

# Emotional Roots of Physical Symptoms

*With suggestions for flower essences, healing music, and inner healing books*

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 complementary 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 books to help you work through issues. 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 worked with emotional and energy healing for several years. 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 ☺*

## How to Use This Chart

You'll notice in the left column a list of physical conditions. Next to it are some possible emotional ties. While your assumption may be that we've made recommendations to heal all your physical issues, that's not the case. We have correlated negative emotions as underlying roots to physical conditions, and from there, made suggestions as to how to heal the emotions. When you heal the heart wounds, the stress on the physical body lessens and your body can right itself, which may also entail using the proper medications, nutritional therapies etc.

Not everything listed will be true for every person with that physical issue. People are more complex than that, and it's never just one thing. Think of those suggestions as possibilities and stepping off points. They are areas for you to explore, and the recommended essences, music and sessions are based on those specific emotional conditions. If the emotional roots we've listed don't make sense in the context of your life, then the recommendations we've made probably won't help either. It's also not necessary to use every suggestion, but only the ones that resonate as the root of your issue.

## **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.

I have listed mostly 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](http://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 spirit/soul/body 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. I have a free mini-course in how to put flower essences to use to best effect for you at [www.freedom-flowers.com/start-here](http://www.freedom-flowers.com/start-here)

*-Seneca Schurbon*

**Owner and Essence Maker at Freedom Flowers**

## **Del Hungerford – Healing Frequencies Music**

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.hollycumminglpc.com/>*

## **Alice Briggs – Inner Healing practitioner and artist**

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 needs 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 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.

## **Emotional & Spiritual Healing Book Series**

These books will walk you through emotional and spiritual healing strategies from a Christian worldview so you can release the emotional roots blocking your healing.

We'll cover:

- Generational Issues
- Ungodly Beliefs and Lies
- Emotional Wounds
- Demonic Oppression
- And more!
- Plus strategies to walk out the healing you've received.

You can purchase ebooks directly from Alice at: <https://emotionalandspiritualhealing.com/book/>, or through your favorite retailer. Print versions are available from Alice directly at her office or local events; and wherever books are sold. Your local bookstore and library should be able to order them. (There are 14 in the series and will be released monthly through Oct 2020.)

Note: Each book in this series utilizes the same tools, but is tailored to each topic.

The books are based on a series of blog posts that can be found at her site.

Disclaimer: The information in this booklet is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and information, contained on or available in the booklet is for general information purposes only. Freedom Flowers LLC, Healing Frequencies Music, and Alice Arlene LTD, make no representation and assume no responsibility for the accuracy of information contained on or available throughout this booklet, and such information is subject to change without notice. You are encouraged to confirm any information obtained from or through this booklet with other sources, and review all information regarding any medical condition or treatment with your physician.

<b>Physical Symptom</b>	<b>Possible Emotional Roots</b>	<b>Flower Essences from Freedom Flowers Made by... Seneca Schurbon</b>	<b>Healing Music Healing Frequencies Music by... Del Hungerford (Album titles)</b>	<b>Books for Healing Emotional and Spiritual Healing by... Alice Briggs</b>
<b>Abdominal Area</b>	Lack of using wisdom, worrying about others, fear and anxiety, bound up in present fears and not able to trust	<a href="#">Stay Calm</a> , Red Chestnut, Oregon Grape	New Hope (regular or EMDR)	<a href="#">Overcoming Anxiety</a>
<b>Acid Reflux</b>	Anxiety, worry	<a href="#">Stay Calm</a>	New Hope (regular or EMDR)	<a href="#">Overcoming Anxiety</a>
<b>Accidents</b>	High levels of stress, wanting to punish self, resistant towards authority, feeling defenseless, not able to make decisions	<a href="#">Stress Less</a> , Habanero, Bull Thistle, Mullein	Open Gates	<a href="#">Overcoming Shame</a> , <a href="#">Overcoming Anxiety</a> , <a href="#">Overcoming Hopelessness</a>
<b>Addictions</b>	Distorted memory in DNA, unable to think rationally, self-rejection, despair, running from self-identity	<a href="#">Confidence</a> , <a href="#">Craving Control</a> , <a href="#">Smoke Free</a> , <a href="#">Bravely You</a> , <a href="#">528 Creative DNA</a>	I AM (regular or EMDR) 528 Creative DNA	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Shame</a> , <a href="#">Overcoming Insecurity</a>
<b>Acne</b>	Fear of rejection, need to feel accepted	<a href="#">Confidence</a> , <a href="#">Bravely You</a>	I AM, New Hope (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Shame</a>
<b>Acne – Cystic</b>	Relationship conflict with mother	<a href="#">Peak Performance</a> , <a href="#">Peace</a> , <a href="#">Anger Management</a>	I AM, New Hope (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">focus on forgiveness</a>
<b>Adrenal Problems</b>	Feeling like a victim, defeated, anxiety, jealousy, fears, need to struggle for success, or prove worthiness	Horseradish, <a href="#">Peak Performance</a> , <a href="#">Stay Calm</a>	Open Gates, EMDR Music for the Emotions	<a href="#">Overcoming Shame</a> , <a href="#">Overcoming Anxiety</a> , <a href="#">Overcoming Hopelessness</a>

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<b>ADD/ Dyslexia</b>	Lack of strong patriarch in family line, self-rejection	<a href="#">Confidence</a>	I AM, Open Gates	<a href="#">Overcoming Rejection,</a> <a href="#">Overcoming Shame,</a> <a href="#">Overcoming Insecurity</a>
<b>Allergies – Food</b>	Fear (general), or fear of what God is calling you to. (This can be subconscious)	<a href="#">Stay Calm,</a> <a href="#">Confidence</a>	Into His Presence, EMDR Music for the Spirit	<a href="#">Overcoming Anxiety</a>
<b>Allergies – Hay Fever</b>	Fear	<a href="#">Stay Calm</a>	Waves of Spirit, EMDR Music for the Emotions	<a href="#">Overcoming Anxiety</a>
<b>Alzheimer's</b>	Self-rejection, guilt, Freemasonry in lineage.	Hyssop, <a href="#">Confidence 528</a> <a href="#">Creative DNA</a>	I AM, 528 Creative DNA, Open Heaven	<a href="#">Overcoming Rejection</a>
<b>Anemia</b>	Anger at self, manipulative tendencies, no joy, lack of order in life	<a href="#">Confidence,</a> <a href="#">Joy,</a> <a href="#">M&amp;M</a>	I AM (regular or EMDR), Open Heaven	<a href="#">Overcoming Anger</a>
<b>Aneurysm</b>	Anger - often generational	<a href="#">Anger Management</a> <a href="#">528 Creative DNA</a>	528 Creative DNA, Cleansing Fire	<a href="#">Overcoming Anger,</a> focus on forgiveness
<b>Anorexia</b>	Unable to please parent (usually mother), lack of love and nurture, wish to disappear, unable to live up to others' expectations, self-rejection and/or hatred	<a href="#">Confidence,</a> <a href="#">Peak Performance,</a> <a href="#">Heart Healer,</a> <a href="#">Recovery</a>	Waves of Spirit, EMDR Music for the Heart	<a href="#">Overcoming Rejection,</a> <a href="#">Overcoming Shame,</a> <a href="#">Overcoming Insecurity</a>

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<b>Anxiety</b>	Feelings of being boxed in, unable to make requests heard (can't call the shots) Freemasonry in lineage.	<a href="#">Stay Calm, 528 Creative DNA</a>	Into His Presence, 528 Creative DNA	<a href="#">Overcoming Anxiety, Overcoming Hopelessness</a>
<b>Arteries – Hardening</b>	Hard-hearted, dictatorial, feelings of being obstructed or delayed in life	Verbena, Bull Thistle, Solomon's Seal	EMDR Music for the Heart, Open Gates	<a href="#">Overcoming Control</a>
<b>Arthritis – Osteo</b>	Not forgiving self, holding record of wrongs	Hyssop, Solomon's Seal	EMDR Music for the Spirit, Open Gates	<a href="#">Overcoming Shame</a>
<b>Arthritis – Rheumatoid</b>	Childhood trauma, can't face one's self, guilt, feels unworthy of love, low self-esteem	<a href="#">Confidence</a> , Hyssop, <a href="#">Aftershock</a> , <a href="#">Fragment Finder</a>	In the Resurrection Code, New Hope (regular or EMDR)	<a href="#">Overcoming Shame, Overcoming Insecurity, Overcoming Control</a>
<b>Asthma</b>	Fear of abandonment, insecurity, Freemasonry in lineage.	<a href="#">Heart Healer, 528 Creative DNA</a>	EMDR Music for the Heart, 528 Creative DNA	<a href="#">Overcoming Insecurity</a>
<b>Auto-immune disorders</b>	Attacking self, being self-critical, traumatic childhood	<a href="#">Confidence</a> , <a href="#">Aftershock</a> , <a href="#">Fragment Finder</a>	Open Heaven, EMDR Music for the Emotions	<a href="#">Overcoming Perfectionism, Overcoming Rejection, Overcoming Shame, Overcoming Insecurity</a>
<b>Back pain</b>	Over-responsibility, pushing self too hard, relational difficulties, feeling like you don't have support or no back up	<a href="#">Align</a>	Open Heaven, Into His Presence	<a href="#">Overcoming Perfectionism</a>



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<b>Blood disorders</b>	Feeling powerless in some area of life, deep anger, intense depression	<a href="#">Ignite</a> , <a href="#">Anger Management</a> , <a href="#">Joy</a>	Cleansing Fire, In the Resurrection Code	<a href="#">Overcoming Anger</a> , <a href="#">Overcoming Hopelessness</a>
<b>Cancer – general</b>	Bitterness, Freemasonry in lineage	<a href="#">Peace</a> , <a href="#">Anger Management</a> , <a href="#">Recovery</a> , <a href="#">528 Creative DNA</a>	Into the Deep, Cleansing Fire, In the Resurrection Code	<a href="#">Overcoming Anger</a> , focus on forgiveness and generational issues
<b>Cancer – left breast</b>	Conflict and bitterness with another female relative	<a href="#">Peace</a> , <a href="#">Anger Management</a> , Evening Primrose (if mother)	Into the Deep, Waves of Spirit, EMDR Music for the Heart	<a href="#">Overcoming Anger</a> , focus on forgiveness and generational issues
<b>Cancer – right breast</b>	Conflict and bitterness with another female, not blood related. Can also be husband	<a href="#">Peace</a> , <a href="#">Anger Management</a>	Into the Deep, Waves of Spirit, EMDR Music for the Heart, New Hope (regular or EMDR)	<a href="#">Overcoming Anger</a> , focus on forgiveness and generational issues
<b>Cancer – colon</b>	Speaking against others, judgment, being verbally abusive or creating division, Freemasonry in lineage.	<a href="#">Peace</a> , Calendula, Verbena <a href="#">528 Creative DNA</a>	Into the Deep, New Hope (regular or EMDR), EMDR Music for the Heart, 528 Creative DNA	<a href="#">Overcoming Control</a> , <a href="#">Overcoming Anger</a> , focus on forgiveness and generational issues
<b>Cancer – ovarian</b>	Self-loathing, issues with one's sexuality, Freemasonry in lineage	<a href="#">Confidence</a> , <a href="#">Healthy Intimacy</a> <a href="#">528 Creative DNA</a>	I AM (regular or EMDR), 528 Creative DNA, Into His Presence	<a href="#">Overcoming Shame</a> , <a href="#">Overcoming Insecurity</a>

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<b>Cancer – prostate</b>	Anger, guilt self-hatred, Freemasonry in lineage.	Hyssop, <a href="#">Anger Management</a> 528 Creative DNA	Cleansing Fire, 528 Creative DNA	<a href="#">Overcoming Shame</a> , <a href="#">Overcoming Anger</a> , <a href="#">Overcoming Guilt</a>
<b>Cancer – uterine</b>	Deep need to be loved, promiscuity, Freemasonry in lineage.	<a href="#">Confidence Heart Healer</a> , <a href="#">Healthy Intimacy</a> 528 Creative DNA	I AM (regular or EMDR), 528 Creative DNA, EMDR Music for Heart	<a href="#">Overcoming Rejection</a>
<b>Candida</b>	Feeling like a victim.	Horseradish, <a href="#">Bravely You</a>	EMDR Music for the Emotions, New Hope (regular or EMDR)	<a href="#">Overcoming Hopelessness</a>
<b>Cardio-vascular issues</b>	Fear, anxiety, stress, Freemasonry in lineage.	<a href="#">Stay Calm</a> , <a href="#">Stress-Less</a>	I AM (regular), 528 Creative DNA	<a href="#">Overcoming Anxiety</a>
<b>Chronic fatigue</b>	Pushing yourself to meet the expectation of another in order to receive love	<a href="#">Heart Healer</a> , <a href="#">Recovery</a> , <a href="#">Peak Performance</a>	EMDR Music for the Heart, Into His Presence, Open Gates	<a href="#">Overcoming Perfectionism</a> , <a href="#">Overcoming Shame</a> , <a href="#">Overcoming Anxiety</a>
<b>Colic</b>	Inherited fears or taking on mom's emotion in utero or at birth	Evening Primrose, <a href="#">Stay Calm</a> or other per mom's insight	I AM (regular or EMDR), Open Heaven	<a href="#">Overcoming Anxiety</a>
<b>Coronary Artery Disease</b>	Self-rejection	<a href="#">Confidence</a>	I AM (regular or EMDR), Deep Calls to Deep	<a href="#">Overcoming Rejection</a>

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<b>Crohn's Disease</b>	Extreme self-rejection with guilt, rejection, abandonment, low self-esteem or drivenness to meet the expectation of another, Freemasonry in lineage.	<a href="#">Heart Healer</a> , <a href="#">Confidence</a> , <a href="#">Peak Performance</a> , <a href="#">528 Creative DNA</a>	EMDR Music for the Heart, 528 Creative DNA, I AM (regular or EMDR)	<a href="#">Overcoming Perfectionism</a> , <a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Shame</a> , <a href="#">Overcoming Insecurity</a>
<b>Cysts – ovarian/ breast</b>	Conflict with one's mother	Evening Primrose, <a href="#">Peace</a> , <a href="#">Anger Management</a>	Open Gates, Cleansing Fire	<a href="#">Overcoming Anger</a> , focus on forgiveness
<b>Degenerative Disc</b>	Usually generational – connected to addictive personality. Addictions are rooted in the need to be loved.	<a href="#">528 Creative DNA</a> , Nicotiana, Harebell, Coreopsis	528 Creative DNA, New Hope (regular or EMDR), I AM (regular or EMDR)	<a href="#">Overcoming Shame</a>
<b>Dementia</b>	Unresolved anger, feeling of being hopeless and/or helpless, tired of life's struggles	<a href="#">Ignite</a> , <a href="#">Anger Management</a>	Cleansing Fire, New Hope (regular or EMDR)	<a href="#">Overcoming Shame</a> , <a href="#">Overcoming Anger</a> , <a href="#">Overcoming Hopelessness</a>
<b>Depression</b>	Inner conflict at soul or spirit level	<a href="#">Joy</a> , Tomorrow	EMDR Music for the Spirit, I AM, EMDR Music for the Emotions	<a href="#">Overcoming Confusion</a>
<b>Diabetes – Type 1</b>	Self-rejection with guilt, anxiety and stress. Broken heart/rejection by father, husband or other man	<a href="#">Heart Healer</a> , <a href="#">Confidence</a> , <a href="#">Stay Calm</a>	EMDR Music for the Heart, I AM (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Shame</a> , <a href="#">Overcoming Anxiety</a>

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<b>Diabetes – Type 2</b>	Fear of failing others, performance and drivenness, can't receive love, projected rejection	<a href="#">Heart Healer, Peak Performance</a>	EMDR Music for the Heart, Into His Presence	<a href="#">Overcoming Perfectionism, Overcoming Rejection, Overcoming Shame, Overcoming Anxiety</a>
<b>Digestive issues (most)</b>	Fear, anxiety, stress	<a href="#">Stay Calm, Stress-Less</a>	New Hope (regular or EMDR), EMDR Music for the Body	<a href="#">Overcoming Anxiety</a>
<b>Endocrine system</b>	Drastic imbalance in life	Essences based on personal circumstances	528 Creative DNA, In the Resurrection Code	<a href="#">Overcoming Perfectionism</a>
<b>Endometriosis</b>	Self-rejection, frustration, insecurity, lack of boundaries	<a href="#">Confidence</a>	Into His Presence, EMDR Music for the Emotions	<a href="#">Overcoming Rejection, Overcoming Shame, Overcoming Insecurity</a>
<b>Energy – lack of</b>	Deep seated sadness, wanting to quit, struggles with day-to-day life, bored, experiencing burn-out	<a href="#">Tomorrow, Joy, Ignite</a>	Deep Calls to Deep, New Hope (regular or EMDR), Open Heaven	<a href="#">Overcoming Perfectionism, Overcoming Grief</a>
<b>Eczema</b>	Fear, anxiety, stress	<a href="#">Stay Calm, Stress-Less</a>	New Hope (regular or EMDR), EMDR Music for the Body	<a href="#">Overcoming Anxiety</a>
<b>Epstein Barr</b>	Attachment anxiety (worry over rejection, abandonment)	<a href="#">Heart Healer</a>	EMDR Music for the Heart, I AM (regular or EMDR)	<a href="#">Overcoming Rejection, Overcoming Anxiety</a>

<b>Physical Symptom</b>	<b>Possible Emotional Roots</b>	<b>Flower Essences from Freedom Flowers Made by... Seneca Schurbon</b>	<b>Healing Music Healing Frequencies Music by... Del Hungerford (Album titles)</b>	<b>Books for Healing Emotional and Spiritual Healing by... Alice Briggs</b>
<b>Facial issues</b>	Struggle with identity, rejection, fear, anxiety, afraid of “losing face,” problems with relationships	<a href="#">Confidence</a> , <a href="#">Bravely You</a> , <a href="#">Heart Healer</a>	I AM (regular or EMDR), EMDR Music for the Body, New Hope (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Anxiety</a>
<b>Female problems</b>	Unable to let go of the past, emotional block where mate is concerned, struggles with female identity	Easter lily, <a href="#">Menoblend</a> , <a href="#">Aunt Flo’s Secret Weapon</a> , <a href="#">Healthy Intimacy</a>	EMDR Music for the Emotions, I AM (regular or EMDR), 528 Creative DNA	<a href="#">Overcoming Shame</a>
<b>Fibroids</b>	Bitterness against self	<a href="#">Confidence</a>	I AM EMDR, New Hope (regular or EMDR)	<a href="#">Overcoming Anger</a>
<b>Fibro-myalgia</b>	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. Muscle Armoring from C-PTSD	<a href="#">Heart Healer</a> , <a href="#">Peak Performance</a> , <a href="#">Aftershock</a> , Dandelion	Into the Deep, I AM (regular or EMDR), EMDR Music for the Heart, New Hope (regular or EMDR)	<a href="#">Overcoming Perfectionism</a> , <a href="#">Overcoming Triggers</a>
<b>Gall-bladder</b>	Bitterness, anger, wanting to force things	<a href="#">Anger Management</a>	Cleansing Fire, Open Heaven	<a href="#">Overcoming Anger</a> , <a href="#">Overcoming Control</a>

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<b>Gallstones</b>	Bitterness, unyielding, not able to forgive, pride, wanting to condemn others	<a href="#">Peace, Anger Management</a>	Waves of Spirit, Open Heaven	<a href="#">Overcoming Anger, Overcoming Control</a>
<b>Gastritis</b>	Uncertainty, anxiety	<a href="#">Stay Calm</a>	Waves of Spirit, Into His Presence	<a href="#">Overcoming Anxiety</a>
<b>Headaches</b>	Tension and stress, struggles with resolving emotional upsets, unable to control, unpleasant relationships	<a href="#">Stress Less, Align</a>	Open Heaven, EMDR Music for the Body	<a href="#">Overcoming Control</a>
<b>Hemorrhoids</b>	Fear and tension, anxiety/anxious, feeling burdened, anger	<a href="#">Stay Calm, Anger Management</a>	Cleansing Fire, EMDR Music for the Emotions	<a href="#">Overcoming Anxiety, Overcoming Anger</a>
<b>High blood pressure</b>	Worry, stress	<a href="#">Stress Less, Peaceful Sleep</a>	New Hope (regular or EMDR), EMDR Music for the Body	<a href="#">Overcoming Anxiety</a>
<b>High cholesterol</b>	Angry at self, self-deprecation	<a href="#">Confidence, Anger Management</a>	Into His Presence, EMDR Music for the Body	<a href="#">Overcoming Shame, Overcoming Anger</a>
<b>Hodgkin's Disease</b>	Unresolved rejection by father	Sunflower, <a href="#">Peace</a>	Open Heaven, New Hope (regular or EMDR)	<a href="#">Overcoming Rejection, Overcoming Shame, focus on forgiveness</a>

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<b>Hyper-thyroidism</b>	Fear/anxiety and/or self-rejection and guilt	<a href="#">Stress Less</a> , <a href="#">Stay Calm</a>	New Hope (regular or EMDR), I AM (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Shame</a> , <a href="#">Overcoming Anxiety</a> , <a href="#">Overcoming Guilt</a>
<b>Hypo-thyroidism</b>	Anxiety, stress, feeling like you don't have a voice.	<a href="#">Stress Less</a> , <a href="#">Stay Calm</a> , Trumpet vine	New Hope (regular or EMDR), I AM (regular or EMDR)	<a href="#">Overcoming Anxiety</a>
<b>Hypo-thalamus</b>	Anxiety, sadness, insecurity, rage	<a href="#">Stay Calm</a> , <a href="#">Joy</a> , <a href="#">Confidence</a> , <a href="#">Anger Management</a>	Cleansing Fire, Open Heaven	<a href="#">Overcoming Anxiety</a>
<b>Incontinence</b>	Emotions overflowing, struggles with controlling emotions, fear	Cherry Plum, <a href="#">Stay Calm</a>	Open Gates, EMDR Music for the Emotions	<a href="#">Overcoming Anxiety</a> , <a href="#">Overcoming Control</a>
<b>Insanity</b>	Desire to escape, inability to cope, desire to separate from life, struggle with being able to let go of things from the past	<a href="#">Crisis Care</a> , Sweet Chestnut,	Into His Presence, I AM (regular or EMDR), New Hope (regular or EMDR)	<a href="#">Overcoming Shame</a> , <a href="#">Overcoming Insecurity</a>
<b>Intestinal cystitis</b>	Anxiety, fear, guilt, and self-rejection combo	<a href="#">Stay Calm</a> , <a href="#">Confidence</a> , Hyssop	New Hope (regular or EMDR), EMDR Music for the Emotions	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Anxiety</a> , <a href="#">Overcoming Guilt</a>

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<b>Intestinal problems</b>	Struggle with absorbing new things, desire to stay in comfort zone and wanting to live out of the past	Elecampane, <a href="#">Tomorrow, Recovery</a>	Open Gates, Deep Calls to Deep	<a href="#">Overcoming Perfectionism,</a> <a href="#">Overcoming Anxiety</a>
<b>Kidney issues</b>	Fear, wanting to control life, over-judgmental, emotional confusion, repressed emotions, not seeing problems correctly	<a href="#">Stay Calm, Peace,</a> Solomon's Seal, <a href="#">Awakening</a>	Waves of Spirit, New Hope (regular or EMDR), EMDR Music for the Emotions	<a href="#">Overcoming Control,</a> <a href="#">Overcoming Confusion</a>
<b>Kidney stones</b>	Hardened anger	<a href="#">Anger Management</a>	Cleansing Fire, In the Resurrection Code	<a href="#">Overcoming Anger</a>
<b>Knee problems</b>	Struggle with keeping pride and ego in check, want own way, struggles with authority, others jealous of your relationship with God.	Sunflower, Bull Thistle	Open Gates, Into the Deep, Deep Calls to Deep	<a href="#">Overcoming Control,</a> <a href="#">Overcoming Jealousy,</a> <a href="#">Overcoming Pride</a>
<b>Leukemia</b>	Unresolved rejection by father	Sunflower, <a href="#">Peace,</a> <a href="#">Heart Healer</a>	Into the Deep, EMDR Music for the Heart	<a href="#">Overcoming Rejection,</a> <a href="#">Overcoming Shame</a>
<b>Liver</b>	Unresolved anger, critical thoughts, self-condemnation, resentment, possessiveness	<a href="#">Anger Management</a>	Open Gates, Cleansing Fire	<a href="#">Overcoming Insecurity,</a> <a href="#">Overcoming Anger</a>



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<b>Lou Gehrig's Disease</b>	Denial of successes in life, struggles with self-worth	<a href="#">Confidence</a>	New Hope (regular or EMDR), EMDR Music for the Emotions	<a href="#">Overcoming Insecurity</a>
<b>Lung problems</b>	Grief, needing approval, needs love, life feels too run-of-the-mill	<a href="#">Good Grief, Tomorrow</a>	Open Door (song)	<a href="#">Overcoming Grief, Overcoming Rejection</a>
<b>Lupus</b>	Self-rejection, guilt, self-conflict, performance mentality, childhood trauma	<a href="#">Confidence, Hyssop, Peak Performance, Aftershock, Fragment Finder</a>	Open Heaven, In the Resurrection Code, New Hope (regular or EMDR)	<a href="#">Overcoming Perfectionism, Overcoming Rejection, Overcoming Shame, Overcoming Triggers</a>
<b>Lymph system</b>	Resentment, hatred building up, lack of enthusiasm, unable to feel accepted	<a href="#">Anger Management, Bravely You</a>	Cleansing Fire, Open Heaven	<a href="#">Overcoming Rejection, Overcoming Anger</a>
<b>Male problems</b>	Struggles with letting go of the past, holding onto unpleasant memories of past relationships, feeling unfilled in love	Wormwood, <a href="#">Heart Healer</a>	I AM (regular or EMDR), EMDR Music for the Heart	<a href="#">Overcoming Shame</a>
<b>Menopause</b>	Fears of being rejected, feeling useless, fear of getting older	Malva, Elder, <a href="#">Menoblend</a>	In the Resurrection Code, Waves of Spirit	<a href="#">Overcoming Rejection</a>
<b>Mal-absorbtion/ leaky gut</b>	Poor boundaries, fear, anxiety, stress	<a href="#">Confidence, Hyssop, Blue Vervain</a>	Open Heaven, New Hope (regular or EMDR)	<a href="#">Overcoming Anxiety</a>

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<b>Manic depression/ Bipolar Disorder</b>	Genetic, Freemasonry in lineage	<a href="#">528 Creative DNA</a> , plus others depending on presentation	528 Creative DNA, I AM (regular or EMDR), New Hope (regular or EMDR)	Any book, focus on generational issues
<b>Migraines</b>	Internal conflicts, or conflicts with others, soul fragments	<a href="#">Fragment Finder</a> , <a href="#">Peace</a> , Fireweed	528 Creative DNA, In the Resurrection Code, EMDR Music for the Body	<a href="#">Overcoming Anxiety</a> , <a href="#">Overcoming Anger</a>
<b>Mono</b>	Feelings of being unloved and/or unworthy, anger at not being appreciated	<a href="#">Heart Healer</a>	EMDR Music for the Heart, I AM (regular or EMDR)	<a href="#">Overcoming Anger</a> , <a href="#">Overcoming Unworthiness</a>
<b>Multiple chemical sensitivity</b>	Fear and anxiety coming out of a broken heart	<a href="#">Stay Calm</a> , <a href="#">Heart Healer</a>	EMDR Music for the Heart, New Hope (regular or EMDR)	<a href="#">Overcoming Anxiety</a> , <a href="#">Overcoming Rejection</a>
<b>Multiple Sclerosis</b>	Father's rejection, deep roots of self-rejection and guilt, childhood trauma	Sunflower, <a href="#">Confidence</a> , Hyssop, <a href="#">Aftershock</a> , <a href="#">Recovery</a>	I AM (regular or EMDR), Into His Presence	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Shame</a> , <a href="#">Overcoming Triggers</a>
<b>Muscular Dystrophy</b>	Lack of resolution for deep-seated anger, believes experiencing pain is a must	<a href="#">Anger Management</a> , Missouri Primrose	Cleansing Fire, EMDR Music for the Emotions	<a href="#">Overcoming Anger</a>

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<b>Nervous breakdown</b>	Fear of the future, unable to communicate true feelings	<a href="#">Stay Calm</a> , <a href="#">Crisis Care</a> , <a href="#">Tomorrow</a> ,	New Hope (regular or EMDR), 528 Creative DNA, Waves of Spirit	<a href="#">Overcoming Anxiety</a>
<b>Osteoporosis</b>	Envy/jealousy, broken spirit	<a href="#">Heart Healer</a>	EMDR Music for the Heart, I AM (regular or EMDR)	<a href="#">Overcoming Jealousy</a>
<b>Overeating</b>	Fear of rejection, fear of abandonment, armoring, low self-esteem, focus on being in control of food	<a href="#">Heart Healer</a> , <a href="#">Confidence</a> , <a href="#">Craving Control</a>	EMDR Music for the Heart, I AM (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Insecurity</a> , <a href="#">Overcoming Control</a>
<b>Pancreas</b>	Feelings of guilt and being judged, low self-esteem, lack of joy	Hyssop, <a href="#">Confidence</a> , <a href="#">Joy</a>	Waves of Spirit, New Hope (regular or EMDR)	<a href="#">Overcoming Insecurity</a> , <a href="#">Overcoming Guilt</a>
<b>Paralysis (metaphorical)</b>	Resisting life, overwhelmed by responsibilities, fear of the future	Lilac, <a href="#">Tomorrow</a>	Open Gates, Waves of Spirit	<a href="#">Overcoming Anxiety</a>
<b>Parasites</b>	Fear/anxiety, not setting good boundaries – in the event that you have an abnormal battle	<a href="#">Stay Calm</a>	New Hope (regular or EMDR), Into His Presence	<a href="#">Overcoming Anxiety</a>

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<b>Parkinson's Disease</b>	Rejection, abandonment, hopelessness, brooding over past mistakes and failures, Freemasonry in lineage.	<a href="#">Heart Healer</a> , <a href="#">Tomorrow</a> , <a href="#">528 Creative DNA</a> , Wormwood	528 Creative DNA, EMDR Music for the Heart, New Hope (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Hopelessness</a>
<b>Pre-menstrual Syndrome</b>	Not wanting to recognize feminine side of self, relinquishing power to others	<a href="#">Aunt Flo's Secret Weapon</a>	Waves of Spirit, I AM (regular or EMDR)	<a href="#">Overcoming Hopelessness</a>
<b>Prostate problems</b>	Fear of aging, struggles with letting go of the past, desire to give up	<a href="#">Recovery</a> , Wild Rose, Wormwood	I AM (regular or EMDR), EMDR Music for the Body	<a href="#">Overcoming Shame</a> , <a href="#">Overcoming Anxiety</a>
<b>Psoriasis</b>	Self-rejection, low self-esteem, conflict with identity, Freemasonry in lineage	<a href="#">Confidence</a> , <a href="#">Bravely You</a> , <a href="#">528 Creative DNA</a>	New Hope (regular or EMDR), 528 Creative DNA	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Shame</a> , <a href="#">Overcoming Insecurity</a> , <a href="#">Overcoming Confusion</a>
<b>Respiratory problems</b>	Feeling unapproved, lack of love, fears of being able to live life to the fullest, Freemasonry in lineage.	<a href="#">Heart Healer</a> , <a href="#">Stay Calm</a> , <a href="#">Confidence</a> , <a href="#">528 Creative DNA</a>	EMDR Music for the Heart, 528 Creative DNA	<a href="#">Overcoming Perfectionism</a> , <a href="#">Overcoming Shame</a>
<b>Sciatica</b>	Sexual abnormality and/or frustration, concerned with money issues, anxiety concerning creative abilities, tendency to be double-minded	<a href="#">Healthy Intimacy</a> , <a href="#">Prosper</a> , <a href="#">Confidence</a>	Waves of Spirit, New Hope (regular or EMDR)	<a href="#">Overcoming Anxiety</a>

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<b>Shingles</b>	Stress, anxiety combined with self-rejection	<a href="#">Stay Calm</a> , <a href="#">Confidence</a> , <a href="#">Stress Less</a>	New Hope (regular or EMDR), I AM (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Anxiety</a>
<b>Sinus infection</b>	Fear/anxiety, repressed anger, grief	<a href="#">Stay Calm</a> , <a href="#">Good Grief</a>	New Hope (regular or EMDR)	<a href="#">Overcoming Anxiety</a>
<b>Skin Disease</b>	Feelings of irritation, critical, lack of security, impatient, overreacts to things	<a href="#">Peace</a> , <a href="#">Confidence</a> , <a href="#">Anger Management</a>	Cleansing Fire, I AM (regular or EMDR), New Hope (regular or EMDR)	<a href="#">Overcoming Triggers</a> , <a href="#">Overcoming Insecurity</a>
<b>Spleen</b>	Not able to love self, emotional conflicts, agitation, feeling rejected by others	<a href="#">Confidence</a> , <a href="#">Heart Healer</a>	EMDR Music for the Heart, I AM (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Confusion</a>
<b>Stomach problems</b>	Fear the new, lack of affection, condemn the success of others, sense of security feels threatened	<a href="#">Stay Calm</a> , <a href="#">Heart Healer</a>	Waves of Spirit, EMDR Music for the Heart	<a href="#">Overcoming Anxiety</a> , <a href="#">Overcoming Insecurity</a>
<b>Stroke</b>	Self-rejection, self-bitterness, self-violence, extreme resistance to moving forward in life	<a href="#">Confidence</a> , Camas, Cherry Plum, Skullcap, <a href="#">Tomorrow</a>	Waves of Spirit, New Hope (regular or EMDR)	<a href="#">Overcoming Rejection</a> , <a href="#">Overcoming Shame</a> , <a href="#">Overcoming Insecurity</a> , <a href="#">Overcoming Anger</a>
<b>Stuttering</b>	Unable to express self, emotionally insecure, having to always please those in authority	<a href="#">Confidence</a> , <a href="#">Peak Performance</a>	I AM (regular or EMDR), In the Resurrection Code	<a href="#">Overcoming Perfectionism</a>

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<b>Suicidal</b>	Feeling unable to resolve life's problems, hopelessness, thinking everyone is better off without you	Sweet Chestnut, <a href="#">Tomorrow</a>	I AM (regular or EMDR), EMDR Music for the Body, New Hope (regular or EMDR)	<a href="#">Overcoming Hopelessness</a>
<b>Thymus</b>	Feeling persecuted and picked on, life is unfair, unable to have proper discernment	<a href="#">Heart Healer</a> , Horseradish	Into His Presence, EMDR Music for the Heart	<a href="#">Overcoming Hopelessness</a>
<b>Thyroid (also see hypo or hyper-thyroid)</b>	Fear of expressing self, unable to discern, deep sense of frustration and/or anxiety	<a href="#">Confidence</a> , <a href="#">Stay Calm</a>	New Hope (regular or EMDR), I AM (regular or EMDR)	<a href="#">Overcoming Anxiety</a>
<b>TMJ</b>	Rage, struggle with accepting where you are in life, desire revenge, inability to express how you feel, stress, pressure	<a href="#">Anger Management</a> , <a href="#">Stress Less</a>	EMDR Music for the Heart, New Hope (regular or EMDR)	<a href="#">Overcoming Anger</a>
<b>Ulcers</b>	Fear, anxiety, stress	<a href="#">Stress Less</a> , <a href="#">Stay Calm</a>	Open Heaven, New Hope (regular or EMDR)	<a href="#">Overcoming Anxiety</a>
<b>Ulcerative colitis</b>	Fear, anxiety, stress, feeling like you don't belong, lack of trust, things bugging you long term, dread	<a href="#">Stay Calm</a> , <a href="#">Stress Less</a> , <a href="#">Bravely You</a> , Oregon Grape	Open Heaven, New Hope (regular or EMDR)	<a href="#">Overcoming Anxiety</a>

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<b>Viruses</b>	Stress, bitterness, negative overshadows positive, belief “I get what’s coming.”	<a href="#">Stress Less</a> , Missouri Primrose, Plantain	Cleansing Fire, New Hope (regular or EMDR), I AM (regular or EMDR)	<a href="#">Overcoming Shame</a> , <a href="#">Overcoming Anger</a> , <a href="#">Overcoming Hopelessness</a>
<b>Yeast Infections</b>	Lack of self-love, deep and unresolved resentments, unable to accept self, inability to recognize one’s own needs, feeling victimized.	<a href="#">Confidence</a> , <a href="#">Recovery</a> , <a href="#">Peace</a> , Horseradish	EMDR Music for the Heart, Into His Presence, I AM (regular or EMDR)	<a href="#">Overcoming Perfectionism</a> , <a href="#">Overcoming Shame</a> , <a href="#">Overcoming Insecurity</a> , <a href="#">Overcoming Hopelessness</a>

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