digestive system allows us to take in nourishment. This is where our basic needs for food and love can sometimes get mixed up. As infants, both food and love are vital for our well-being and the line between food and love can often get tangled. Think how many millions of people struggle with emotional eating! The love and emotional nourishment many people seek to fill though eating is the love every human being needs and craves. It is essential for our well-being that we learn to give this love to ourselves, from our own hearts, not from food. No amount of food will ever be able to fill that aching void.

STOMACH

Our stomachs are often where we store feelings of fear and anxiety. Digestion symbolises the ability to absorb what we need and let go of what we don't need. Do you know what is good for you? Do you have a tendency to be influenced by things that are not good for you?

When we harbour worry our digestive enzymes churn away until we can no longer stomach what is happening. Our relationship with food is intimately connected with how emotionally loved or nourished we feel and our stomachs deal with all these conflicting emotions for us. What emotions are you harbouring in your stomach? What painful emotions are you trying to swallow down?

EMOTIONAL ISSUES

- Anxiety
- Worry
- Lack of love
- Trying to stuff down painful emotions
- Holding acidic, corrosive emotions
- Anger
- Condemnation
- Feelings of revenge
- Insecurity
- Irritation
- Lack of self-worth
- Grief
- Guilt

- Shame

Stomach Pain Relieved – Success Stories

Download the What Your Body Wants To Hear, Healing For Your Stomach guided meditation MP3.

Use our FREE affirmations for stomach problems.

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NOSE

Our relationship with life is reflected in our nose. We must breathe to live, therefore if we are not at ease with life, with what we are breathing in, our nose might become blocked. Our sense of scent is much more important than we often think and it is very connected to our intuitive abilities to perceive things that are less obvious or less visible to our eyes.

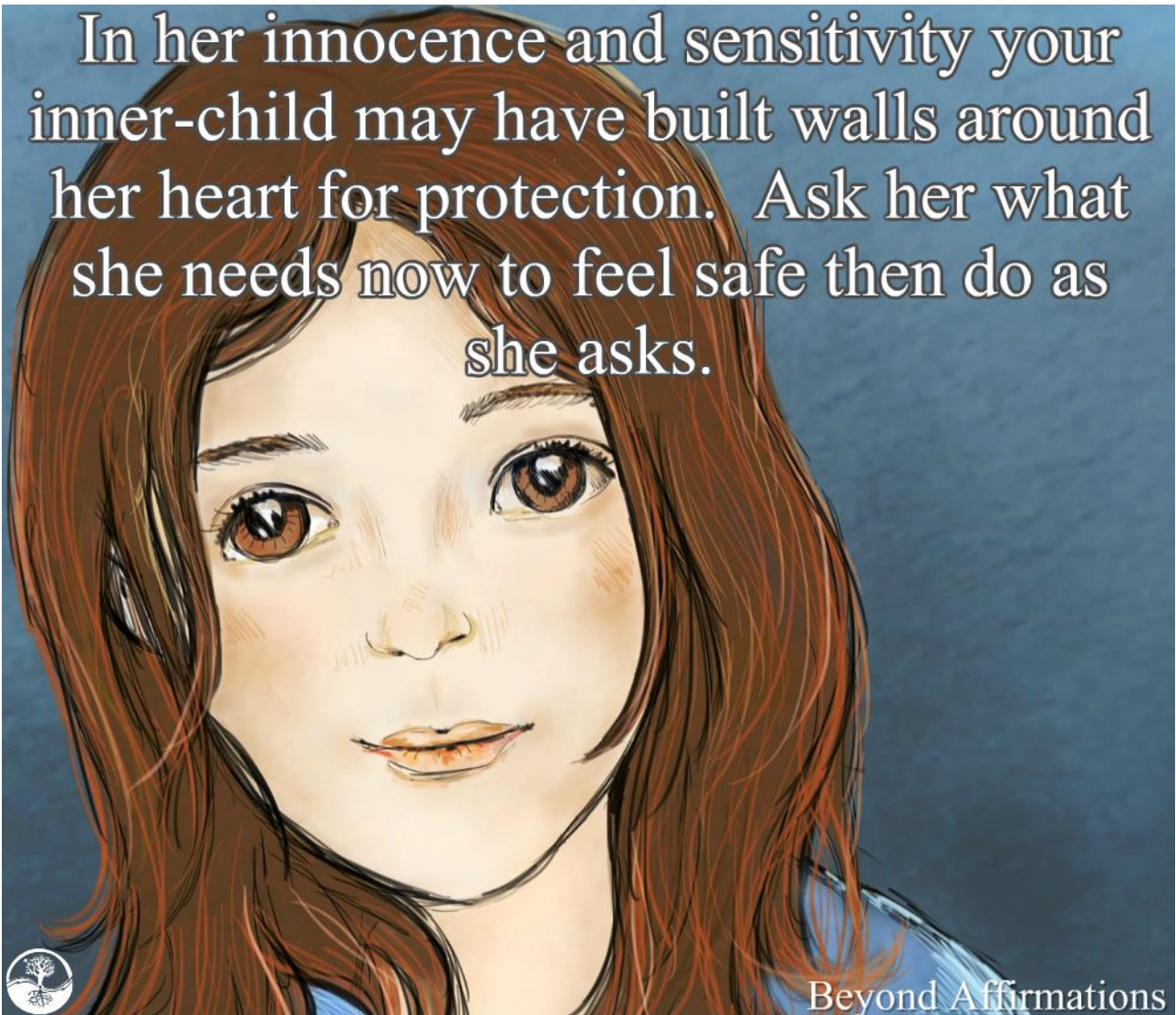
Learn how Zane Baker of Valhalla Mind, an expert meditator who had allergy, sniffing and breathing problems came to love his nose and clear his breathing problems. Zane explains how his life has changed, how clear his breathing is, how he is free from medication and as you will see in his video, no more sniffing!

EMOTIONAL ISSUES

- Feeling unsafe
- Respecting other people's boundaries
- Accepting life
- Feeling ill at ease
- Lack of strong personal boundaries
- Issues of personal control
- Panic
- Nervousness
- Not standing in our personal power

HEART

In her innocence and sensitivity your inner-child may have built walls around her heart for protection. Ask her what she needs now to feel safe then do as she asks.



Our heart and blood stream correspond to our relationship with love. As blood gives us life, so love gives our lives meaning and direction. The more we open our hearts to love, for ourselves and others, the more expansive our lives become. If we close down to love, our hearts can harden and blood circulation constrict. As with all of these things, this works on a physical as well as an emotional level. An open, loving heart is vital to our physical and emotional well-being.

EMOTIONAL ISSUES

- Repressing love
- Squeezing all the joy out of you life with worry and stress
- Lack of joy
- Clutching fear
- Resentment

- Not feeling approval from others
- Wanting to be free of responsibility
- Staying in a painful relationship
- Violating the laws of love by blocking feelings of love and compassion
- Difficulty forgiving self and others

“Serenity, Peace & Love” – Success Stories

Download the What Your Body Wants To Hear, Heart Healing guided meditation MP3.

Use our FREE heart healing affirmations.

Get What Your Body Wants To Hear, Heart Healing on mobile app.

SKIN



Your Skin Is Amazing!

It is waterproof, washable, elastic and self mending.

It protects against water loss whilst allowing us to perspire, defends against infection and exposure to foreign substances and regulates our temperature.

It also reflects our inner world...

The skin is amazing! It is waterproof, washable, elastic and self mending. It protects against water loss whilst allowing us to perspire, defends against infection and exposure to foreign substances and regulates our temperature. It also reflects our inner world!

The skin represents the boundary of our body. If our emotional and energetic boundaries are not healthy this may reflect in the condition of our skin. If you are irritated or if someone is “getting under your skin” should you be surprised that your skin becomes itchy or inflamed, angry and red?

If we feel we are under attack even if we strive to show a polished veneer to the outer world, sooner or later our skin will come to our defence in the only way it knows how, by manifesting physical evidence, acne, redness, itching, hardening or flaky skin.

EMOTIONAL ISSUES

- Personal boundary issues
- Something or someone "getting under your skin"
- Irritation
- Anger
- Lack of self-esteem
- Afraid to face the world
- Stress

- Tension
- Anger
- Grief
- Fear of responsibility

Skin Conditions Relieved – Success Stories

Download the What Your Body Wants To Hear, Soothe Your Skin guided meditation MP3.

Use our FREE affirmations to soothe your skin.

Get What Your Body Wants To Hear, Soothe Your Skin on mobile app.

EYES & EARS

These very sensitive organs allow us to perceive the world. They can be so overcome by trauma that our ability to perceive becomes distorted.

EYES

Emotional Issues Related to Eye Problems

Wanting to Hide Away & Be Invisible, Seeing Only a Dark Future, Distorted Perception, Loneliness.

Grief, Shame, Sadness, Painful Memories, Not Wanting To See Things As They Are.



Our eyes are incredibly expressive, they are a dead giveaway to what is really going on in our inner-

word. If we cannot bear to see what is right in front of us, or fear what lies ahead, our eyes may close off our vision.

EMOTIONAL ISSUES

- Painful memories
- Shame
- Fear
- Helplessness
- Loneliness
- Irritation
- Distorted perception
- Resistance
- Fear of Change
- Sadness
- Trauma
- Wanting to hide away and be invisible
- Not wanting to see things as they are
- Seeing only a dark future

EARS

Our ears are able to detect minute vibrations in the air and translate them into electrical impulses to be sent to the brain. Hearing has many aspects, we may hear but do we truly listen? Do we feel truly heard or listened to? Have we tried to close down our hearing to cut ourselves off to avoid hearing anything unpleasant?

EMOTIONAL ISSUES

- Longing to be heard, acknowledged and recognised
- Feeling alienated
- Not looking after your own needs and feelings
- Not listening to your inner-voice or intuition

- Shutting your self off
- Insecurity
- Trauma
- Anger
- Fear

INFLAMMATION

Inflammation is sore, red, hot and sore. Inflammation or any condition with the term "itis" in it implies that anger and frustration are likely be the emotional culprits behind the condition.

THE IMMUNE SYTEM

Our immune systems protect us from invasion from the outside world but to remain healthy, it has to be balanced. If it is over-active to outside substances allergies can develop. If it is over-active to inside issues, autoimmune diseases can occur. A positive emotional environment helps create a healthy, well-balanced immune system.

THE URINARY SYSTEM

The urinary system removes waste and toxins very efficiently when it's healthy. However, if you have difficulty letting go of old, painful emotions, holding on to them and blocking them inside, your urinary system may mirror your emotional state. On the other hand if you are frequently "pissed off", it may also reflect that state.

THE COMMON COLD

Too much going on at once, mental confusion & disorder. Conflicts and perceived emotional hurts. Need for comfort. Emotional shock. Repressed grief. Frustrations at work. Fearful of intimacy. longing to be cared for, the stress of change and transition Beliefs!

INFLUENZA

A sense of our identity or purpose being undermined. Needing some time out, needing to build up our inner strength. Clearing out toxins. Response to mass consciousness negativity & fear. Beliefs!

Although beliefs feature throughout, it is almost impossible to avoid the media messages that it's "cold season" or "flu season". It pays to be very aware of the messages coming at you. Become conscious of them and whenever you hear or see these messages, say "cancel, cancel, cancel" or "delete, delete, delete" or some version of that. The media and pharmaceutical industry know full well how powerful their messages of dis-ease are. If they didn't, they wouldn't spend millions of pounds and dollars on advertising!

A PERSONAL NOTE AND FREE GIFT

I very much hope you have enjoyed this little guide and that it has given you more insight about how powerfully your emotions affect your body. I hope it has also helped you work out what emotions are creating your pain or discomfort and how you view “accidents” or injury. Working with rather than against your body will speed up your recovery and very often leads you to a deeper level of self-knowledge, wisdom, trust and self-love.

At the root of many illnesses and disease are fear, worry and chronic stress. That is why my Release, Heal & Transform Fear affirmations and guided meditation is a FREE download both as an MP3 and on our What Your Body Wants to Hear mobile app.

We also have affirmations and a guided meditation to help you release Stress and Anxiety and Grief and Trauma

I am always delighted to hear from people who use my meditations or who are interested in the amazing way our bodies are always doing the very best they can to support us. I'd be delighted to welcome you to our private Beyond Affirmations Community Group on Facebook.

To your health and healing,

Barbara

Pain acts as a
distraction
from the anger,
fear or rage
you don't
want to feel
or think about.

~Dr John Sarno



Beyond Affirmations