

More Self Critical than Self Accepting

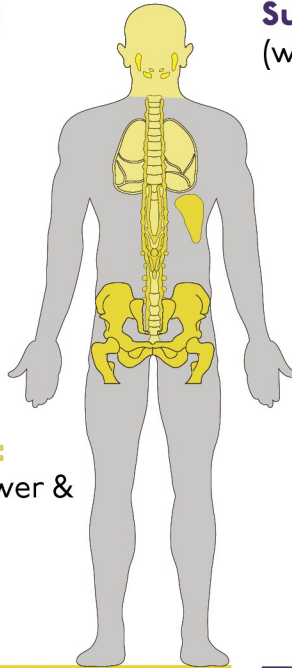
Corresponding Octave: E

Possible Physical Association:

- Spleen
- Mucous membranes – dairy allergies
- Tri-facial nerves & zygoma
- Sinus & maxillofacial bones
- Parotid gland
- Sacroiliac conditions
- Scoliosis, spinal curvature & hips
- Lung Meridian

Possible Emotional Influence:

- Ego imbalances, personal power & self-sabotage issues.



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

Supportive Color: Purple
(wear/glasses - incorporate)



Purple: Supports royalty, luxury, power & ambition.

Negative: Self Critical

- 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: Self Accepting

- 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.