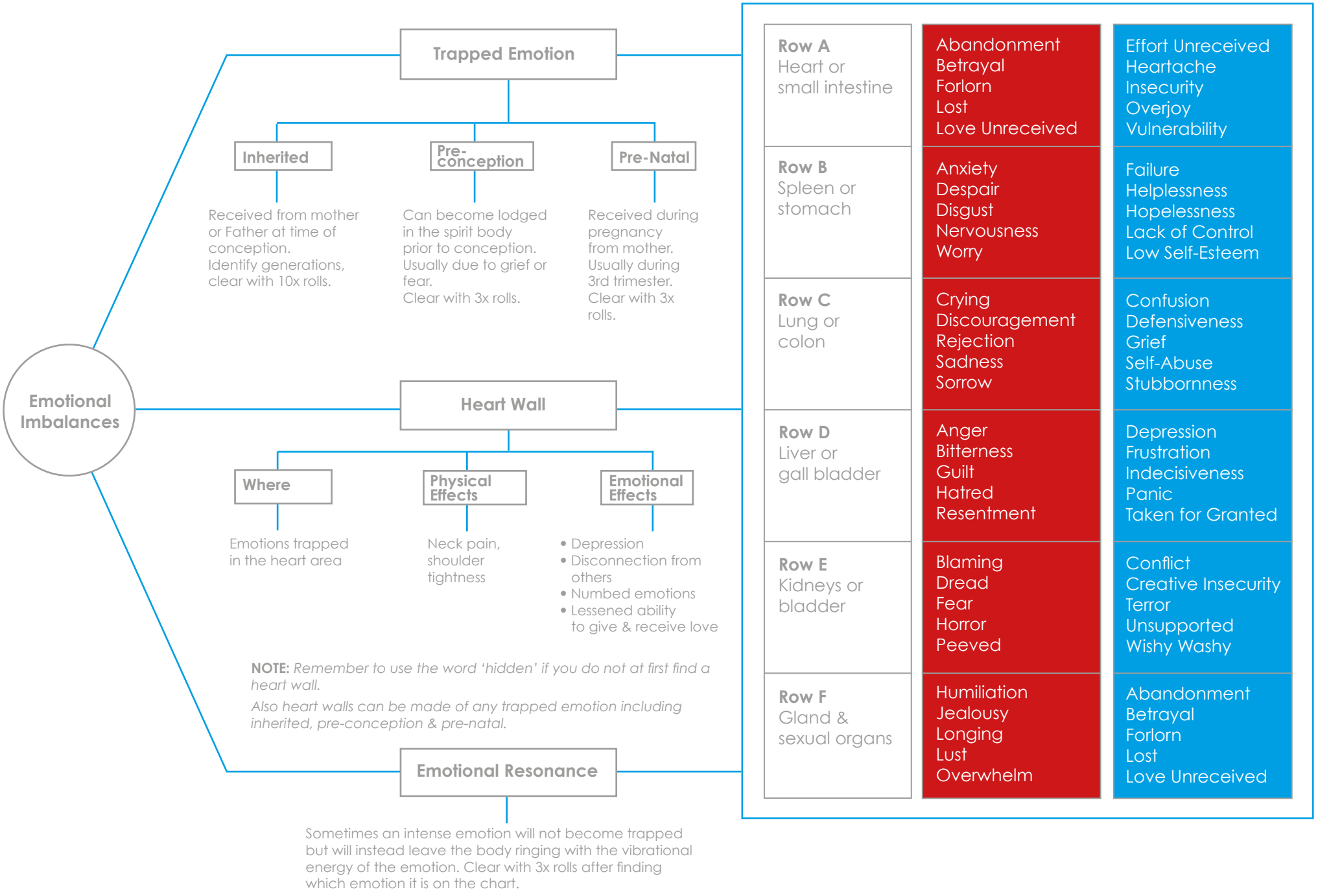
Emotional Imbalances
Trapped Emotion
Inherited
Received from mother or Father at time of conception. Identify generations, clear with 10x rolls.
Pre-conception
Can become lodged in the spirit body prior to conception. Usually due to grief or fear. Clear with 3x rolls.
Pre-Natal
Received during pregnancy from mother. Usually during 3rd trimester. Clear with 3x rolls.
Heart Wall
Where
Emotions trapped in the heart area
Physical Effects
Neck pain, shoulder tightness
Emotional Effects
• Depression
• Disconnection from others
• Numbed emotions
• Lessened ability to give & receive love
NOTE: Remember to use the word 'hidden' if you do not at first find a heart wall.
Also heart walls can be made of any trapped emotion including inherited, pre-conception & pre-natal.
Emotional Resonance
Sometimes an intense emotion will not become trapped but will instead leave the body ringing with the vibrational energy of the emotion. Clear with 3x rolls after finding which emotion it is on the chart.
Row A Heart or small intestine
Abandonment
Betrayal
Forlorn
Lost
Love Unreceived
Effort Unreceived
Heartache
Insecurity
Overjoy
Vulnerability
Row B Spleen or stomach
Anxiety
Despair
Disgust
Nervousness
Worry
Failure
Helplessness
Hopelessness
Lack of Control
Low Self-Esteem
Row C Lung or colon
Crying
Discouragement
Rejection
Sadness
Sorrow
Confusion
Defensiveness
Grief
Self-Abuse
Stubbornness
Row D Liver or gall bladder
Anger
Bitterness
Guilt
Hatred
Resentment
Depression
Frustration
Indecisiveness
Panic
Taken for Granted
Row E Kidneys or bladder
Blaming
Dread
Fear
Horror
Peeved
Conflict
Creative Insecurity
Terror
Unsupported
Wishy Washy
Row F Gland & sexual organs
Humiliation
Jealousy
Longing
Lust
Overwhelm
Abandonment
Betrayal
Forlorn
Lost
Love Unreceived