

More Emotionally Disconnected than Emotionally Integrated

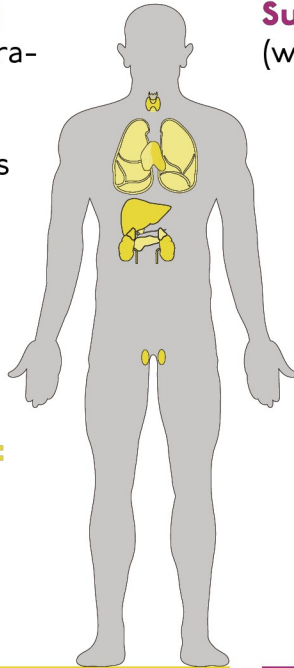
Corresponding Octave: D#

Possible Physical Association:

- Gall bladder, adrenals & supra-renal
- Premenstrual problems
- Breathing problems, allergies & asthma
- Tendency to parasite infections
- Oxygenation of cells & digestive organs
- Endocrine meridian

Possible Emotional Influence:

- Frequent complaining, self absorbent tendencies.



Supportive Octave: A
(in attached MP3 - listen)

Supportive Color: Violet
(wear/glasses - incorporate)



Violet: Supports wealth, creativity, wisdom, dignity, devotion, peace, mystery & independence.

Negative: Emotionally Disconnected

- May not be aware of unlimited ability to experience & express emotion.
- May speak quietly, act timid or reserved even when there are opinions to share. Alternately, may become overinvolved with logical analysis, "clever" humor, & bland conversation.
- Possible difficulty connecting with healing & grieving processes.
- May result from abuse, fear of rejection, or any situation with overwhelming emotion.
- Emotional shutdown may act as a protection from chronic stress.
- May be manifested as throat issues.
- May identify emotions through others. Actively seeking emotional expression through physical activity or entertainment may be helpful.

Positive: Emotionally Integrated

- Restores a more complete sense of self.
- Awareness & understanding of feelings.
- Ability to express feelings.
- Emotions more easily pervade thinking & acting.
- Deeper connection with others.
- Relationships more rewarding & easier to form.