

More Sadness than Inner Peace

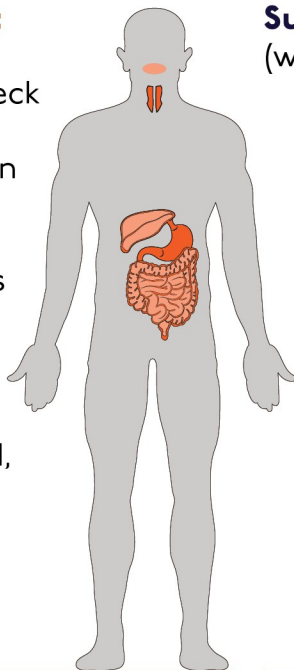
Corresponding Octave: D

Possible Physical Association:

- Stomach
- Vocal cords, pharyngeal & neck glands
- Slow metabolism or digestion
- Gastric weakness
- Mouth, tongue & esophagus
- Liver metabolism & pancreas
- Large Intestine Meridian

Possible Emotional Influence:

- Anti-social tendencies, bored, self-indulgent.



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

Supportive Color: Deep Blue
(wear/glasses - incorporate)



Deep Blue: Supports trust, loyalty, wisdom, confidence, intelligence, faith, & truth.

Negative: Sadness

- Conscious or subconscious may focus on the past with intent to "make sense" or "solve" problems &/or negative experiences/emotions. This analysis may be manifested in symbolic dreams about facing or overcoming challenges.
- This may lead to decrease in energy & decreased appetites, though may turn to indulgence as one of a diminished number of remaining pleasures.
- May lead to a propensity to accept irrational thoughts & hamper access to left "logical" brain skills.
- Often triggered by traumatic life experiences (abuse, disappointment, or failure).
- Lifestyle choices (diet, exercise & social life) may influence, affect, OR cause the problem.

Positive: Inner Peace

- The condition of self-acceptance & inner harmony that exists when one lives in the present moment.
- Absence of chronic worry.
- No thoughts or pressures from the past.