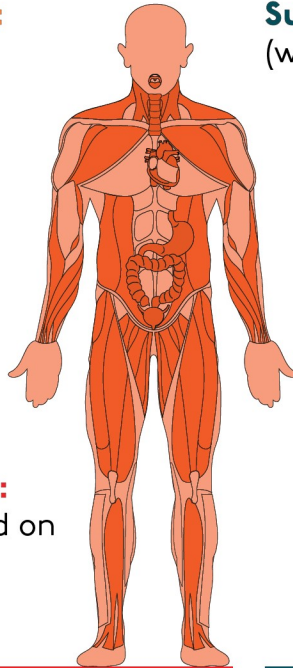


# More Repetitive Thinking than Creative & Independent Thinking

**Corresponding Octave:** C#

**Possible Physical Association:**

- Kidney – water retention
- Intestinal membranes – digestive processes
- Rectum & urethra
- Muscles of neck, shoulders, & arms
- Cervical subluxations
- Tendons & ligaments
- Tonsils
- Skin
- Heart Meridian



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

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



**Turquoise:** Supports emotional balance, peace & serenity.

**Possible Emotional Influence:**

- Hard on self, sarcastic, & hard on others.

**Negative: Repetitive Thinking**

- May occur with limitations to right brain access. Then, without the right “emotional” brain to filter meaningless thoughts, the left “logical” brain runs in endless repeating circles.
- Concrete thinking & artistic/creative abilities may be hampered.
- Subconscious excess often originates from genetic patterns or life experiences that create doubt, fear, intimidation &/or overwhelm regarding creative or physical efforts & expression.
- May be a precursor to depression due to mental fatigue & depletion of melatonin.
- It may affect the brain, hypothalamus, &/or limbic system, & interfere with physical coordination.

**Positive: Creative & Independent Thinking**

- By releasing transgenerational & life-experience patterns, creative abilities are restored.
- Broader perspective.
- More effective problem solving.