

Practical Support

Develop the skill of becoming highly aware of your body.
Take notice of the small symptoms and what they relate to.
Make changes in your thinking of life before they
develop into illness.

Develop some overall knowledge about body systems and what they relate to
emotionally.

Physical disease	Emotions	Key to balance
Stomach/Spleen digestion issues, blood sugar regulation, irregular breathing.	over thinking, worry, obsession	Aligning yourself with your true purpose.
Heart/Small Intestine anxiety, stress, sleeping issues, emotional imbalance, skin problems, blood pressure, memory issues	lack of joy, sadness, feeling disconnected	Having the clarity to be in tune with the flow of life, of knowing what is right for you.
Lungs/Colon respiratory issues, sinus, allergies, issues with elimination of waste	grief, sadness, guilt	Connecting to and valuing your spirit.
Kidneys/Bladder urination issues, water retention, indecisive, timid, backache, joint pain or swelling, bone issues.	fear, control	Following your intuition. Using your will to create the life you desire.
Liver/Gallbladder arthritis, migraine, headaches, dizziness, vision issues, fatigue	defensiveness, anger, frustration, irritability	Acceptances of self as you grow towards empowerment.

By Deborah Fairfull