

# Feeling Unworthy/Undeserving Rather than Self-Accepting

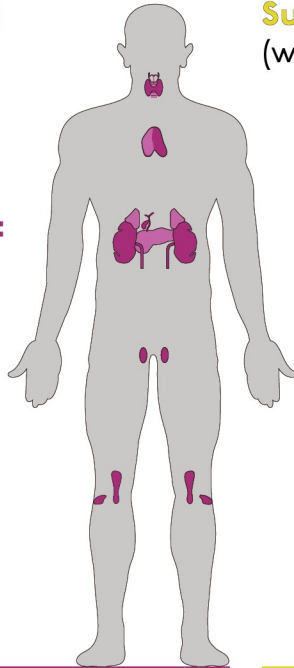
**Corresponding Octave:** A

**Possible Physical Association:**

- Endocrine system
- Ovaries, testicles, uterus
- Knees & cartilage
- Gallbladder Meridian

**Possible Emotional Influence:**

- Connection, poor follow through.



**Supportive Octave:** D#  
(in attached MP3 - listen)

**Supportive Color:** Yellow  
(wear/glasses - incorporate)



**Yellow:** Supports illumination, love, compassion, courage, passion, magic & wisdom.

## Negative: Unworthy/Undeserving

- May lead to perception, or reality, that love is rejected.
- May lead to self-defeating behaviors which obstruct ability to acquire physical comforts & achieve goals – fulfillment would conflict with subconscious “unworthiness”.
- May try to overachieve – attempt to justify value through accomplishment.
- Possible feelings of guilt & blame.
- May have difficulty bonding with others, mistaking physical intimacy with love & connection.
- May stem from neglect, abuse, or separation from mother.
- May be unaware – conscious high self esteem.
- May cause weak digestion, addictions, problem with weight, small intestine, thyroid, & reproduction.

## Positive: Self-Accepting

- Deep connection to mother.
- Deep sense of worth.
- Receives nurturing in a healthy manner.
- Self-acceptance.