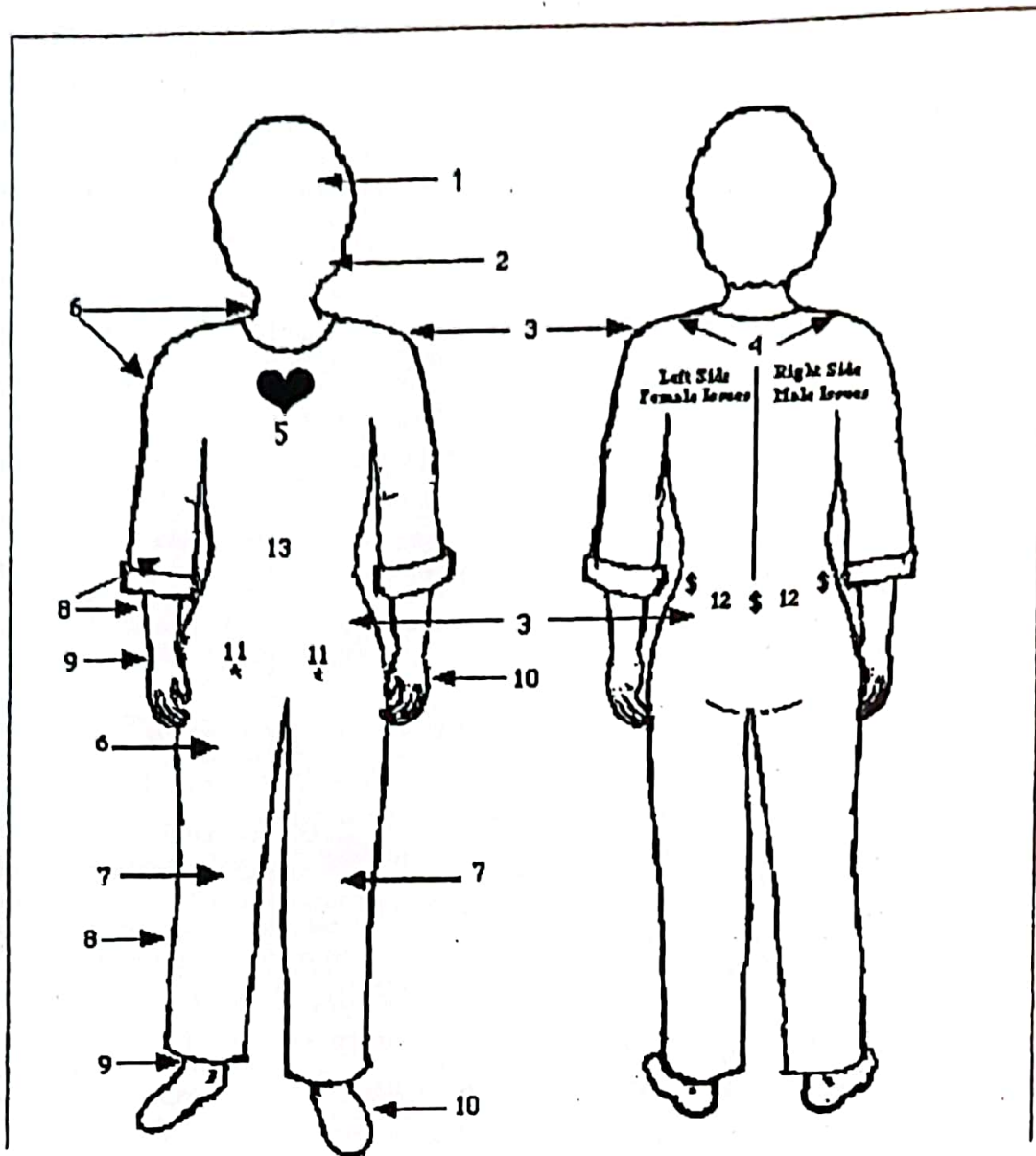


• Pain Is A Language of The Body.



General Information

- Body pain can be an indication of needing minerals and antioxidants. It is also the human system's way of asking to be validated. Ignored feelings store topically in the body. Pain connected to feelings, will call for you.
- Transforming feelings to peace is done by talking to the feelings. Learn how to talk through emotional situations. Physical pain calls for emotional validation.
- Emotions relating to issues with a female, generally store on the left side of the body.
- Emotions relating to issues with a male, store on the right side of the body.
- Feelings of rejection are stored in the right side, in the groin area and feelings of Betrayal store in the left groin. • Stored pain from sexual abuse, often reveals itself here also.
- Past issues are stored in the back. • Family issues are stored in the intestinal track and stomach.

Physical Body Pain Can Be Stored Feelings Calling For Your Attention

1. **Headache**
--Anger, Tension and Stress, Hurt feelings going unexpressed, Feeling unable to control the situation
2. **Jaw Tension**
-- Self-punishing, Unimportant, Self Doubt, Inability to express how I feel - or -
Resentment, Want Revenge • Teeth -- Inability to make decisions
3. **Shoulder and hip joints**
-- Resentment: Feeling Hurt, Used, Shamed, Unappreciated, Rejected
4. **Across the Yolk of the Shoulders** -- Stress due to **Shouldering Life's Burdens**
• note: Look at the bottom of the page on how to talk to these aches and pains
5. **Heart, Lungs & Constipation**
-- Anger: Feeling Concealed Rage, Furious, Over-wrought, Irritable, Belligerent
6. **Neck, Upper Arms, Thighs**
-- Hostility: Feeling Trapped, Picked on, Frustrated, Deprived, Vindictive
7. **Elbows, Knees**
-- Fear of Loss: Feeling Let Down, Not Heard, Overlooked, Frightened, Unwelcomed
8. **Forearms, Lower Legs**
-- Grief and Guilt: Feeling Betrayed, Discouraged, Unacceptable, Self-punishing
9. **Wrist, Ankles**
-- Indifference: Feeling Unwilling to change, Immobilized, unbendable, Destructive
10. **Hands, Feet**
-- Separation: Feeling Rejection, Unloved, Unacceptable, Unimportant, Self-pity, Self
Doubt, Fear of making mistakes,
11. **Groin Pains**
-- Right Side - Rejection -- Left Side - Betrayal - Possible sexual abuse
12. **Lower Back**
-- Lack of emotional support -- (and / or) -- Lack of financial support
13. **Affects digestion**
-- Antagonism: Feeling Offended, Attacked, Questioned, Annoyed, Inadequate

☞ Feelings Transformed

☛ My heart heals, as I accept and validate what I feel.

Ponder: "I'm feeling pain in my _____. I wonder, is this an invalidated emotion alerting me?"

Look on the two charts, pages 28-29. Which feeling is calling me? Choose what is felt then.....

Ask: "Since I'm feeling [place your negative feeling here], am I willing to accept that?"..... "Yes"

Ask: "Through my faith in Jesus Christ, would I be willing to wrap my _____ feelings with

• Compassion • Mercy • Forgiveness • Love and God's Grace and transform it to:

☛ I Trust in Christ, I am Love, and We are ONE? ... "Yes"

Say: "And I instruct this process to begin ... Now." ... inhale through your nose ... exhale from your mouth.

Express gratitude: "I thank thee, I thank thee, I thank thee." this completes the process.