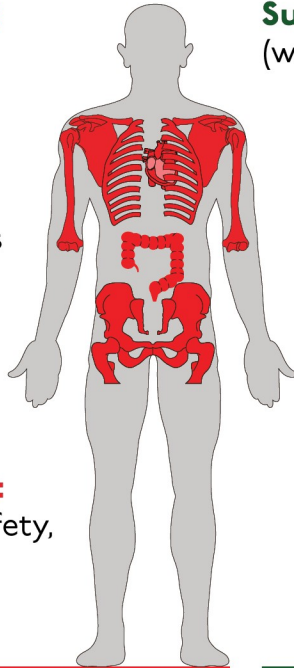


Feeling Unacknowledged Rather than Self-Validated

Corresponding Octave: C

Possible Physical Association:

- Thyroid
- Lymphatic system
- Bladder
- Reproductive organs & hormones
- Pericardium & heart muscles
- Small intestine – slow digestion
- Pelvic sacral muscles (thorax, shoulder, & elbows)
- Bladder Meridian



Possible Emotional Influence:

- Concerns about survival – safety, security, finances, etc.

Supportive Octave: F#
(in attached MP3 - listen)

Supportive Color: Green
(wear/glasses - incorporate)



Green: Supports inner balance, harmony, love, social interaction & self-acceptance.

Negative: Unacknowledged

- Sense of self-worth may be based on external (objects & feedback from others) rather than internal (attributes & personality).
- May feel unacknowledged, undervalued, &/or hypersensitive to judgment & perception of others.
- These tendencies may stem from internalized childhood criticism, teasing, punishment, abuse &/or bullying.
- May manifest as defensiveness, lack of self-trust, low self-esteem, depression, harsh self-judgment, & poor memory.

Positive: Self-Validated

- Sense of comfort in own self-worth.
- Recognize self as separate & unique from others with own worthy talents & attributes – achieve self-awareness vital to happiness.
- After releasing negative childhood pain & misperception, the individual will begin to experience more confidence, higher self-esteem, better memory, & more joy in life.