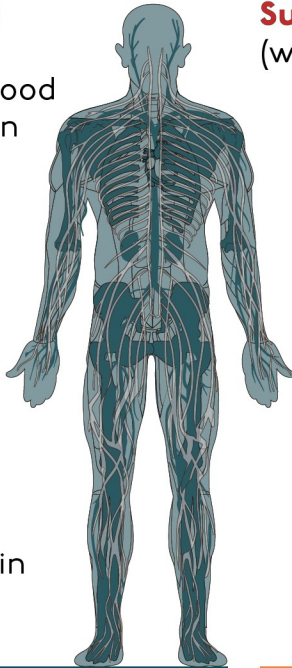


More Fearful & Overwhelmed than Secure & Confident

Corresponding Octave: G

Possible Physical Association:

- Heart, circulation
- Absorption of nutrients in blood
- Liver function, metabolization of fats
- Bones, arthritis
- Brain neurotransmitters
- Lower legs & muscle leg cramps
- Kidney Meridian



Possible Emotional Influence:

- Feeling insecure. Difficulty making decisions, may chameleon personality to win approval from others.

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

Supportive Color: Red/Orange
(wear/glasses - incorporate)



Red or Orange: Supports enthusiasm, happiness, creativity, determination, attraction, success & encouragement.

Negative: Fearful & Overwhelmed

- Capacity for joy & pleasure may be inhibited with overwhelming life demands.
- Can lead to overworking or taking life too seriously in effort to break free from stressful external situations.
- May be impatient, feel diminished sense of humor, or anger from others or within.
- Fear & overwhelm are closely related, & frequently exist together.
- May feel always observed or judged. Most common in first or second child – pressured to grow up.
- Harsh upbringing may elicit guilt and further inhibit joy.
- May affect the stomach & lower digestive tract, blood sugar issues, tense muscles, poor balance, or aversion to touch/lack of sensation.

Positive: Accepting of Change

- Joy & pleasure.
- Taking life casually. Independent thinking – not influenced by external factors & stressors.
- Embraces responsibility.
- Patience, sense of humor, love.