



BODY LANGUAGE:

DECIPHERING YOUR BODY'S CLUES SO YOU CAN HEAL

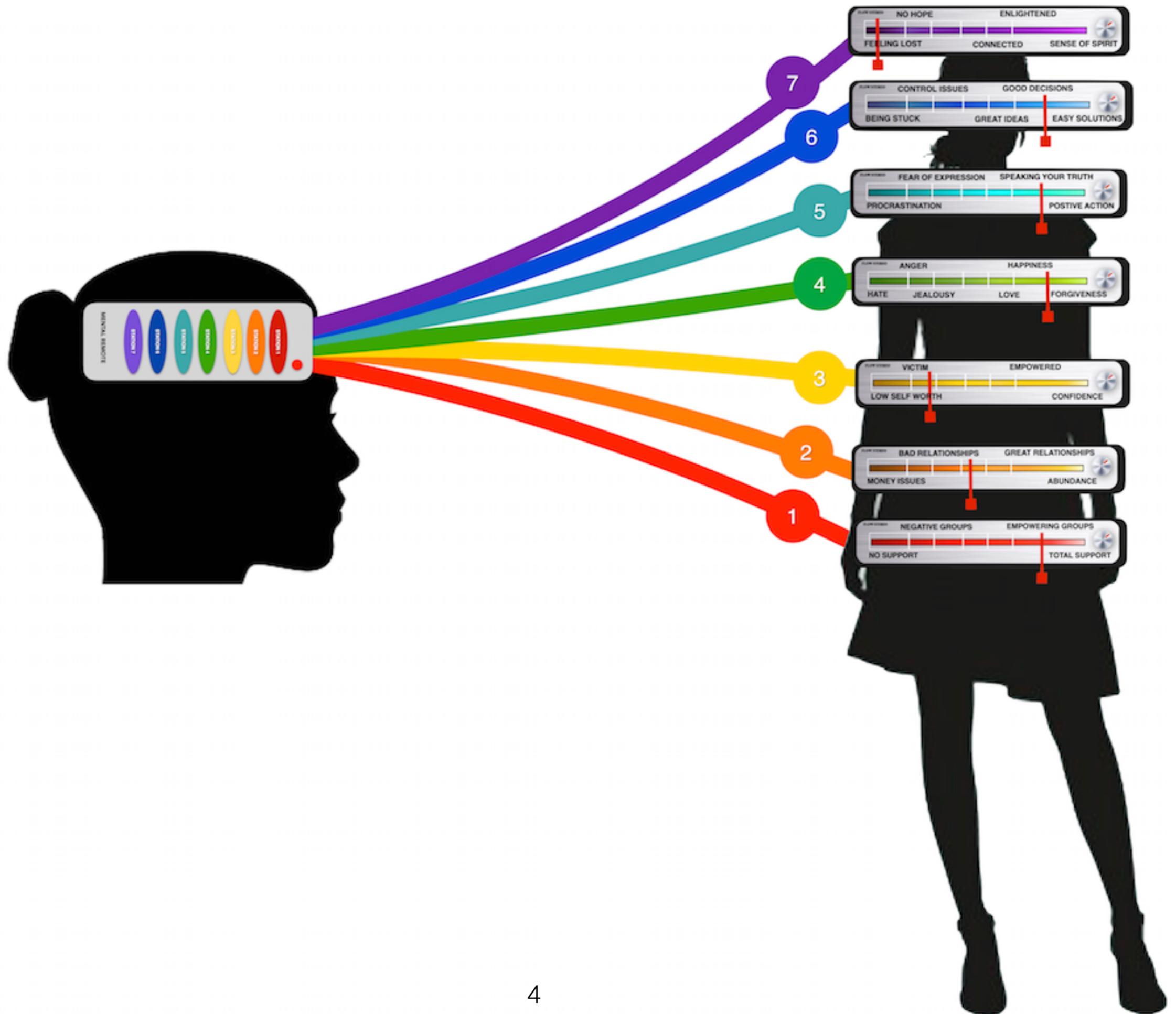
As we start this process, please always remember this statement:

*You are **NOT** consciously creating disease, but you can consciously understand the message in any pain or disease and begin to heal.*

Negative experiences and patterns of difficulties are the red flag that something is “out of The Flow” in your mind and life. If you can catch it at that level, you can shift the patterns and heal. If you don’t catch it at that level, the body speaks up with pain or illness that corresponds exactly to what’s going on in your life.

Questions I had to answer:

- Why do we have one area of our lives that is easy and problem-free, while another area has nothing but negativity and repeated negative patterns?
- What causes us to have repeat patterns in our lives?
- What is the reason that certain life events or negative experiences happen and then illness or pain develops?
- Is there a connection between the kind of life experiences we have, the repetitive behaviors we employ, the beliefs we hold (conscious and subconscious), and the kinds of ailments we manifest?
- And if there is a connection, can we use that information to shift our lives, mental states, and health in desirable, specific ways?
- Why do bad things happen to good people?



Overview of the Body Language Translation Process:

Step One: Which side of the body is affected?

Step Two: How long has the issue been affecting the person? If it's a disease that is staged, what stage is it at?

Step Three: Identify/describe the pain or illness. What does it feel like? What does it look like? Is it a lump or bump? A rash? What words would you use to describe it?

Step Four: When the part of the body is functioning normally, what is its purpose and function? Then, what is physically going wrong? For example, in a muscle spasm, the muscle is contracting violently.

Step Five: What area(s) of the body are affected? What Flow Station would that correspond with?

Step Six: If you happen to have the person's Flow Factor Test, refer to the results. This can help you hone in on the specific issue.

Step Seven: Look at all the information and begin to put it together, using your intuition and thinking metaphorically.

Please note: This process is about 30% intuition and 70% logic/using the Flow Method process.

The Side of the Body:

The side of the body where the disease or pain manifests tells you a great deal.

If it manifests on the RIGHT side:

It has to do with a male or with the more masculine energies of being able to take action/movement forward or toward a goal/dream/moving out of a bad situation/etc. If you are male, then it can also have to do with issues you have with yourself, then it can also have to do with issues you have with yourself (lack of self-love, harsh criticism of self, etc). If this is the case, then the rest of the process will help you hone in on exactly what's going on.

If it manifests on the LEFT side:

It has to do with a female in that person's life OR with the more female aspects of being receptive to things coming to you (can be physical things such as people needed for a business or money, for instance - or it can be mental/emotional things such as ideas, solutions, love, or joy). If you're a female, then it can also have to do with issues you have with yourself (lack of self-love, harsh criticism of self, etc). If this is the case, then the rest of the process will help you hone in on exactly what's going on.

All over the body:

If it manifests all over the body: Auto-immune disease or things like rashes all over the body or diseases of an entire system (for instance, neurological conditions that affect the entire body) have an underlying issue that either deals with Station 1 imbalances (feeling unsupported and unprotected by groups in your life) or Station 7 imbalances (not feeling like you have a life purpose or are feeling totally disconnected from the world at large or a higher power).

Staging and timing, and what that tells you:

If it's a disease that is staged, the stage the disease is at can tell you a great deal about when the negative life experience happened. If it's not a disease that is staged, then identifying when the problem first appeared and "staging it" (grading how severe it is or how much it bothers you) can tell you about when the negative life experience happened and how severe a response the individual had to it.

Stage 1: The adverse event/pattern has occurred within the last 6 months.

Stage 2: The adverse event/pattern has occurred within the last 6 months to one year.

Stage 3: The adverse event/pattern has occurred within the last year to two years.

Stage 4: The adverse event/pattern has occurred longer than 2 years prior and may be as long as something from childhood.

If the disease isn't staged, then take a look at when it first appeared.

Appeared in the last month or so: Look for an adverse event that happened 4 - 6 weeks prior.

In the last 3 - 6 months: Add about a month to the timeframe, so you are looking at an adverse event that happened in the last 4 - 7 months or so.

In the last 6 months to year: Look for an adverse event that happened in the 6 months prior to it manifesting.

In the last year to two years: Look for an adverse event that happened in the last two to three years.

In the last 3 years to longer: Look for an adverse event that happened many years ago. Seek a pattern that could even be from childhood.

Add in to your calculation how severe the issue is. So, if it's something that has shown up in the last two months and is debilitating, you are likely dealing with a very serious adverse event/emotional wound that may even have roots further back.

Things like heart attacks and strokes are due to an extreme shock or stress that may have been building for a while, but has intensified dramatically just before the attack or stroke, or was an extreme trauma (physical, emotional, or mental) that happened just prior. IE - people do actually die of a broken heart. Working further in the process will help you zero in on what that issue is.

Is it a Trigger?

There are times when the issue manifests in response to the anniversary of an emotional or traumatic event, or, to put it more succinctly, the old event triggers a present response. If this is the case, then none of the above staging will work or make sense. Immediately ask if something happened on or around this date in the years prior.

And remember this: *The conscious mind forgets, but the subconscious never does.*

You may also encounter triggers when dealing with trying to get rid of bad habits, or when you are dealing with an irrational or anxious response to some outside stimuli.

Pain, Discomfort, Lumps, Bumps, and Rashes:

Ache: heartache, longing, broken heart

Throbbing: Insistent issue that is causing frustration and extreme stress

Pounding: Frustration, feeling blocked

Stabbing: Someone or something is stabbing at this person

Cramping/Gripping/Spasms/Tightness: Gripping fear

Gnawing: Feeling like something or someone is eating away at you

Shooting: Shock (can be the same as stabbing as well)

Hot/Burning/Searing: Rage/Anger at someone or something

Dull: Long-standing heartache/long standing feeling of loss

Splitting/Punishing/Intense: Feeling like something around you is trying to break you down or punish you/attack you

Heavy/Tiring/Wearing: Feeling extremely burdened and weighed down by an issue

Sickening: An extreme hit against your self-worth, like a punch in the gut

Bruised: Emotionally injured by someone or some event

Nagging: There's a painful issue that is trying to get your attention or you are literally being nagged to death by someone or some event around you. This can show up when you are not listening to your instincts about something.

Tingling: Constant shock from someone or some event that is ongoing.

Itching: Irritation

Strain/Sprain: Straining under the weight of the issue, which is wearing you down. The part of the body where it shows up will tell you what's going on.

Ulcers/acid: Eating away at yourself/breaking yourself down. The part of the body will tell you what specifically is going on.

Broken bone: Either needing a break (doing too much for too many people without help) or having a major break in something in your life (break up of a relationship, for instance). Again, the area of the body will tell you what's going on.

Pockets (such as diverticulitis): Holding on to toxic gunk and saving it up.

Numbness: Something happened that was so painful that the body protected itself by shutting off the pain. It can (and likely is) something emotional. People who have gone numb emotionally are dealing with the same issue.

Compression/break down (as in compressed vertebrae or osteoporosis): Has to do with immense pressure and little support or help for the individual. The issue itself will come to light when looking at the Station where the compression is happening.

Infection: Usually caused by emotional stress and feeling invaded/unable to protect themselves or to be protected from some outside element. Depending on where it is in the body and how it manifests, it will have a different meaning.

Mucus: Build up of negative emotions and feeling blocked by something, usually emotional.

Lumps and bumps:

Tumor/Fibroids: Emotional wound or scar that was deep and that you have not forgiven or grieved. It's often a heartbreak, a betrayal, or some other extremely difficult emotional event and is usually around someone quite close to the individual.

Cyst: Emotional wound or scar, but not as deep. It's a block of the flow of energy in that area; when you get to the part of the body and the corresponding Station, you'll know where the block is.

Blockage/Clot: Block of flow of good in that area of the body.

Boil: Built up anger/toxic emotion.

Stone (gall or kidney): Hard build-up of toxic thoughts or emotions

Bone spur: Old emotional wound that you are trying to fight against/protect yourself from

Extra weight, swelling, or edema: Needing padding against some aspect of life. You'll know what aspect when we get to the part of the body and the corresponding Station.

Rashes:

Rashes are always dealing with irritation/frustration. The color of the rash and the area of the body will tell you what the irritation is.

Red rash: Angry

Purple rash: Bruised (emotionally, mentally, or spiritually)

White rash: Shock/numbness

No pigment: The situation is eating away at you and draining you

Crusty: You're trying to protect yourself from something

Raised rash: Trying to get your attention/Trying to protect you

What's the normal function of the body part?

What's going wrong?

Every part of your body has a normal way that it functions. The exact way that it is malfunctioning can tell us a great deal about what's going on.

For instance, normally, you can turn your head left to right. What if you suddenly cannot turn your head to the right? It's likely that there is a man in your life that you can hardly look at because he is stressing you out on some level or perhaps you don't want to look at an alternate viewpoint.

1. What if your kidney is swelling?
2. How about if your achilles tendon is so tight you can't move forward easily?
3. What if you have a blockage in the aorta that brings blood into your heart?
How about out of your heart?
4. What if your tear duct is blocked, so you don't make tears? What if you never stop making tears (eyes constantly water)?

Restricted movement/Movement disorders:

With restricted movement issues, it's important to look at what's going on that is restricting the movement, and how the body is moving in an irregular way.

If there is pain, you need to look at what movement causes the pain or discomfort.

Here are some examples:

Knees unable to bend due to tightness: The person is likely locking their knees to try to give them support or hold themselves up against stress or a difficult person/situation in his or her life.

Back rounded: Life has become too much of a burden and the person does not feel supported.

Fingers stuck in a gripping movement: Fear of letting go.

Your Flow Factor

STATION 1



STATION 1: THE COMMANDING INFLUENCE OF GROUPS

If you are preset with negative Station 1 beliefs, you will find that you have some of these behavior patterns and difficulties:

- Having a nagging feeling that you have never really fit in with any group, and an overwhelming desire to have somewhere that you feel accepted and understood.
- Having experiences where you do not stand up for yourself within the group.
- Believing that the group's opinions and needs are more important than your own—causing you to sacrifice everything in order to meet their needs.
- Having incessant worries about fitting in with the groups in your life.
- Having experiences where your efforts at changing or improving yourself are put down or made fun of by many people around you—causing you to stop making a self-improvement effort and fall back in line with the group.
- Taking on more work than everyone else in every group, or constantly being volunteered (or volunteering!) for more work.

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- Issues where you have had groups turn against you.
- Being associated with a failing business, church, or community that cannot make enough money to survive.
- Having financial struggles with your current family, or your childhood family may have had to struggle to make ends meet.
- Dealing with issues of prejudice over your race, sexual orientation, gender, religious affiliation, or any other common group identity.

STATION 1 DEALS WITH THESE BODY PARTS AND ENERGETIC ISSUES:

Immune system: The body's protection system. Energetically, it represents the idea that we have a solid group of people around us (either nuclear family or any group we feel part of) that looks out for us, supports us, and protects us. Autoimmune diseases are always caused by a breakdown of any kind of group support (look at the family around the individual).

Toes: Represent our family. The big toe is you, the toes as you move outward represent the significant members of your immediate family.

Feet: Move us forward, allow us to be stable, allow us to be grounded.

Ankle: Allows us to move forward and provides lower leg stability.

Achilles tendon: Strongest tendon in the body and is critical for running, jumping, and climbing the stairs, as it allows you to raise your heel.

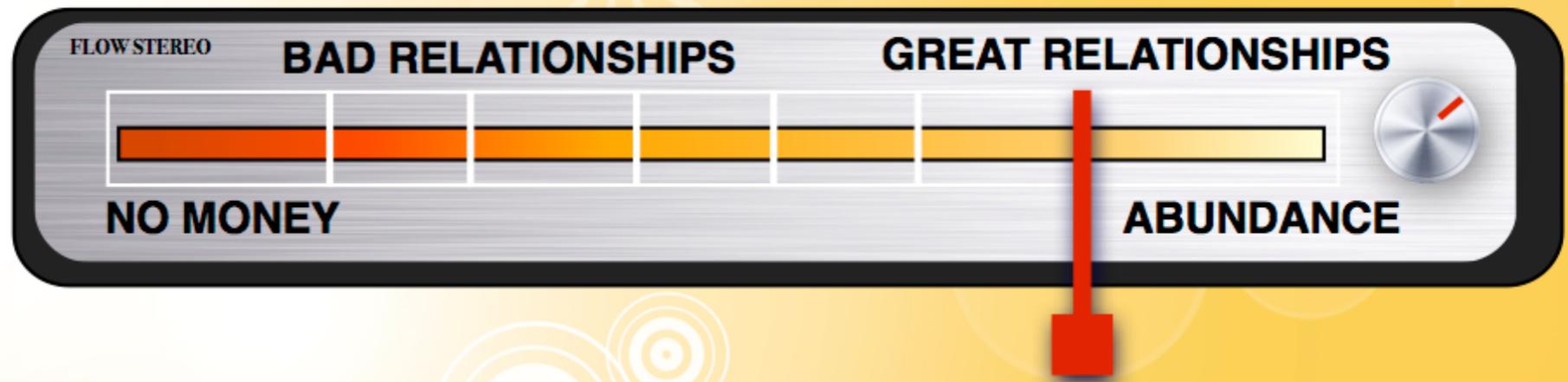
Bones/Skeletal system: Support structure for the body. In the case of something that affects the entire skeletal system, such as leukemia, it deals with a complete break down of the support system. No matter where in the body a bone is affected, there's always an issue with support.

Legs: Give us support and move us forward.

Rectum, anus, and lowest part of the colon: The last stop before waste is removed from our bodies. Problems here often deal with issues of toxic gunk from our families.

Tailbone/coccyx: Stabilizes the body when sitting down/sensitive point due to the many tendons and muscles that attach here

STATION 2



STATION 2: THE ENERGY OF INDIVIDUAL DYNAMICS AND CREATIVE POWER

- Being in relationships where you feel powerless and unable to stand up for yourself, such as emotionally or physically abusive relationships, or co-dependent relationships
- Bullying others or feeling a need to always control other people
- Never finding lovers, friends, or business partners that truly meet your needs
- Difficulty or fear about birthing your creative ideas
- Having others take your ideas as their own
- Being in relationships where fighting is the norm, not the exception

- Having stifled creativity, which causes problems ranging from an inability to close new sales or grow your business, to writer's block and an extreme fear of rejection
- Finding it difficult to meet your personal needs—for instance, being unable to make money, get the raise that you deserve, own the cars or homes that you desire, or create the opportunities necessary to attain any other material goods that you desire
- Having a conflicted relationship with food—for instance, eating for emotional reasons, or always cleaning your plate, even if you are full
- Having negative or unfulfilling sexual encounters

STATION 2 DEALS WITH THESE BODY PARTS AND ENERGETIC ISSUES:

Pelvis/Hip: Balances and supports the trunk and moves the legs, hips, and trunk. Problems with this are related to not feeling supported or able to move forward in a personal relationship or in a creative endeavor.

Sexual organs in general: Create life, allow pleasure. Problems here relate to a feeling that you can't create or birth the things you want to

Prostate: Represents the ability for a male to create in the world; very much tied to a male's sense of identity (prostate cancer and impotence are usually related to an emasculating event in a man's life, such as losing a job, being demoted, feeling forced into retirement, or losing a love relationship).

Ovaries: Produce eggs for fertilization and produce progesterone and estrogen. Problems in this area very often have to do with not being able to bring forth creative ideas OR having relationships where you are emotionally wounded as a woman.

Testes: Produce sperm for fertilization and produce testosterone. They are very much associated with a man's feeling of masculinity and of being able to feel empowered in the world to create what he wants.

Bladder and urinary tract: Stores urine waste and moves it out of the body. Bladder and urinary tract infections are due to literally being pissed off at someone or something and holding it in.

Large intestine: Transmits waste material from the body. Problems here have to do with moving crap out of our mind, body, and life.

Low back: Supports the base of the spine. Problems in this area are generally due to a lack of support or a breakdown in a one-on-one relationship. Some financial issues can show up here, too - such as a lack of financial support.

STATION 3



STATION 3: THE FORCE OF POSITIVE SELF IMAGE

- Continuous feelings of low self-worth
- Never being good enough
- Being in relationships where the person puts you or your dreams down
- Facing criticism for your personal beliefs or opinions
- Never having anyone listen to your feelings about anything
- Hiding your true feelings from others for fear of being put down or criticized for your beliefs and thoughts
- Being arrogant, angry, and over-powering

- Expecting others to always agree with you or to acquiesce to your way of doing things
- Feeling that your way is always right
- Feeling that your way is always wrong
- Difficulty making decisions
- Not trusting yourself, your beliefs, or your gut instincts
- Feeling in your gut that you should do a certain thing, and then not following through or going the opposite direction
- Not knowing who you are
- Not being authentic to yourself
- Not standing up for yourself
- Not taking care of yourself
- Having addictive problems, such as alcoholism, smoking, obsessive-compulsive disorder, drug addiction, compulsive shopping, and gambling addictions

STATION 3 DEALS WITH THESE BODY PARTS AND ENERGETIC ISSUES:

Liver: Detoxifies the body. Problems here have to do with toxic words, thoughts, and feelings that are overloading the system.

Pancreas: Both helps in digestion and in regulating blood sugar.

Stomach: Breaks down and digests food to take in nutrients. It is also your core and the center of your gut instinct.

Spleen: It acts as a filter for blood as part of the immune system. Old red blood cells are recycled in the spleen, and platelets and white blood cells are stored there. Issues here deal with feeling like no one cares about your wellbeing and you cannot fight off outside attacks to your sense of self and wellness.

Upper intestines: Absorb most of the nutrients from what we eat and drink. Problems here are caused by not feeling worthy of taking in good things in life.

Kidneys: Extract waste from the blood. They are also a weak spot on the body (the reason that a "kidney shot" is considered a fight-ending move). Problems here deal with toxic situations in the person's life that are trying to seriously hurt/bring down the person.

Adrenals: Help us respond to stress and allow us to get up and fight if we need to. If the adrenals are over-working, the person feels that they have to fight without resources or support. If they are burnt out, the person is worn down from taking on too much. Either way, the person doesn't feel safe or protected.

Lumbar spine: Supports the core of the body. Problems here indicate that the person doesn't feel supported for who they are (or that they cannot support themselves).

Gallbladder: Stores and concentrates bile. A build up/issue here comes from a build up of bile in the person's life (can be jealousy, anger, hate, etc).

Addiction issues: All addiction issues have their root here. There are usually issues of perfectionism and low self worth due to adverse childhood events (abuse, loss of a parent/sibling at a young age, bullying, etc) that are at the heart of the addiction. The addiction itself can tell you what the issue is. For example, workaholics are trying to prove their worth. Alcoholics and drug addicts are trying to numb old emotional wounds or feel that they will never live up to other's expectations.

STATION 4



STATION 4: THE EMOTIONAL CONNECTION TO LIFE

If you are preset with negative Station 4 beliefs, you will find that you have some of these behavior patterns and difficulties:

- Over-expressing your emotions (for instance, being a drama queen, a “bridezilla,” or an anger-management candidate).
- Flying off the handle at little annoyances, or screaming at co-workers, spouse, or friends
- Repressing emotions
- Feeling numb—having an inability to feel anything for anyone
- Holding grudges long after the issue is past
- Being unable to forgive others for their actions against you

- Being unable forgive yourself for mistakes that you have made
- Playing and replaying difficult or painful incidents over in your mind
- Being unable to heal from chronic pain or illness
- Extreme attachment to the material things in life (such as the corner office, the expensive car, the great handbag), and a fear of losing your sense of self if you lost these “toys”
- Extreme attachment to your job or job title (people with this issue often have heart attacks, respiratory problems, or hyperventilation if they are laid off)
- Feeling broken-hearted over a lost love or failure, even years after it has occurred
- Denying your feelings—being afraid to accept that you feel anger, envy, rage, or any other “bad” feeling
- Having an inability to feel unconditional love
- Being unable to feel joy about life

STATION 4 DEALS WITH THESE BODY PARTS AND ENERGETIC ISSUES:

Heart/Circulatory system: Pumps blood throughout the body, supplying oxygen and nutrients to the organs and the rest of the body. Issues here have to do with a loss of positive emotions, most usually love.

Blood: Transports oxygen, cells, proteins, hormones, and other substances around the body to the organs and tissues. Energetically, blood represents all the good, life-fulfilling emotions: joy, love, happiness, excitement, etc.

Lungs/Respiratory system: Takes in oxygen, filters out carbon dioxide. Problems here deal with not feeling like you can really breathe in life itself due to difficult emotions/abuse.

Thymus Gland: Only active until puberty, it's primary function is to promote the development of T-cells, a specific type of white blood cell that protects the body from certain threats, including viruses and infections. It also helps protect the body from autoimmune disorders.

Breasts: Provide nutrients for babies and are very much associated with female sexuality. Issues here deal with emotional wounds from someone close to the woman, usually a child or spouse. Mastitis (infected milk ducts) is caused by a new mom's worry of not being a good mother and often the criticism from their own mom or mother-in-law.

Thoracic Spine: Supports the rib cage. A breakdown here is a breakdown in emotional support in the person's life.

Rib cage: Protects the lungs and heart. Issues here deal with a feeling that the person cannot protect themselves from emotional attacks.

Shoulders: Give strength and range of motion to the arms. Energetically, this is where emotional burdens show up. The shoulder blade is emotional protection/armor.

Collarbone: It connects the arm to the rest of the body, and protects vital nerves and blood vessels.

Arms: Allow us to be able to grab things, carry things, hug people, etc. The arms are an extension of any emotion we are feeling and are one of the most expressive areas of our body. Range of motion issues here are often very literal as to what is going on in the person's life.

Wrists: Allows range of movement to the hands and allows the hands to follow the forearms in movement. Adds to the expressive quality of the arms and hands.

Hands: Allow us to grab things, hold on to things, and express ourselves in body language. They are a primary way that we express our emotions to the world

Fingers:

Pointer finger: Accusing someone/judging others

Middle finger: Ticked off

Ring finger: Issues with love and a partner

Pinky finger: Issues of fear

Thumb: Things aren't okay

STATION 5



STATION 5: THE STRENGTH OF POSITIVE COMMUNICATION

If you are preset with negative Station 5 beliefs, you will find that you have some of these behavior patterns and difficulties:

- Procrastination and difficulty getting started on improvement programs
- Lacking the willpower to take the actions necessary to achieve your desires
- Taking actions that are opposite to your goals
- Saying one thing, but doing another
- Knowing what you want to say, but not being able to say it
- Feeling exhausted after being around certain people
- Not being able to say "no"
- Either speaking too loud or too soft

- Criticizing yourself in thought or in word
- Gossiping, judging, and criticizing others
- Having others criticize you, judge you, or be malicious toward you
- Communication problems where you are not heard or taken seriously
- Difficulty communicating your emotions or needs properly
- Misunderstandings with others
- Inability to create what you want in your life because of self-criticism and fear
- Fear of expressing your real self and real truths

STATION 5 DEALS WITH THESE BODY PARTS AND ENERGETIC ISSUES:

Throat: Acts as a passageway for air, food, and water. Most problems here have to do with communications issues.

Trachea (windpipe): Provides air flow to and from the lungs. Problems here have to do with something taking your breath away or not trusting the ease and flow of life.

Esophagus: Passageway for food; connects the throat and the stomach (so, connects Station 5 to Station 3). There is a tight band of muscle at the top and bottom of the esophagus that allow food to go down and keep acid from coming up. Issues here will always have to do with self-worth problems in regards to communications.

Thyroid: Regulates and stores hormones that control pretty much everything in our body. Hypothyroid thyroid comes from feeling that you don't have the right to express yourself or that your self-expression is being stifled and worn out by something outside yourself. Hyperthyroid (over-functioning thyroid) comes from trying to control too much and telling too many people what to do and how to do it. There's a fear of loss of control with hyperthyroid, here there is a sense of being worn out and giving up with hypothyroid.

Neck: Holds up the head and allows movement of the head. Problems here include tightness of the neck; this has to do with feeling afraid of saying something you want to or feeling that you have to stand up/grip against negative communication coming at you. The side of the neck will tell you whether the issue is with a male or a female.

Mouth: Allows a great deal of expression (both verbal and body language, such as smiling or frowning), is the opening for taking in food. There can be a lot of different issues here. A cold sore indicates stress caused by negative or intense communications.

Tongue: Allows us to talk and also allows us to taste. Problems here will have to do with not saying our piece (biting our tongue) or with negative communications (sores).

Teeth: Allow us to chew food and are a cosmetic aspect of our smiles. Since they are bones, they also deal with whether or not we feel supported in our messaging. Issues here also have to do with a feeling of a loss of attractiveness. If you have pain when you bite down, you may feel that an issue in your life is too hard for you to deal with (or bite down on). With teeth grinding, there is a sense of being worn down by problems and not being able to articulate a solution.

Jaw/muscles of the jaw: The jaw allows us to chew and speak. Being a bone, it also deals with whether or not we feel supported in our communications. There can be a myriad of issues here; TMJ is a common one that has to do with feeling stressed and misunderstood in what we are saying or gripping with fear trying not to say things we should put voice to.

Gums: Hold your teeth in place and keep food particles and such from getting in to the roots. Issues here have to do with feeling like things are falling apart - that you can't hold on to the facade you want to put out to the world.

Vocal chords: Produce sound to the world so we can speak. Our particular vocal pattern is like a fingerprint; each of us has a totally unique vibration. Because of this, it is one of the most literal ways we put frequency in to the world to connect with life experiences. Problems here always have to do with whether or not we feel empowered about communicating and how good (or bad) we feel about the sound of our voices.

Skin of the throat and jaw: This is our outer layer that we show to the world. When issues show up here, look at the issue itself and relate it to what that might say about how the person feels about the outward projection of who they are.

Vertebrae of the neck: They support the head, move the spine, and protect the spinal cord. A herniated disk here represents a total breakdown (or a breaking point) in communication or personal expression in the world. Compressed disks indicate that there is a huge burden being placed on the person, perhaps in not being listened to or not being allowed to express themselves (this shows up in abuse situations a great deal).

STATION 6



STATION 6: THE POWER OF MENTAL CREATIVITY AND INTUITION

If you are preset with negative Station 6 beliefs, you will find that you have some of these behavior patterns and difficulties:

- Difficulty making decisions—constantly looking for the better or more perfect choice
- Fear of making wrong decisions or taking the wrong path
- An inability or unwillingness to self-evaluate, or look at your motivations for acting as you do
- Becoming a control freak, micro-managing every aspect of life
- Looking to others to solve your problems
- Blaming others for your difficulties
- Not taking responsibility for your mistakes

- An inability to leave situations that are no longer right for you
- Being afraid of taking chances, or jumping at calculated risks
- Being stuck in a rut—being unwilling to think in new ways or to have new experiences
- Feeling an extreme fear of and complete resistance to change

STATION 6 DEALS WITH THESE BODY PARTS AND ENERGETIC ISSUES:

Brain: The body's computer, allowing us to think and controlling automatic (subconscious) functions such as breathing, digestion, heart rate and blood pressure. Issues here have to do with our ability to solve problems, feel that we have mental strength and smarts, and issues with a breakdown of mental intuition.

Pituitary gland: Referred to as the body's master gland, the pituitary is the master control of most of the endocrine system. It senses the body's needs and sends signals to different organs and glands throughout the body to regulate their function and maintain an appropriate environment. Problems here relate to not trusting our mental intuition, not being aware of messages/signals, and not being open to solutions.

Eyes: Allow us to see. Problems show up when we don't want to see what's in our present or future.

Forehead: Protects the brain and is the seat of the 6th chakra or 3rd eye (seat of intuition). Problems here relate to being disconnected from or not trusting your mental intuition.

Temples: Space on the side of the head behind the eyes. This is a common area to feel a headache, which is caused by pressure related to not being able to solve a stressful situation or having a solution to the problem, but being stopped from putting it in action.

Ears: Allow us to hear. Problems here relate to not wanting to hear what you are hearing or not liking what you are hearing. It's interesting that people who have hearing loss in one side often have spouses that are very negative or constantly nag and complain (usually loudly). You'll know which spouse by the side of the head.

Nose: Allows us to breathe and to smell. Loss of smell is due to not feeling that you are allowed to totally experience life or fully take in life.

Head: Houses many of our senses, including smell, sight, taste, and hearing.

Sinuses: An open space that lightens the weight of the head and filters out/protects our respiratory system from bacteria. A sinus infection is due to someone or something right in front of your face that is making you feel stuck or blocked.

Skin of the nose, cheeks, forehead, and ears: The outward face of each of these areas. Problems here are due to the outward facade we are showing for the affected area and whether or not we feel we can protect that aspect of ourselves.

STATION 7



STATION 7: THE ENERGY OF A HIGHER PURPOSE

If you are preset with negative Station 7 beliefs, you will find that you have some of these behavior patterns and difficulties:

- Feeling disconnected from everyone around you
- Not taking joy in things that you used to take great pleasure in
- A sense of being lost in life
- Feeling unimportant, or feeling that you do not make a contribution to life
- Not having a reason to get up in the morning
- Feeling no drive to do your work
- Not feeling taken care of
- Feeling burned out—in work or in life

- Having a nagging sense of dissatisfaction with everything and everyone around you
- Having no idea what you want to do with your life

STATION 7 DEALS WITH THESE BODY PARTS AND ENERGETIC ISSUES:

Muscular system: Responsible for the movement of the body. Problems here have to do with not being able to move forward with trust in a higher purpose/with connection to a higher power.

Nervous system: Controls the communication of messages from the brain to all areas of the body (like the information highway of the body). Problems here relate to the flow of communication from life itself to the individual. Often the person will feel that they have a breakdown in their ability to communicate their life purpose or communicate on a larger scale, or that those around them do not support the things they truly want in life.

Skin of the entire body: Serves as our outer protection layer. Problems here deal with feeling that life itself is out to get you or is very unsafe. The problem itself will manifest in a specific way (i.e. a red rash all over the body or purple bumps all over the body).

All over body fatigue: Totally disconnected from everyone and everything. Completely disconnected from a higher power/universal energy. Not able to draw power and inspiration from life itself.

Depression without a cause: Similar to above. Usually has to do with the person feeling like they have no reason for being here; no idea about or connection with a life purpose.

Scalp and hair: The function is to protect us from external stuff. Problems with the scalp usually have to do with anger, irritation, or distrust that there is a higher plan in place that is guiding the person. Hair falling out in women has to do with feeling that she has to be more masculine in order to succeed or has to take on everything herself.

Top of the head: Connection to a higher power.