

Emotional and Mental Connections to Pain and Disease

We embody our emotions, which means that we are how we feel. Mental thought patterns form emotions which become energy that we experience in our bodies. The body speaks what the mind cannot process or release.

This means that we can store emotions in our bodies by stuffing them down when we cannot deal with them because we feel overwhelmed or don't have the tools. When we focus only on our problems, we can root their energy in our bodies causing us physical pain and "dis-ease" or lack of ease.

The following is a list of specific emotions and the energetic charge they hold in our body if not released. Also included are different areas in our body and the mental and emotional states they correspond to.

Emotions and their related dis-eases

Anger = weakens the liver and gallbladder and can lead to: Cancer (throughout the body).

Grief = weakens the lungs and large intestine, and can lead to: Inflammation, excessive mucus, IBS/IBD, etc.

Worry = weakens the stomach and spleen, and can lead to: Inflammation, bloating, gastrointestinal issues, etc.

Fear = weakens the bladder and kidneys, and can lead to: stones and infections, etc.

Anxiety/Stress = weakens the heart and small intestine, and can lead to: High blood pressure, heart issues, etc.

Peace/Mindfulness = reduces inflammation, speeds healing, lowers blood pressure, increases longevity, etc.

Love/Acceptance = strengthens mind and body and increases joy and harmony, etc.

Happiness/Laughter = calms the nervous system, reduces anxiety, reduces all weakening emotions above.

Body parts and the thoughts, feelings and energy that correspond

Feet = Grounding, Feeling secure or insecure in your place on the earth, easily pushed over, on unsteady footing, feeling unconnected to your tribe.

Legs = Movement, direction, flow, ability to keep going through adversity or fear.

Hips = Shifting directions, changing purpose, sexuality, creativity, allowing-ness.

Back = fear around abundance, receiving and lack, flexibility, allowance, carrying the weight of expectations.

Shoulders = shouldering burdens from others and self. Atlas with the world on his shoulders, all the “shoulds” we feel compel us to meet obligations set by external expectations that are not our own.

Neck = represents difficulty seeing what is beside us in favor of focusing only on what is directly in front of us, like a horse with blinders on.

Face = What are we having difficulty “facing” coming to terms with? Or what are we having to put on a good face for? Unable to show our emotions?

This is just an abbreviated list. There are even more specific correlations that relate to **your** personal experience of mental, emotional and physical pain.

Let me help you to learn how to reframe your limiting thoughts and beliefs and release the stagnant energy, enabling you to transform your life from pain and limitation to lasting freedom and thriving health!

Click [here](#) to schedule a free 30 minute breakthrough healing session!