

Emotional State and Health Damage

Beware of your emotional state because it will cause serious health problems. Bad Attitude can and will kill! Don't let the bad things that have happened in your life affect the outcome of your life! Here is some areas of the body that emotions affect.

KIDNEYS: The ability to flow with life and allow life to flow through us. Issues related to elimination; filtering out and letting go of that which is unnecessary. Issues associated with relationships. The kidneys are extremely sensitive to emotional stress, and will reflect one's tension/anxiety in impaired functioning. Problems in this area may indicate: Indecisiveness; being too forceful; repressed anger; feelings of shame; intolerance and/or hostility; emotional stress from relationships; emotional pain; fear of being alone; obsessive thinking.

LIVER: The liver is the hardest working organ in the body. It is related to our desires and emotions and is affected by in harmonious emotional conditions. Problems with the liver may indicate: Suppressed anger; prolonged bitterness; envy; hostility; unhealthy desires; selfish motives; feelings of despair/distress; feeling helpless/hopeless/incapable.

LUNG: The lungs are closely associated with the heart, and reflect taking in the vital breath of life, which is love, openness, spontaneity, inspiration. Problems in this area may indicate: Lack of self-esteem, emotional repression; resistance to accepting love; stress associated with relationships; feeling unappreciated; selfishness; resentment; anger; grief for others or; stifled expression of one's potential or capacity; lack of inspiration and/or spontaneity; too much stress/anxiety.

HEART: The seat of our true Inner Self. The doorway of spiritual illumination, The center through which we express our capacity for deep feeling, nurturing, unconditional love, affection, forgiveness, compassion and sensitivity for oneself, others, and life closely associated with our desires. Problems in this area may indicate: Fear of being hurt, insecurity, feeling unloved, broken-hearted and/or defeated; putting up barriers in an attempt to protect oneself; shutting out the life-giving power of love; arrogance, insensitivity, intolerance; misplaced affections and/or desires; long-held hurt, bitterness, anger, hostility or rage; too much stress/anxiety, feeling burdened with responsibility. Emotions such as hate, fear, resentment, and lack of forgiveness can block the flow vitality in the heart area. Love is the fulfilling of the law.