

# Having Rigid Beliefs Rather than Being Open to Possibilities

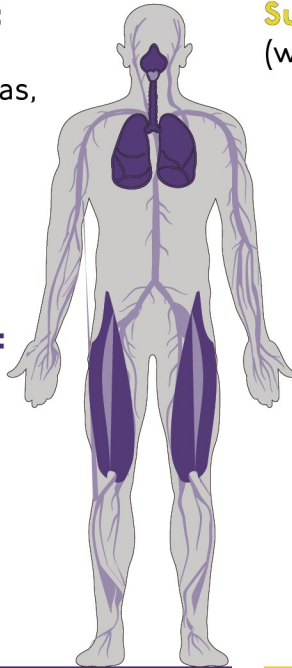
**Corresponding Octave:** A#

**Possible Physical Association:**

- Lungs, bronchi
- Blood circulation, arrhythmias, chest pains
- Oxygenation of cells
- Lymphatic circulation
- Upper legs & thighs
- Spleen Meridian

**Possible Emotional Influence:**

- Low self-esteem, tends to spread self thin.



**Supportive Octave:** E  
(in attached MP3 - listen)

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



**Yellow:** Supports clarity, energy, optimism, enlightenment, intellect, honor, loyalty & joy.

## Negative: Rigid Beliefs

- May attempt to make world seem more solid/secure by solidifying opinions about what is acceptable and how things "should" be.
- May be an inflexible, uncooperative listener.
- Disagreements may be intolerable – touch on subtle underlying insecurity.
- Often perfectionists – meticulous order for peace of mind.
- May be a high-strung overachiever whose enthusiasm alienates others.
- Usually highly dedicated to principles, especially truth & justice.
- May feel unloved or unsupported in relationships, disconnected from earth.
- Possible unconscious lack of stability, but conscious confidence.
- May stem from lack of father figure.
- May impact pelvis/legs, bladder, kidneys, digestion, sleeping.

## Positive: Open to Possibilities

- Greater security as doubts & fears are nullified.
- Differences are more easily tolerated.
- Learn that they do not need to cling tightly to beliefs.
- Truths do not require anyone to maintain them.
- Additional truths can be gathered when not clinging so tightly to others.
- Feel more at home in the world.