

Health Issues and Emotional Causes

There is a direct relationship between your body and your thoughts. Your body reflects your emotional state. Your thoughts and feelings are linked to specific parts of the body and different illnesses. Unresolved issues affect your health.

Abscess - Hurts, slights, revenge.

Aches - Longing to be love held.

Acne - Not accepting or disliking of the self.

Accidents - Rebellion against authority. Belief in violence. Anger. Fear, expecting the worst to happen.

Adenoids - Family friction, arguments. Child feeling unwelcome.

Addictions - Self-rejection, fear, lack of love. Running away, not facing the fear or love of self.

Aging - Social beliefs, old thinking.

AIDS - Feeling defenseless and hopeless. Denial of the true inner being, or sexual guilt.

Alcoholism - Self-rejection. Feeling of futility, inadequacy

Allergies - Who are you allergic to? False desires, unresolved traumas. Overload. Denying your own power.

Alzheimer's Disease - Refusal to deal with the world as it is.

Anaemia - Lack of joy, no interest in life or fear of life.

Ankle problems - Intolerance, rejection, treason. Inflexibility on what your stand is. Inability to receive pleasure.

Anorexia - Denying the self-life. Extreme fear of rejection.

Anxiety - Not trusting in the flow of life.

Appendicitis - Fear. Fear of life. Blocking the flow. Information overload.

Arm problems - Can't hold on to life's experiences.

Arteriosclerosis - Resistance, tension, narrow mindedness.

Arthritis - Bitterness, resentment, criticism, feeling unloved. Feeling trapped. Rigid thinking.

Asthma - Over-sensitivity, smother love. Suppressed crying. Feeling stifled. Can't get it off chest.

Astigmatism - Fear of "seeing" the self.

Back Problems - Lack of support. Money fears. Trying to be super person, no backbone. Overburdened.

Upper back: Lack of emotional support, feeling unloved, vulnerable.

Middle back: Stuck in all that stuff back there, or "Get off my back."

Lower back: Financial woes and concerns.

Baldness - Fear, tension. Trying to control everything and not trusting in the process of life.

Bedwetting - Fear of parent, usually the father.

Birth Defects - believing a lie while in development because of hearing mom & dad talk about them, life etc.

Bites - Animal: Anger turned inward. Bug: Guilt over small things.

Blackheads (Pimples) - Small outbursts of anger.

Bladder Problems - Fear to release emotions. Holding on to old ideas, clinging to the past.

Blood Pressure - HIGH: Long standing emotional problem not solved; LOW: Defeatism, depression, sorrow.

Blood Problems - Lack of joy. Lack of circulation of ideas. Stagnant thinking.

Boils - Anger, boiling over.

Bone Problems - Rebelling against authority, lack of support, lack of harmony.

Bowel Problems - Fear of letting go.

Brain Tumor - Incorrect computerized beliefs. Stubborn, refusing to change old patterns

Breast Problems - unresolved conflict with mom.

Left: Feeling unloved, refusal to nourish oneself. Putting everyone else first.

Right: Over protection, over bearing, difficulties in giving love.

Soreness - Overbearing attitudes.

Bronchitis - Inflamed family environment.

Bruises - Self-punishment.

Bulimia - Hopeless terror. Purging self-hatred.

Bunions - Resistance to understanding.

Burns - Anger. Burning up inside.

Bursitis - Repressed anger, Wanting to hit someone, Chip on shoulder.

Calves - Fear of the future.

Cancer - Deep secret or grief eating away at the self. Long-standing resentment. Denial of self.

Carpal Tunnel - Anger and frustrations at life's seeming injustices.

Car Sickness - Fear. Bondage. Feeling of being trapped.

Cataracts - Dark future. Inability to see reality or to see ahead with joy.

Cheekbones - Affection.

Cholesterol - Clogging of the channels of joy. Fear of accepting joy.

Cold Hands - Holding energy in. Fear of being outgoing.

Cold Sores (fever blisters) - Festering words of anger and fear of expressing them.

Colds - Too much going on at once. Mental confusion and disorder.

Colic - Mental irritation. Annoyance with surroundings.

Colitis - Over-exacting parents. Oppression, defeat. Needs affection. Not letting go.

Coma - Fear. Trying to escape from something or someone.

Constipation - Uncertainty about what lies ahead, holding on to safety, fear of expressing feelings, holding on to power, inner blocks.

Coughs - Nervousness, annoyance, criticism. Choking on life.

Cramps - Tension, gripping, holding on.

Cross Eyed - Seeing my way.

Cuts - Self-punishment for not following your own rules.

Cysts - False growth. Nursing shocks or hurts.

Deafness - What don't you want to hear? Fear of rejection, feeling isolated. Stubbornness.

Depression - Stress from unresolved feelings/traumas. Hopelessness, despair, loss of purpose in life, giving up. Disconnected from spirit.

Diabetes - Deep sense of sorrow. Longing for what might have been. No sweetness left in life. Self-critical, low self-esteem.

Diarrhea - Getting rid of ideas too fast. Fear. Rejection of the past. Not absorbing what's necessary, trying to pass negativity about self.

Dizziness - Flighty, scattered thinking.

Earache - Anger, too much turmoil, don't want to hear.

Ears - Listening, receiving, communications & balance, family relations & childhood.

Eczema - Over-sensitiveness, hurt individuality, hurt personality.

Elbow Problems - Not being flexible, not able to change directions or accept what's happening. Un-resolved emotions.

Epilepsy - Rejection of life. Violence against the self. Sense of persecution.

Eye Problems - Not liking what you see in your own life. Fear of the future. Not seeing the truth.

Eye near / far sighted
 NEAR: Sees only self, Fear of the future. FAR: Sees only world. Fear of the present.

Face - Represents individuality, recognition.

Fainting - Fear. Can't cope. Blanking out what's really going on.

Fatigue - Resistance, boredom. Lack of love for what one does. CFS - inability to say NO. I don't count.

Female Problems - Denial of the self and rejecting the feminine aspects within.

Fevers - Burning up. Anger.

Finger Problems - Fussing over the details in life.
 INDEX: Power, money, ego. Fear of authority, or egotistical, abusing your authority.
 MIDDLE: Anger & sexuality. Insecurities of intimacy.
 RING: Creative power, relationships & heartache. Grief of love, issues with commitment.
 PINKY: Social power, family relations & pretensions. Ignoring your own creativity, or issues with linking to family.
 THUMB: Intellect, worry, desires. Being 'under someone's thumb'.

Fingernails - Over-analysing details, tiny details.

Flu - Responding to mass negativity. Putting too much faith in statistics.

Foot Problems - Fear of the future and stepping forward in life. Decisions, firmness & understanding.
 TOES; Minor details of the future.

Forearms - Has to do with reaching our desires.

Forehead - Reflection, judgment, knowledge.

Gas Pains - Gripping undigested ideas or concerns. Gulping air from fear.

Gallbladder - Repressed anger, resentment.

Gall Stone - Bitterness. Hard thoughts you cannot seem to dismiss.

Glandular Problems - Imbalance. Lack of order.

Glaucoma - Emotional pressure.

Gluteus - Seat of power, sexuality.

Gout - Impatience, anger, domination.

Grey Hair - Stress, feeling under pressure and strain.

Growths - Nursing hurts. False sense of self and pride.

Gum Problems - Inability to back up decisions, once they are made.

Gut (and Sacrum area) - Relationships

Hemorrhoids - Burden, pressure, tension, fear. Afraid to let go and move on.

Hair - Freedom, strength & power

Hand Problems - The ability to grasp & let go of ideas. Fear of new ideas. Not 'handling' things well.

Halitosis - Rotten attitudes, vile gossip, foul thinking.

Hay Fever - Emotional congestion, mass beliefs, fear of the calendar.

Headaches - Tension, emotional upsets, hurt feelings, uncertainty, fear. Self-criticism. Not wanting to accept what is going on.

Heart Problems - Serious emotional problems, long standing. Lack of joy, rejection of life. Broken heart.

Heart Attack - Squeezing all the joy out of life, in favor of money or position.

Heartburn (Ulcers) - Clutching onto fear. Not trusting in the process of life.

Heel - Vulnerability.

Hepatitis - Fear, anger, hatred. Lives in the seat of anger & primitive emotions.

Hernia - Strain, mental loads. Self-punishment. Anger. Incorrect creative expression. Ruptured relationships, feeling the burdens.

Hip Problems - Fear of going forward in major decisions, balance & movement, sexuality.

Hives - Small hidden fears Mountains out of molehills. Irritation from outside.

Holding Fluids - Afraid of loss.

Hyperactivity - Feeling pressured and frantic.

Hyperventilation - Resisting change. Not being able to take it all in.

Hypoglycemia - Imbalance in the system. Lack of joy. Inability to accept anything good.

Impotence - Sexual pressure, tension, guilt. Social beliefs. Spite against a previous mate.

Indigestion - Fear, dread, anxiety about something.

Infections - Irritation, anger, annoyance about a recent situation.

Influenza - Response to mass negativity & beliefs. Fear. Belief in statistics.

Insanity - Escapism, withdrawal. Violent separation from life. Fleeing from family.

Insomnia - Tension, guilt, fear, not trusting the process of life.

Itching - Unsatisfied desires, remorse. Punishment for guilt.

Jaundice - Prejudice. Discolored beliefs.

Jaw Problems - Willpower. Rage. Anger, resentment, having a need for revenge. Not letting go.

Joints - Stuck emotions, pessimism.

Kidney Problem - Criticism, sensitivity, disappointment, frustration, shame, fear. Chronic anger. Feeling like you didn't do enough.

Kidney Stones - Lumps of undissolved anger.

Knee Problem - Inflexibility, fear. Ego, pride, inability to bend or yield to someone else's control anymore. Stubborn pride

Laryngitis - Fear of speaking up and voicing opinions, resentment of authority. Anger.

Left side of the body - Fear of the future. Represents receptivity. Problems with the feminine, emotional side of things.

Leg Problems - Fear of the future. Advancing in life, firm grip on things, vital force.

Liver Problem - Depression, repression. Chronic complaints. Liver is the seat of anger.

Lung Problems - Depression, grief or afraid to take in and give out to life. Not feeling worthy. Independence, contact & communication.

Lymphatic Congestion - Struggle with energy exchange and the waters of the body.

Mal Absorption - Inability to swallow something in life, or struggle.

Menopause Problems - Fear of no longer being wanted. Self-rejection. Fear of aging.

Menstrual Problems - Rejections of one's femininity, guilt, fear. Belief that the genitals are sinful or dirty.

Migraine Headaches - Resisting the flow of life. Emotional sprees. Sexual fears or fear of being close. Feeling driven or pressured.

Mouth Problems - The incapacity to take in ideas. Communications. Set opinions, closed mind.

Multiple Sclerosis - Mental hardness, hard-heartedness, iron will, inflexibility.

Muscle Problems - Reflect attitudes, posture. Resistance of new experiences. Not able to move freely, or with ease.

NailBiting - Spite of a parent. Frustration. Eating away at the self.

Nails - Mental defenses.

Neck Problems - weariness & damage from continually fighting for your right to be who you were created to be! A close relationship has been a pain in the neck.

Nerves - Communication. Struggle, rushing.

Nervousness - Fear, anxiety. Confused thinking.

Nose - Self-recognition. Satisfaction with our surroundings, ego, intuition. Knowing.

Nosebleed - Over-sensitivity. Crying out for love and recognition.

Nose, running - Asking for help; inner crying.

Nose, stuffy - Not recognizing your own self worth.

Numbness(Neuropathy) - Conditions in one's life are such that one feels powerless to create change. Feeling like a victim.

Edema - What or who won't you let go of?

Ovaries - Inability to express or accept your own creativity.

Overweight - Fear, feeling a deep need for emotional protection. Running away from feelings, Insecurity, self-rejection. Seeking love. Protecting the body. Trying to fulfill the self. Fear of loss. Stuffing feelings.

Pain - Congestion, blockage. Belief in bondage. Punishment for guilt.

Paralysis - Fear, escapism, resistance. Shock. Desperation; tired of life.

Pancreas Problems - Not being able to enjoy the sweetness in life.

Pink Eye - Anger and frustration at someone/something. Not wanting to see.

Pituitary Gland - Feeling out of control, or not in control of your own destiny.

PMS - Allowing confusion to reign. Rejection of feminine process.

Pneumonia - Feeling desperate, not allowed to heal deep emotional wounds. Inner disturbance.

Prostate Problem - Giving up, defeatism. Mental fears weakening the masculinity. Sexual pressure and feelings of guilt or inadequacy. Belief in aging.

Psoriasis - Emotional insecurity. Someone is rubbing you the wrong way.

Quiver(Shake) - Feeling hopeless, can't regain control of ones life.

Rheumatism - Lack of love. Resentment. Chronic bitterness, revenge. Feeling victimized.

Ribs - Sense of protection, vulnerability.

Right side of the bode - Fear of Letting go of past. Problems with the Masculine, logical/material side of things.

Rickets - Emotional malnutrition. Lack of love & security.

Root Canal - Root beliefs being destroyed. Can't bite into it anymore.

Sea Sickness - Fear. Fear of death.

Seizures - Running away from the self, family or from life.

Senility - Returning to the safety of childhood. Demanding care and attention.

Sciatic - Fear of money & the future.

Sinus Problems - Irritation to one person, someone close

Shingles - Prolonged anxiety or suspense.

Shin Problems - Breaking down your ideals. Not living up to your own high standards.

Shoulder Blades - Anger, past hurts, confused emotions, lack of emotional support. Carrying more than your share of the load

Shoulder Problems - Burden, over burdened. Dependence on others.

Sinus Problems - Irritation to someone, usually someone close to you.

Skin Problems - Anxiety, fear, feeling threatened. Lack of security, impatience.

Skin Rash - A way of getting attention. Irritation over delays.

Slipped Disc - Indecision. Not feeling emotionally supported by others.

Snoring - Stubborn refusal to let go of old patterns.

Solar Plexus Problems - Fear, incapacity to communicate, anger. Ignoring 'gut reactions', or your own intuitions.

Spasms - Tightening our thoughts through fear.

Spleen - Defense against invasion. Harboring of old or stagnant thoughts and feelings.

Sprains - Not wanting to move in a certain direction. Anger and resistance to change.

Stomach Problems - Incapacity to assimilate ideas. Fear of new ideas. Injustice, perfectionism & reason. Not feeling nourished.

Strokes - Giving up. Rejection of life. Self-violence. Extreme resistance to change.

Stuttering - Insecurity. Lack of self-expression. Not being allowed to cry.

Teeth - Indecisiveness. Incapacity for analysis and decision. Family relations.

Testicle Problems - Not accepting masculine principles, or the masculinity within.

Thighs - Resentment, childhood traumas, fear and resistance.

Throat Problem - Feeling unable to express the self. Repressed anger. Emotional hurt swallowed.

Thyroid Problems - Humiliation. Feeling repressed or put down. Feeling as if you never get to do what you want.

Tongue - Sincerity & opposition.

Tonsillitis - Repressed emotions and fear. Gripped anger.

Tuberculosis - Selfishness. Possessiveness. Cruelty. A wasting disease.

Tumors - False Growths. Nursing old hurts and shocks. Building on remorse.

Ulcers - Anxiety, fear, tension. Belief in pressure. Something eating away at you. Fear, a strong belief that you are not good enough.

Vaginitis - Sexual guilt. Feeling of loss of something or someone loved. Problems with the female.

Varicose Veins - Negativity, resistance, overworked. Staying in a situation you hate. Feeling over worked and over burdened. Clogged circulation of ideas. Discouragement.

Venereal Disease - Sexual guilt. Belief that sexuality is sinful or dirty. Feeling a need for punishment.

Viral Infections - Rapid change in consciousness, reaction to difficult things. Lack of joy flowing through life. Living through bitterness.

Vomiting - Violent rejection of ideas. Fearing the new.

Warts - Little expressions of hate for the self. Guilt. Feeling or believing your ugly.

Wrists Problems
Feeling restricted, flexibility to get what we want. Not being flexible on an issue or situation. Not handling things with ease. Stubbornness.

Yeast Infection - Denying yourself of your own needs. Not supporting self.