

Emotional Roots of Physical Symptoms

With suggestions for flower essences, healing music, and inner healing sessions

By

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Combining Flower Essences, Healing Music, and Inner Healing for Your Body, Soul, and Spirit.

If we want the best for our health, it would seem natural that we'd look to incorporate a variety of techniques that work well together. By combining complimentary forms of energy healing, the overall effectiveness could bring our bodies into a greater place of health. Too often, we pick and choose here and there but don't necessarily find methods that have been paired together to give a "triple whammy" effect.

Following our introduction, a comprehensive chart of emotional roots with physical symptoms is paired with three things: flower essences, music, and a type of inner healing session. What you'll see in the chart is years of experience and research in regards to the energy healing techniques we use and, are known to work.

Scientific studies are starting to show that physical symptoms are indeed connected to emotional issues. So, when dealing with emotional trauma, your body can then be brought back to a healthy place. As a trio, what we bring to you is a carefully worked out list of emotional roots and physical symptoms paired with our products that we believe will give you the emotional support needed as your physical body starts to heal.

Seneca and Alice have been working with emotional healing for several years. In addition, they are both trained in Splankna, a form of energy healing. Del is a college professor and musician who's written music specifically for the purposes of healing the body, soul, and spirit. We each bring a variety of experiences to the table but we have one overall goal; our intent is that you can be healed – body, soul, and spirit.

Alice, Del, and Seneca 😊

Seneca Schurbon – Freedom Flowers

How Flower Essences Can Heal Physical Conditions

If you are not familiar with flower essences yet, they are not oils, but a means of healing using frequencies to heal negative emotional states. They have no biochemical actions, so they do not directly affect the body, but because our emotions are so closely tied to our physical health, they can have an impact in ways that you may not have considered before. And, because they work on an energetic level only, they are totally safe and there is no problem using them in combination with other medications you may be taking.

To understand how flower essences can affect your emotional wellbeing, you'll need to understand humans perceive frequencies. Everything in existence emanates a unique, trademark frequency. Your body picks up energetic frequencies in various ways: seeing, hearing, tasting, feeling and smelling are the most common ways your body experiences different frequencies. This is why you're often noticeably affected by sounds, colors, lights and scents.

Every emotion you experience has a unique frequency. Negative emotions— anger and fear— vibrate at lower-frequency ranges; positive emotions— love and joy— vibrate at higher ranges. Unconditional love resonates at the highest frequency. To change your emotional state, you have to change your frequency. Raising a fear-level frequency causes you to move away from fear and toward peace/joy/love. In the realm of physics, this is how “perfect love casts out all fear.”

If you set in motion several clocks with swinging pendulums, eventually, they will all sync with one another.

This is very similar to what happens when you take an appropriate flower essence: suddenly you have more than one pitch going on at the same time. So, for example, if an old thought pattern tells you "I can't forgive, I'm too angry" is suddenly paired with "I can love you anyway" you may perceive the newest frequency as a "choice" or as a new "idea" so you begin to entertain the notion that there is another way to react to your circumstances.

As you continue to infuse the higher frequency, your choice becomes clearer and the old patterns (the lower-resonating frequencies) change. The higher frequency causes the old vibration to yield to something that simply feels better (is less stressful or anxiety-provoking) than what you've been feeling.

Each flower resonates at its trademark specific frequency. This frequency is then transferred to water, the perfect recorder, conductor and carrier. It is the only substance on earth that is programmable to carry and transmit frequency to everything it comes in contact with. So when you transfer a few drops of a flower essence to a glass of water, it encodes your entire glass with that specific frequency and, every time you take a sip or

apply it topically, your body (which is approximately 70% water) becomes infused with a specific frequency that can build you up in ways that hundreds of dollars invested in self-help books can't.

Every organ in your body also has its own frequency. And certain organs have an affinity for the frequencies of certain emotions. There are patterns that link the two together. When you have a trauma, or any negative emotion that is unresolved, or suppressed, that emotional frequency will get stored someplace in your body. The effects can be felt immediately, or it can take decades of piling on before that organ or body part starts to manifest dysfunction. When you correct the emotional issue, you give that organ or bodily system the opportunity to recover.

So with our chart, we have given you a very simplistic view of how these things are linked. I have listed Bouquet Blends for a quick and easy grab for you, but I would be remiss if I didn't say that in many cases, a Custom Combo will be the best thing. Bouquet Blends are meant to help the widest amount of people possible, and you may be better off with some flowers targeting your issues more specifically, especially if you feel you need 2 or more blends. Catch up with me on my website, www.freedom-flowers.com and we'll talk about what you need.

I believe that for pervasive or chronic illnesses, we need to be addressing things on a body/soul/spirit level, so I really like to see flower essences used in tandem with other healing methods.

Think about cancer for a moment. We all probably know someone who went under the knife or went through chemo and came out with a "we got it all" diagnosis, only to have it return. Now maybe some of those cases are doctors who weren't diligent, but I doubt that is the norm. My sense is that the underlying emotional issues were never dealt with.

In the gardening world, we all know the difference between breaking a weed off at soil level versus pulling it out by the roots. If you break it off, everything looks good on the surface for a while, but eventually the weed comes back. That is what it is to ignore the other parts of our triune being, or to focus entirely on the physical while ignoring our soul (mind, will and emotions) and our spirit (our connection to higher realms.)

I hope you'll take advantage of this particular means of healing.

-Seneca Schurbon

Owner and Essence Maker at Freedom Flowers

Del Hungerford – musician

For years, I've been fascinated with how music can be used for healing purposes. I always wondered what it was about music that affected people's emotions. For example, when people are sad, they listen to a certain type of music but probably not the same music they'd listen to when in a good mood. For most musicians, music is a form of expression. I add onto that because I also feel that I'm expressing what Creator is saying through me.

My desire is to explore the healing properties of music. I sit down at a keyboard and let music flow through me that's not printed on a page of music. Because I'd already been doing this during prayer sessions, it wasn't too much of a stretch to bring that into my own music. The "prophetic" title of my first five CD's is a result of letting what I was sensing flow through me musically. Each "song" features a spontaneous instrumental piece based on a specific musical pitch. The main frequency in my songs is subtle and consistent throughout the length of the song. This replaces the need for a tone generator, which can often be very boring (or annoying) to listen to. All songs are long-play for the purpose of being therapeutic.

Based on research, I decided to record my music at the A=432 concert pitch. Why that concert pitch? I believe there's enough evidence to show this concert pitch is closer to the natural frequencies within the earth itself than other concert pitches being used today. In looking at musical tuning before we had devices to measure frequencies, the natural concert pitch hovered around A=432 anyway. So, in a sense, I'm returning back to a more natural tuning. Tuning at A=432 seems to work especially well with emotional healing. That then allows the physical body to heal more effectively.

I'm committed to creating music that enhances cognitive function, heals the emotions, awakens intuition, and engages our senses. I am excited to bring you music that touches the whole person: body, mind, and spirit. My hope is that you will find peace, internal harmony, and revitalization in these healing frequencies.

I've been a classical musician since childhood. It was my dream to be play professionally once I realized that by practicing, I could actually be good. My dream led me to becoming a professional clarinetist and music educator in the Northwest. I've taught elementary music, middle school band, was the music director for a community theatre, was a staff accompanist in the public schools, and, currently, teach at the university level. I have three degrees in music from The University of Idaho (B.M), Yale University (M.M), and The University of Washington (D.M.A.). Although I make my living as a music teacher and educator, I'm learning to develop the "song" I hear coming from within me in a manner that I didn't know was possible for this stuffy, fuddy-duddy classical musician.

EMDR Music

I have over four hours of music in the EMDR (bilateral or panning) format. Many of those, you'll see on the list below. If you're in EMDR or Splankna therapy, many of these selections will work well for you.

EMDR is the acronym for "Eye Movement Desensitization and Reprocessing." It's a method of trauma therapy used by health care professionals that mimics REM (rapid eye movement) sleep patterns. The purpose of this type of therapy is for the client to work through particularly difficult traumas such as PTSD (post-traumatic stress disorder) or other particularly difficult events. It's only been in the last 20 years that EMDR therapy has come to the forefront. Because it's been so successful, many mental health professionals are beginning to utilize the EMDR techniques, which often involve the use of "bilateral music" where it pans gently from left to right.

Bilateral and EMDR music is meant to be listened to through headsets or ear buds. Most EMDR music fully pans from left to right. Some composers have taken their music and added a single percussion instrument or sound that pans left to right while the music plays in both speakers. Be sure to discuss with your health care practitioner which method of panning is best for you.

Holly Cumming is a licensed therapist who uses EMDR music. Her husband has also turned some of his music into the bilateral format. On Holly's site, she gives instructions on how to best use EMDR music:

Instructions for relaxing with Bilateral Music:

In order to combat stress and anxiety it's important to learn to breathe! Slow, deep, quiet breathing (diaphragmatic breathing) so that you SEE and FEEL your abdomen rise and fall with each in and out of your breath is key. Focus on breathing and enjoy the bilateral music. You can also enhance this experience by imagining a beautiful, safe place and being there in your mind. Make it as detailed as possible to help your mind buy into the idea that it's real.

Instructions for working with physical pain:

Again, as with relaxation work, you need to focus on belly breathing AND also focus on the pain (which is usually what we try to avoid). Just notice the pain -- even it is in several areas. Keep noticing the pain and when it moves or shifts just follow it and keep noticing. It is not unusual for the pain to move, shift, or change intensity. Whatever it does, simply notice it without judgement or a lot of thought as to what it means.

If you're interested in EMDR therapy, feel free to contact Holly Cumming. Her website is: <http://www.hollycummingpc.com/>

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Alice Briggs – artist, Sozo and Splankna practitioner

I became interested in inner healing primarily because my sister was healed of severe fibromyalgia after three sessions of Splankna. She had received many other treatments and a lot of prayer, but Splankna was the tipping point that brought the full healing. She has had no recurrence of symptoms after 8 plus years! I began my training in Splankna and have developed a great interest in the various ways and means that Creator uses to bring healing and freedom from all types of oppression and issues. I love being a tool in His hand and watching Him meet you at your deepest need and bringing healing and wholeness.

Everyone experiences troubles, hard times, disappointments, failures, and setbacks. What you do with those issues ultimately will determine how emotionally and spiritually healthy you are in the future. When we experience trauma of all sorts, we tend to store those negative emotions in our physical being. We believe lies about ourselves and those around us. These emotions and lies tend to “trigger” us and we react in ways that are not logical or desirable. Sometimes these same issues can hinder us from moving forward as we are subconsciously sabotaging our own progress towards the things we most desire.

Most of the time, we are able to work through these types of issues on our own. But, sometimes, things get “stuck” and we need a little help to break through into our next level of freedom and peace. Working together, we will be able to quickly release emotional and spiritual baggage that may be hindering your progress.

Grounded in Christian principles, I work as a facilitator to not only guide you to release painful emotions, lies, and heartache that are triggering unwanted symptoms, but to rediscover who God is and what He has to say to and about you. Trained in both Splankna and Sozo techniques for inner and energy healing, I believe the Holy Spirit is our healer and will guide you on a journey towards complete emotional and spiritual healing.

There are many different names for the process of healing the emotional and spiritual wounds that we all encounter during life. Inner Healing is a broad term that encompasses an area that has not been addressed by more traditional methods. We are learning more and more about the inner-connectedness of our beings: mind, body, emotions, spirit, and soul. But what is becoming clear, is that many times physical complaints are the result of emotional and spiritual issues. While I cannot guarantee physical relief, many people have found that as they become healed of their emotional and spiritual wounds, that physical improvement of symptoms follows.

Although there are many anecdotal reports of great benefit, and all of these modalities appear to show great promise of benefit to people emotionally, spiritually, and even physically; they have thus far not been fully researched by the western medical, academic, and psychological communities. Therefore, they are considered experimental and the extent of their benefits (which appear to be many) and their risks (which appear to be minimal) are not fully known.

Unlike what traditional, western medicine has become, these modalities and treatment protocols are highly individualized. No two sessions are exactly the same even with the same client with the same issue. Are there similarities? Yes, of course. We all share in the same human condition. But there are many variables that come into play. I think that this is one of the parts that fascinates me the most! It is such a clear and distinct demonstration that God created each of us uniquely, and that He knows each of us very well....much better than we know ourselves.

Splankna

Splankna Therapy is the first Christian protocol for energy psychology. Energy psychology utilizes the same system in the body that acupuncture and chiropractic are based on to alleviate emotional trauma that is physically stored. The Splankna Protocol incorporates elements from three different energy psychology protocols: Thought Field Therapy, EMDR (Eye Movement Desensitization and Reprocessing), and Neuro-Emotional Technique. Splankna also incorporates prayer as an integral part of every session.

I am a Master's Level Certified Splankna Practitioner. What I appreciate most about this technique, is that it appears to address issues at the sub-conscious and energetic levels. Using applied kinesiology to assist in identifying the problem, the protocol then assists you to release negative emotions that are stored within your physical being that may be triggering a current symptom. Once emotional "fuel" is released, there is nothing to trigger the symptom, and you are then free to make better behavioral choices.

To discover the basics of how Splankna works, please visit the Splankna Therapy Institute page [here](#). On the site, is an audio file which includes a basic presentation of the Splankna protocol of Christian energy healing. The presentation addresses theological questions and justifications.

Sozo

Sozo is the Greek word translated "saved, healed, and delivered." Sozo ministry is a unique inner healing and deliverance ministry aimed to get to the root of things hindering your personal connection with the Father, Son, and Holy Spirit. With a healed connection, you can walk in the destiny to which you have been called. Sozo is not a counseling session but a time of interacting with Father, Son, and Holy Spirit for wholeness and pursuing of your destiny. This technique was developed by the wonderful people at Bethel Church in Redding, California.

I am trained at the Advanced Sozo level. While I am not a member of the Sozo Network, I utilize many of their techniques. I have found that they can be very useful for establishing a healthy connection between you and God. You are encouraged to have an encounter with all three members of the Godhead, reinforcing healthy identity as you hear from God, himself, what he thinks about you.

Physical Symptom	Possible Emotional Roots	Flower Essences <i>Freedom Flowers Made by... Seneca Schurbon</i>	Healing Music <i>Healing Frequencies Music by... Del Hungerford</i>	Healing Sessions <i>Emotional and Spiritual Healing with... Alice Briggs</i>
Abdominal area	Lack of using wisdom, worrying about others, fear and anxiety, bound up in present fears and not able to trust	Stay Calm, Red Chestnut, Oregon Grape	Joyous Hope (song and EMDR)	Emotional Clearing
Acid Reflux	Anxiety, worry	Stay Calm	Joyous Hope	Emotional Clearing
Accidents	High levels of stress, wanting to punish self, resistant towards authority, feeling defenseless, not able to make decisions	Stress Less, Habanero, Bull Thistle, Mullein	Worthy to Behold (song)	Ancestral Cleansing, Self-Empowerment
Addictions	Distorted memory in DNA, unable to think rationally, self-rejection, despair, running from self-identity	Confidence, Nicotiana	I AM (album)	Ancestral Cleansing, Self-Empowerment
Acne	Fear of rejection, need to feel accepted	Confidence	I AM (album)	Emotional Clearing, Self-Empowerment
Acne – cystic	Relationship conflict with mother	Evening Primrose, Peace, Anger Management	I AM (album)	Forgiveness Session

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Adrenal Problems	Feeling like a victim, defeated, anxiety, jealousy, fears, need to struggle for success	Horseradish, Ignite, Stay Calm	Open Gates (album)	Emotional Clearing, Self-Empowerment
ADD/Dyslexia	Lack of strong patriarch in family line, self-rejection	Confidence	Spirit Awakens (song) Wings of Spirit (EMDR)	Ancestral Cleansing, Self-Empowerment
Allergies – Food	Fear (general), or fear of what God is calling you to. (This can be subconscious)	Stay Calm, Confidence	Running to Him (song)	Emotional Clearing, Self-Empowerment
Allergies – Hay Fever	Fear	Stay Calm, or specific flowers for specific fear	Waves of Spirit (song) Running to Him (song)	Emotional Clearing
Alzheimer's	Self-rejection, guilt	Hyssop, Solomon's Seal, Confidence	I AM (song) Open Heaven (album) Open Gates (song)	Emotional Clearing, Self-Empowerment
Anemia	Anger at self, manipulative tendencies, no joy, lack of order in life	Confidence, Joy, M&M	I AM (album and EMDR)	Emotional Clearing, Self-Empowerment

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Aneurysm	Anger - often generational	Anger Management	Waves of Spirit (song)	Forgiveness, Ancestral Cleansing
Anorexia	Unable to please parent (usually mother), unable to live up to other's expectations, self-rejection and/or hatred	Confidence, Evening Primrose, Blue Vervain, Recovery	Waves of Spirit (album)	Forgiveness, Emotional Clearing, Self Empowerment
Anxiety	Feelings of being boxed in, unable to make requests heard (can't call the shots)	Stay Calm	The Wedding (song) Running to Him (song)	Emotional Clearing
Arteries – Hardening	Hard-hearted, dictatorial, feelings of being obstructed or delayed in life	Verbena, Bull Thistle	Life Source (song and EMDR)	Emotional Clearing, Self-Empowerment
Arthritis – Osteo	Not forgiving self, holding record of wrongs	Hyssop, Solomon's Seal	Open Door (song) The Wedding (song)	Forgiveness, Self Empowerment
Arthritis – Rheumatoid	Can't face one's self, guilt, feels unworthy of love, low self-esteem	Confidence, Hyssop	Open Door (song) The Wedding (Song) Open Gates (song)	Emotional Clearing, Self-Empowerment

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Asthma	Fear of abandonment, insecurity	Lungwort, Heart Healer	Open Door (song)	Emotional Clearing, Self-Empowerment
Autoimmune disorders	Attacking self, being self-critical, low self-esteem, guilt, self-rejection	Confidence	Open Heaven (album) Love Abounds (EMDR)	Forgiveness, Emotional Clearing, Self Empowerment
Back pain	Over-responsibility, pushing self too hard, relational difficulties	Align	Life Restored (song) Open Gates (song)	Forgiveness, Emotional Clearing, Self Empowerment
Blood disorders	Feeling powerless in some area of life, deep anger, intense depression	Ignite, Anger Management, Horseradish	Cleansing Fire (album)	Emotional Clearing, Self-Empowerment
Brain	Extremely nervous, high anxiety, unable to control life	Stay Calm	Wings of Spirit (song and EMDR) Spirit Awakens (song)	Emotional Clearing, Self-Empowerment
Cancer – general	Bitterness	Peace, Anger Management, Recovery	Into the Deep (album) Deep Waters (song) Abiding Love (EMDR)	Forgiveness

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Cancer – left breast	Conflict and bitterness with another female relative	Peace, Anger Management, Evening Primrose (if mother)	Into the Deep (album) Deep Waters (song) Abiding Love (EMDR)	Forgiveness, Ancestral Cleansing
Cancer – right breast	Conflict and bitterness with another female, not blood related. Can also be husband	Peace, Anger Management	Into the Deep (album) Deep Waters (song) Abiding Love (EMDR)	Forgiveness
Cancer – colon	Speaking against others, judgment, being verbally abusive or creating division	Peace, Calendula, Verbena	Into the Deep (album) Waves of Spirit (song) Deep Waters (song) Abiding Love (EMDR)	Forgiveness
Cancer – ovarian	Self-loathing, issues with one's sexuality	Confidence, Basil, Easter Lily	Into the Deep (album) Deep Waters (song) Abiding Love (EMDR)	Forgiveness, Self Empowerment
Cancer – prostate	Anger, guilt self-hatred	Hyssop, Anger Management	Into the Deep (album) Deep Waters (song) Abiding Love (EMDR)	Forgiveness, Self Empowerment

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Cancer – uterine	Deep need to be loved, promiscuity	Confidence	Into the Deep (album) Deep Waters (song) Abiding Love (EMDR)	Emotional Clearing, Self-Empowerment
Cardiovascular issues	Fear, anxiety, stress	Stay Calm, Stress-Less	I AM (album)	Emotional Clearing
Chronic fatigue	Anxiety rooted in driven-ness to meet the expectation of another in order to receive love	Heart Healer, Recovery, Yellow Monkey Flower, Blue Vervain, Teasel	Life Source (song) Abiding Love (song) Into His Presence (song) Open Gates (album)	Emotional Clearing, Self-Empowerment
Colic	Inherited fears or taking on mom’s emotion in utero or at birth	Evening Primrose, Stay Calm or other per mom’s insight	I AM (album) Joyous Hope (EMDR)	Emotional Clearing, Ancestral Cleansing
Coronary Artery Disease	Self-rejection	Confidence	I AM (album)	Self-Empowerment
Crohn’s Disease	Extreme self-rejection with guilt, rejection, abandonment, low self-esteem or driven-ness to meet the expectation of another	Heart Healer, Confidence	Into the Deep (song and album)	Emotional Clearing, Self-Empowerment

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Cysts – ovarian/breast	Conflict with one’s mother	Evening Primrose, Peace, Anger Management	Open Gates (album) The Wedding (EMDR)	Forgiveness
Degenerative Disc	Usually generational – connected to addictive personality. Addictions are rooted in the need to be loved.	Nicotiana, Harebell, Coreopsis	Waves of Spirit (song, EMDR and full album)	Ancestral Cleansing, Self-Empowerment
Dementia	Unresolved anger, feeling of being hopeless and/or helpless, tired of life’s struggles	Horseradish, Wild Rose, Anger Man- agement	I AM (song) Spirit Awakens (EMDR)	Emotional Clearing, Self-Empowerment
Depression	Inner conflict at soul or spirit level	Joy, Tomorrow	Life Source (song) I AM (album) Open Door (song) Waves of Spirit (song)	Emotional Clearing, Self-Empowerment
Diabetes – Type 1	Self-rejection with guilt, anxiety and stress. Broken heart/rejection by father, husband or other man	Heart Healer, Confidence, Stay Calm	Love Abounds (song) Abiding Love (EMDR)	Emotional Clearing, Self-Empowerment

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Diabetes – Type 2	Fear of failing others, performance and driven-ness, can't receive love, projected rejection	Heart Healer, Blue Vervain, Missouri Primrose	Love Abounds (song) Abiding Love (EMDR)	Emotional Clearing, Self-Empowerment
Digestive issues (most)	Fear, anxiety, stress	Stay Calm, Stress-Less	Open Door (song)	Emotional Clearing
Endocrine system	Drastic imbalance in life	Specific essences based on circum- stances	I AM (album and EMDR) Into His Presence (al- bum)	Emotional Clearing, Self-Empowerment
Endometriosis	Self-rejection, frustration, insecurity	Confidence	Running to Him (song)	Self-Empowerment
Energy – lack of	Deep seeded sadness, wanting to quit, struggles with day-to-day life, bored, experiencing burn-out	Tomorrow, Joy	Wings of Spirit (song and EMDR) Into His Presence (al- bum)	Emotional Clearing, Self-Empowerment
Eczema	Fear, anxiety, stress	Stay Calm, Stress-Less	Worthy to Behold (song)	Emotional Clearing

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Face issues	Struggle with identity, rejection, fear, anxiety, afraid of “losing face,” problems with relationships	Confidence	I AM (album)	Emotional Clearing, Self-Empowerment
Female problems	Unable to let go of the past, emotional block where mate is concerned, struggles with female identity	Easter lily, Meno-blend, Tiger lily	I AM (song)	Emotional Clearing, Self-Empowerment
Fibroids	Bitterness against self	Confidence	Open Gates (song) Love Abounds (EMDR)	Forgiveness
Fibromyalgia	Abandonment, feeling unsupported or not nurtured by male figure, feeling like you have to do things right to be loved. Can also be from feeling like you have to do all the work in a relationship, or childhood wounds from mother’s relationship with father or other men.	Heart Healer, Missouri Primrose, Sunflower	Into the Deep (album and song) Love Abounds (song and EMDR)	Emotional Clearing, Self-Empowerment
Gallbladder	Bitterness, anger, wanting to force things	Anger Management	Deep Waters (song)	Emotional Clearing

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Gallstones	Bitterness, unyielding, not able to forgive, pride, wanting to condemn others	Peace, Anger Management	Deep Waters (song)	Emotional Clearing
Gastritis	Uncertainty, anxiety	Stay Calm	Spirit Awakens (song) Into His Presence (album)	Emotional Clearing
Headaches	Tension and stress, struggles with resolving emotional upsets, unable to control, unpleasant relationships	Stress Less, Align	Life Restored (song)	Emotional Clearing, Self-Empowerment
Hemorrhoids	Fear and tension, anxiety/anxious, feeling burdened, anger	Stay Calm, Anger Management	Running to Him (song)	Emotional Clearing
High blood pressure	Worry, stress	Stress Less, Peaceful Sleep	I AM (album) Life Source (EMDR)	Emotional Clearing
High cholesterol	Angry at self, self-deprecation	Confidence, Anger Management	Into His Presence (album)	Self-Empowerment
Hodgkin's Disease	Unresolved rejection by father	Sunflower, Peace	Open Heaven (album)	Forgiveness

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Hyperthyroidism	Fear/anxiety and/or self-rejection and guilt	Stress Less, Stay Calm	I AM (song and album)	Emotional Clearing, Self-Empowerment
Hypothyroidism	Fear, anxiety, stress	Stress Less, Stay Calm	I AM (song and album)	Emotional Clearing
Hypothalamus	Anxiety, sadness, insecurity, rage	Stay Calm, Joy, Con- fidence, Anger Man- agement	Cleansing Fire (album)	Emotional Clearing, Self-Empowerment
Incontinence	Emotions overflowing, struggles with con- trolling emotions, fear	Cherry Plum, Stay Calm	Open Gates (album)	Emotional Clearing
Incurable diseases	Struggles with forgiveness of those from the past, continuous self-condemnation (and others)	Peace, Hyssop, Con- fidence, Recovery	Love Abounds (Song) Open Door (song) Wings of Spirit (EMDR) Deep Waters (song)	Forgiveness, Self Empowerment
Insanity	Desire to escape, inability to cope, desire to separate from life, struggle with being able to let go of things from the past	Crisis Care, Sweet Chestnut, Nicotiana	Into His Presence (al- bum) I AM (album and EMDR album)	Emotional Clearing, Self-Empowerment

Physical Symptom	Possible Emotional Roots	Flower Essences <i>Freedom Flowers Made by... Seneca Schurbon</i>	Healing Music <i>Healing Frequencies Music by... Del Hungerford</i>	Healing Sessions <i>Emotional and Spiritual Healing with... Alice Briggs</i>
Intestinal cystitis	Anxiety, fear, guilt, and self-rejection combo	Stay Calm, Confidence, Hyssop	Open Door (song) Deep Waters (song)	Emotional Clearing
Intestinal disease	Struggle with absorbing new things, desire to stay in comfort zone and wanting to live out of the past	Elecampane, Tomorrow, Recovery	Joyous Hope (song and EMDR)	Self-Empowerment
Kidney issues	Wanting to control life, over-judgmental, emotional confusion, repressed emotions	Peace, Solomon's Seal	Wings of Spirit (song)	Emotional Clearing, Self-Empowerment
Kidney stones	Hardened anger	Anger Management	Wings of Spirit (song)	Emotional Clearing
Knee problems	Struggle with keep pride and ego in check, want own way, struggles with authority	Sunflower, Bull Thistle	Worthy to Behold (song)	Emotional Clearing
Leukemia	Unresolved rejection by father	Sunflower, Peace, Heart Healer	Into the Deep (album) Wings of Spirit (EMDR)	Forgiveness

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Liver	Unresolved anger, critical thoughts, self-condemnation, resentment, possessiveness	Anger Management, Hyssop,	Open Gates (album)	Emotional Clearing, Self-Empowerment
Lou Gehrig's Disease	Denial of successes in life, struggles with self-worth	Confidence	The Wedding (song and EMDR)	Self-Empowerment
Lung problems	Grief, needing approval, needs love, life feels too run-of-the-mill	Good Grief, Tomorrow	Open Door (song)	Emotional Clearing, Self-Empowerment
Lupus	Self-rejection, guilt, self-conflict, performance mentality	Confidence, Hyssop, Blue Vervain,	Open Heaven (song and album) Running to Him (song)	Emotional Clearing, Self-Empowerment
Lymph system	Resentment, hatred building up, lack of enthusiasm, unable to feel accepted	Anger Management, Sweet Pea	Into His Presence (album)	Emotional Clearing, Self-Empowerment
Male problems	Struggles with letting go of the past, holding onto unpleasant memories of past relationships, feeling unfilled in love	Wormwood, Heart Healer	I AM (album)	Emotional Clearing, Self-Empowerment

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Menopause	Fears of being rejected, feeling useless, fear of getting older	Elder, Menoblend	Open Heaven (album) I AM (EMDR)	Emotional Clearing, Self-Empowerment
Malabsorbtion/leaky gut	Fear, anxiety, stress	Confidence, Hyssop, Blue Vervain	Joyous Hope (song) Love Abounds (song)	Emotional Clearing
Manic depression/Bipolar Disorder	genetic	Sweet Chestnut, Ker- ria,	Life Source (song), Waves of Spirit (song), The Wedding (song), Cleansing Fire (song) and I AM (EMDR album)	Ancestral Cleansing
Migraines	Guilt resulting in conflict with self or others, in conjunction with fear.	Hyssop, Stay Calm, or essences tailored to situation (Custom Combo)	Life Restored (song and EMDR) Life Source (song and EMDR)	Emotional Clearing, Self-Empowerment
Mono	Feelings of being unloved and/or unworthy, anger at not being appreciated	Heart Healer	Love Abounds (song) Abiding Love (song)	Emotional Clearing, Self-Empowerment

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Multiple chemical sensitivity	Fear and anxiety coming out of a broken heart	Stay Calm, Heart Healer	I AM (regular album and EMDR album)	Emotional Clearing
Multiple Sclerosis	Father's rejection, deep roots of self-rejection and guilt, trauma	Sunflower, Confidence, Hyssop, After-shock, Recovery	Abiding Love (song and EMDR)	Forgiveness, Emotional Clearing, Self Empowerment
Muscular Dystrophy	Lack of resolution for deep-seeded anger, believes experiencing pain is a must	Anger Management, Missouri Primrose	Life Restored (song)	Forgiveness, Emotional Clearing, Self Empowerment
Nervous breakdown	Fear of the future, unable to communicate true feelings	Stay Calm, Crisis Care, Tomorrow, Violet,	Life Source (song) Open Heaven (song)	Emotional Clearing, Self-Empowerment
Osteoporosis	Envy/jealousy, broken spirit	Heart Healer	Abiding Love (EMDR)	Forgiveness
Overeating	Fear of rejection, fear of abandonment, armoring, low self-esteem, focus on being in control of food	Heart Healer, Confidence, Craving Control	Joyous Hope	Emotional Clearing, Self-Empowerment

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Pancreas	Feelings of guilt and being judged, low self-esteem, lack of joy	Hyssop, Confidence, Joy	Waves of Spirit (song)	Emotional Clearing, Self-Empowerment
Paralysis	Accident caused or resists life, overwhelmed by responsibilities, fear of the future	Lilac, Tomorrow	Open Gates (album)	Emotional Clearing, Self-Empowerment
Parasites	Fear/anxiety – in the event that you have an abnormal battle	Stay Calm	Open Gates (song), Spirit Awakens (song)	Emotional Clearing
Parkinson's Disease	Rejection, abandonment, hopelessness, brooding over past mistakes and failures	Heart Healer, Tomorrow, Hyssop, and Wormwood	Into His Presence (Song), Abiding Love (EMDR)	Emotional Clearing, Self-Empowerment
Premenstrual Syndrome	Not wanting to recognize feminine side of self, relinquishing power to others	Menoblend	Waves of Spirit (song)	Emotional Clearing, Self-Empowerment
Prostrate problems	Fear of aging, struggles with letting go of the past, desire to give up	Elder, Recovery, Wild Rose, Wormwood	I AM (album)	Emotional Clearing, Self-Empowerment
Psoriasis	Self-rejection, low self-esteem, conflict with identity	Confidence	Abiding Love (song)	Emotional Clearing, Self-Empowerment

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Respiratory problems	Feeling unapproved, lack of love, fears of being able to live life to the fullest	Stay Calm, Confidence	Waves of Spirit (album)	Emotional Clearing, Self-Empowerment
Sciatica	Sexual abnormality and/or frustration, concerned with money issues, anxiety concerning creative abilities, tendency to be double-minded	Star Thistle, Confidence	Wings of Spirit (song)	Emotional Clearing, Self-Empowerment
Shingles	Stres, anxiety combined with self-rejection	Stay Calm, Confidence, Stress Less	Worthy to Behold (song)	Emotional Clearing, Self-Empowerment
Sinus infection	Fear/anxiety	Stay Calm	I AM (album)	Emotional Clearing
Skin Disease	Feelings of irritation, critical, lack of security, impatient, overreacts to things	Peace, Confidence, Anger Management	Worthy to Behold (song)	Emotional Clearing
Spleen	Not able to love self, emotional conflicts, agitation, feeling rejected by others	Confidence, Heart Healer	Abiding Love (song)	Emotional Clearing, Self-Empowerment

Physical Symptom	Possible Emotional Roots	Flower Essences <i>Freedom Flowers Made by... Seneca Schurbon</i>	Healing Music <i>Healing Frequencies Music by... Del Hungerford</i>	Healing Sessions <i>Emotional and Spiritual Healing with... Alice Briggs</i>
Stomach problems	Fear the new, lack of affection, condemn the success of others, sense of security feels threatened	Stay Calm	Deep Waters (song)	Emotional Clearing, Self-Empowerment
Stroke	Self-rejection, self-bitterness, self-violence, extreme resistance	Confidence, Cherry Plum	Waves of Spirit (song)	Self-Empowerment
Stuttering	Unable to express self, emotionally insecure, having to always please those in authority	Confidence, Blue Vervain	I AM (album)	Self-Empowerment
Suicidal	Feeling inability to resolve life's problems, hopelessness, thinking everyone is better off without you	Sweet Chestnut, Tomorrow	I AM (album) Into His Presence (album)	Emotional Clearing, Self-Empowerment
Thymus	Feeling persecuted and picked on, life is unfair, unable to have proper discernment	Heart Healer	Into His Presence (song)	Emotional Clearing, Self-Empowerment
Thyroid (also see hypo or hyperthyroid)	Fear of expressing self, unable to discern, deep sense of frustration and/or anxiety	Confidence, Stay Calm	I AM (song)	Emotional Clearing, Self-Empowerment

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TMJ	Rage, struggle with accepting where you are in life, desire revenge, inability to express how you feel, stress, pressure	Anger Management, Stress Less	Into the Deep (song)	Emotional Clearing, Self-Empowerment
Ulcers	Fear, anxiety, stress	Stress Less, Stay Calm	Open Heaven (album)	Emotional Clearing
Ulcerative colitis	Fear, anxiety, stress, feeling like you don't belong, lack of trust, things bugging you long term, dread	Stay Calm, Stress Less, Sweet Pea, Oregon Grape	Open Heaven (album)	Emotional Clearing, Self-Empowerment
Viruses	Bitterness, negative overshadows positive, belief "I get what's coming."	Tomorrow, Missouri Primrose, Plantain	Into the Deep (song)	Forgiveness, Emotional Clearing, Self Empowerment
Yeast Infections	Lack of self-love, deep and unresolved resentments, unable to accept self, inability to recognize one's own needs	Confidence, Recovery, Peace	Into the Deep (song) Cleansing Fire (album) Into His Presence (song)	Forgiveness, Emotional Clearing, Self Empowerment