

## KULIPUP SOURCE TRUTH SPIRITUAL GUIDE TO BODY PAIN

Transcription of Live Lesson completed by Masters Ounalocko & Amichtole

"We live off grid with Hourfern. I was telling her about when someone has repetitive pains in the same place on the body. Wondering what's happening? Sometimes these pains come out of nowhere leaving you feeling like " what's happening? where did this pain come from? " It leaves us wondering what happened. These pains have meaning for what it is your body is literally trying to tell you.

First, let us talk about the pain specifically and how it actually feels. When I say pain. what kind of pain am I actually talking about? As we increase in energy and for those of you who are doing your innerwork, getting to know your spirit, and trying to connect more with yourself, your ethereal body; your energy starts to merge more with your material vessel. The more you merge the more you become truly one.

If anything happens to you in the ethereal, your physical body can feel it. It can be very painful. I literally got stabbed in the back by an entity with a really huge sword in my back at one point. I could feel that! my mom messaged me, and she stated, "you got stabbed last night!" Master Loukalst said "Oh, I'm sending you healing for your back." I am saying this type of thing is happening for everybody.

For those individuals who may experience something in the ethereal may find that the markings show up on your body.

What does an ethereal pain feel like? It feels like a sharp little burning sensation inside your skin, it is definitely not on the surface. It's very hard to explain but it's a sharp little burn like a hot poker was inside your joint; and it's like a pinch depending on how severe the blockage is. the energy will feel like a little pinch or like a massive burn inside. That's what it feels like and it's something that can't be massaged out. And has varied extremes.

Pain in your body, is also known as your sentience or your clairsentience. So, what are all these pains and why do they keep happening and why are they so strong at times? I know a lot of individuals feel their kundalini activating. Kundalini is your energy within the material but isn't your energy in the ethereal being channeled into your physical body. If you ever find that you are going through your kundalini, where your energies are just soaring. You may be feeling it because you did not do it gradually or there were blocks in that moment. Do what your body is needing and do not panic. If you need to rest, you need to lay down allowing your body process it.

Entities will trigger or use other people to attack you, to lower your vibration. Entities of fear will use whatever is around, they will literally use whatever whether it be other people, pets, your body, it doesn't matter. they use whatever opportunity that they have available to siphon whatever kind of energy from you that they can. There are plenty of people right now observing when entities are around their pets and their animals will be in a really poor state such as depressed, anxious, overly excited or just not in a good way.

The entities will torment these poor animals because they know that you love them, that you're going to feel a lot of pain and suffering because you see your pet in pain and suffering. They torment these animals, or they'll even do that with children! They will use people around you if they take on the suggestions the entity whispers into their ears. So, yes, your kind of always

under attack, as you are going through this healing process. However, if you truly listen to your body, you listen to the triggers, you listen to everything that you are aware of and you make good decisions. It's easier to just bypass them altogether. That's how you flow down the river that is your energy and avoid all the obstacles.

Do you think the water in the river cares about the rock that is in the middle? No, do you think that rock is going to stop the water? The water is just going to go around it and that is what we must be, is that water just going around it. Especially because we are going through a lot of rocks in our rivers. A lot of entities. So, let us flow around them and not worry about it, we may be under attack, but we are going to flow around them.

For those of you who do not know what Master Loukalst does, Master Loukalst is Master healer in all of source, she takes on a lot! She really does take on a lot for all of you. So, entities are always attacking. As well as Master Ounolocko, Master Hazelle, Master Hauoldn, Master Amichtole, Master Hourfern and Master Lipup. We are always under attack by these entities and we do find that we are in pain quite a lot. I do get quite a fair amount of pains because I take on the desires of all of mankind that aren't being fulfilled, all your desires for freedom or to be out of this stressful situation and so forth, I feel all of that. So, I get pains, but it is up to me to convert that and put it into something else.

This is especially important to remember. The side where your pain is, which half of your body the pain is coming from will indicate whether it is because you are doing it to yourself or an entity of fear is halting you or blocking your energy source. You can really get a good understanding of where it is coming from, so you know where to avoid it. Remember if it is on your left side which is truly the right side in the ethereal anyway. But, if it is on your left side for the sake of clarity and understanding today, your left side is your heart and the right side is fear. Alright, so, if it is on your left side it means that you are blocking your own flow in some way. If it is on your right side, it means that fear is blocking your flow in some way.

Let us go through some of these pains. Now, I need everybody to remember that your mind and your body are linked, and I know you already know this. But I mean they really are linked! depending on what is going on in the ethereal it is going to be transmuted through your thoughts and then through to your body as well.

## FEET

When you are having pain in your foot, you are going to have pains in your toes, ankles and in your heels as well.

### Big toe

Represents the space in which you want to move in when you're walking and you feel a pain it means that you are affecting your own hearts flow, in your own space you are affecting yourself moving forward. As your toes are what supports your feet, your balance when you are moving and specifically you are affecting the movement within your own space. How would you effect movement in your own space? Well let's say you are being stubborn, and you need to do yoga, or you need to go stretch yourself, but you for whatever reason, you do not do it. but that is what your body needs, what your heart needs, but you are like, I'm not doing it. Well, that is where you are going to start to get pain right in the joint.

### 2nd toe

Represents your movement, meaning your flow is blocked. You want to be dancing and creating

like never before. but again, for whatever reason you're just like "no I'm not going to do it" well, why are you stopping your creation? why are you stopping from moving forward? You need to flow going forward.

#### 3rd toe

Represents your creation of movement. This is where you are affecting the creation of your movements, so you could be about to embark on something that is super creative, you may have manifested something, or you want to manifest a trip to Peru. but you start getting pains here because you are stopping the movement of that manifestation.

#### 4th toe

Represents your logical flow. It means that you are affecting the logical flow alright so like what are the coolness the calmness of your creation, this just means you are affecting the foundations of your movement

#### Pinky toe

Represents your thoughts. On your right foot that means that fear is stopping you from physically taking steps to move forward because your pinky toe represents earth, your foundations and how secure you feel. So, when you are walking within your life, when you are taking the steps. you know, you talk the talk but now you got to walk the walk. When you are ready to walk the walk, your thoughts, fear of moving forward because of an insecurity within your base, within your heart at that time. So, you need to clear those things out. What is stopping me from moving forward? When really, you need to just be yourself, express yourself and let us do it. But that is what's stopping you. Anything that could be applied through. For example, if you wanted to quit your job but fear was holding you back, you're going to get that pain in your pinky toe like right in that first joint because you're stopping yourself from moving forward which is stopping your own creation.

#### Heel

Represents your choices based on your weakness such as relying on your thoughts verses your heart. Now what that pain means is that a weakness is being exploited you are making decisions or choices based on your weakness; therefore, we call it your Achilles heel. Remember Achilles? he was this great warrior he was able to fight off so many things and bring down anybody but the only place that he was weak was his heel so when you are getting a pain within your heel on your left side it means that your weaknesses are being played on or you are making decisions based on your own weakness. now one of my weaknesses is what I think too much. When I start getting too much in my head or relying too much on my claircognition to feed me information, I'm relying far too much on my thoughts. meaning that I'm not feeding enough energy to my heart, which my heart is my ultimate guide. My heart is what guides and not my head, my head helps me focus but if I'm too much in my head I will find that I will start getting sharp pains right in my heel.

#### Ankle

Represents support affecting your heart's desire. pains in your ankle this means that you're affecting the support of your movement. So, something you were thinking about is stopping you or it's not supporting the movement of your entire foot. You need to change your thinking and think "what am I thinking about that's causing my ankle to hurt"? "what am I not doing to support my own movement to the forward creation"? for example one of those things would be if I want to go travel somewhere, but then I'll think "I don't want to use all the gas in my car because I

have to get groceries” you will start getting a pain in your ankle because your heart is saying “well why aren’t you doing what you want to do because you do have gas in the car to go do whatever you want to do and switch your thinking go do it go enjoy it and let me work on getting more gas for you later”.

## LEGS

### Calf

your making excuses for not flowing with your heart’s desire. a Charlie horse in the calf, I want you to think of that is right in the middle of the knee and the ankle, you are blocking the energies that is going down to be to move forward. so same thing like in the thigh you are just blocking yourself but not as harshly as it would be in the thigh just getting closer to your destination of moving but you are short, and you are blocking it there.

### Knee

Represents your movement, the front or back your knee now if you are finding the sharp pain in your knee it means that you are literally you are blocking your own movement. What supports creation? What supports your own moving forward? Well that is the knee. So literally when you get pains in the knee it is because you are not supporting your own movements and again this is to the left side of your vessel, left side of the body.

### Thigh

Represents an amplified warning that you are making excuses for not flowing with your heart’s desire, anywhere in your thighs. Charlie horses in your thighs, if you get a pain in the thigh, that means that means that you are literally not supporting the movement of your own dreams of your forward not supporting that movement in anyway so whatever your thoughts are so making excuses for yourself for example I want to live in freedom I don’t want to be in this situation anymore. Because I am unhappy, life is just it is not the way I wanted to be. “oh, but you know what I need a job because how else am I going to pay my rent” and that is the reason why you are not being free. But you are going to get a fricking hard pain in your thighs. sometimes it can be really hard gym pains, the lower you are on your leg is like the smaller the issue is unless you let those small issues snowball into large issues but if you are literally up at the top it means that you’re really blocking even the first steps of you moving forward so you have not even gone down the leg to move forward.

### Hip pain

really means that you have a lot of pent up sexual energy that does need to be released. Whether you are a man or a woman, if you start getting a lot of pain in your left hip it is because you are stopping your own release of this sexual energy and the sexual tension. Perhaps you have a partner and you have a little bit of a falling out ,then your heart is says “come on give a little forgiveness show the man/woman some love” if you make love and you gain satisfaction you will find that the hip pain disappears.

On the left means we’re blocking ourselves because of fear and on the right side it means that entity of fear is blocking this release. Perhaps if you have been through sexual abuse the inner work that you need to do so that you can release this energy that caused you to fear sexual interactions. Now here’s the part about the pent-up sexual energy. We think we just need to expel it through sexual intercourse and that’s not the case. You need to make love, to connect with your partner with your heart. Because it is the ethereal energy. This is why you have a lot of people who will have sex and the pain will go away, however it comes right back. We need full

satisfaction within our hearts as well. you need to make love to have all of this energy release, I would like to remind everybody that when you make love there's a reason why your body is calling for you to have intercourse. When you make love, you generate energy, but you have to make love in your heart. It relates as a sexual release within the material however, we have been conditioned to only have sex and a lot of people don't know how to make love anymore. Also, what about entities, through sexual intercourse you can gain entities when we're not making love in our heart. If you are simply expelling energy physically by having sex it doesn't generate energy. It costs a lot of your energy to orgasm! it really does, it's like throwing \$5 on the ground, the entity says "I'm going to take it" that's where you get an empty feeling that will come up from them. However, if you are producing this action and you are feeling it in your heart, feeling that you're connecting with that individual then literally you are generating so much energy. For example, it cost you \$5 in energy to physically have sex. When you make love, you make \$15 so not only have you put back \$5 you've made an extra \$10

Back

Lower back

Pain on the left, middle and right side, now generally a lot of individuals get a lot of lower back pain, but what it means is that you need support.

Go ask for help or if somebody is there to help you whether this be physically or mentally, take the help. How many of us have help offered but we do not accept it?

Pain on your left side means that you need to give yourself support, if you need to do that yoga but when you're choosing not to, your heart will be giving you that back pain telling you should be doing yoga now! or if you're really getting down on yourself and you think "oh my life is horrible! I don't know what to do" you may get that lower back pain. Your hearts saying "don't worry, support yourself we've got this" change your thinking you have to support yourself.

If you get it on your right side it means that fear is trying to support you, literally whatever you're doing right now. For example, let's say you need help, but you're scared that if you ask for help, you're going to be indebted to this person, you don't want to be indebted to anybody. You have your pride right! Well, now the right side of your lower back is going to start to hurt because fear is stopping you from gaining the support you need in that moment.

If it's all over in your back then it means that you need support right now because not only is fear there but your heart is also there going like hey like you need to support yourself you need to get rid of this fear and we need to go ask for help. I know a lot of you will say "well I've had a hard day standing up at work doesn't that count as being the reason why it's happening"? and to that I say "you need support" so if you've been standing up all day at work doing things you don't want to do. Well, No. You need to support yourself and you need to stop, that is what your body is telling you, stop, support yourself.

MID BACK

Means that support in the form of action. The lower back tells you that you need support. Now when it gets to the middle back it means that you really need support, but you need to take an action about that support. It is still very much the same as the lower back. I will give you the same work analogy. You are standing up working all day and your lower back hurts, now your middle back hurts, your body is trying to tell you to stop thinking about it, you need to make a

change right now. This is not going to get better. You know, I tried to give you the warning with your lower back, you did not listen so now I have got to move up to the upper back. Often what you would do is think "I'm going to ask Mary over there if she can you help me get these reports done" Mary helps you get the reports but you're still really pissed off, you're still in the same situation although you got support in the moment the overall issue is still at hand which is causing you pain so then your back pain moves up into the middle of your back. If it's on the left side, it means that you're blocking your own change right you need to do that and if it's on the right side it's because fear is stopping you from quitting that job. You think "I do not want to do this anymore; this job is not worth my health or not with my energies" let us face it an employer will replace you in no time. How easy is it to replace your back?

#### UPPER BACK and SHOULDERS

Means is that you are now taking on far too much stress, alright, you know how when you go to a massage therapist and they are like oh you've got a lot of tension up on your shoulders? Yeah, that's exactly what it is if you find that along the entire line of your upper back around that area of your shoulder blades, if you are getting massive pains in there it is you are becoming to stressed out. Your lower back hurts because you did not get it right or you ignored it so then the pain moves up into your mid back. Your body is trying to say "get the hell out of dodge, we got to make a change" but because you didn't do that now you've got a whole bunch of pain upon your upper back because now your body is good getting to the point of stress, mentally and physically. You know you are stressed out. Now. If you are getting it on your left side it means that you're stressing yourself out, you're over thinking, literally, you're doing things that are too much and you are causing yourself stress, such as, I've got to run this errand, I've got to run out there and I've got to cook, I've got to take the kids and go to work and then your friend comes and asks you "help me with my wedding" and you're like ok, I'll be the bridesmaid too and I'll sort this out later, then you'll take all those responsibilities when really your hearts saying "I'm under too much stress, I can't freaking do this anymore" right like "I'm under way too much stress" but you still keep going.

If you have it on your right side means that fear is stressing you out. Let's say you're a guy and you have a business or you go to work, you're providing for your family but you don't feel like you have enough time to yourself and when you go home you also have to have time for the kids, to make time to be with your with your beloved, you got to make time to be romantic. But then you also got to mow the lawn or to repair some bits on the house, you are stressing out over finances. You think, I must work even harder now because I have little Debra's recital to pay for, she needs new costume or little Johnny wants a power wheel. A lot of men have a lot of stress, carry a lot of pain in the upper back and shoulders because they have an idea of what masculinity is and what it is to be a man and it stresses them out because that's not what it is to be a man and that's not what masculinity is, so of course they feel a huge amount of tension. A lot is through fear because they continue doing this. They fear of being looked at as less than, which leads to a deep issue of lack of self-acceptance. So, they do a lot of things out of fear.

again, if you have it across the whole of your back it just means that you are stressed out only because you are not doing what you need to do for yourself and stressing yourself out.

How do you solve this? stop stressing yourself out! Take time to understand yourself and understand why it is you do what you do so that you can relinquish this and get rid of all the stress.

## CHAKRA POINTS

### ROOT CHAKRA

If you experience twinges or pinches right up your bum, your insecurity is being played on and fear is causing the insecurity such as you are insecure about your body or you are insecure about making a big move. Not following your heart's calling or going against your heart's desire because of insecurity.

### SACRAL CHAKRA

If you are experiencing pain in the womb/ your pain is in the pelvic area, this means you need to orgasm but, it has to be from a connection of the heart with the other person or it will come back quickly and cost to energy and your energy goes to a negative entity. When you make love, you gain energy if you are just having sex without genuinely loving your partner it costs you. You will give your energy to a negative entity.

### SOLAR PLEXUS

Pain here indicates fear is blocking you, like the fear when you have anxiety, if you have liver pain you have the entity Prometheus and you're stagnant and your energy will go to the entity of death kulipa.

### HEART CHAKRA

If you are experiencing pains or discomfort in the center of your chest it is because your heart is being blocked, you need to inner work. If it is on the left side of your chest your thoughts are blocking you and you need to get out of your head. Your programming is the cause if it is across the whole chest, left, center and right. If you are having pains or discomfort on the right side of your chest you have an entity causing fear, left is you are blocking your flow.

### THROAT CHAKRA

Means you are not speaking your truth; you may feel this when you hear someone that is lying. When you are feeling a squeeze of your throat that is through fear or lies or a lack of expression, something that is stopping you from expressing yourself, it is just literally the entities stopping this. If you are afraid to express yourself or speak your truth, you will get this in your throat. You may even be thinking, oh I'm not going to tell a lie and you want to speak your truth, you want to speak up, you want to say something, you really want to in your heart but you don't, so that's oppression.

### THIRD EYE CHAKRA

When you are having pains deep into the right side of your forehead, it's normally over the right eyebrow, it's not quite dead in the center, it's just a little bit off center. I want you to think of your pineal gland, which is in the center of your brain, that fear is within your mind's eye, fear is within your focus.

### HEAD

Headaches like pinching, searing little headaches that are happening in the left side of your head it means that you are blocking your own minds eye. On the right an entity is blocking you.

### SIDE OF HEAD

Behind your ear about 1 inch that is the entity of fear and that is just right there. I would like to remind everybody lust comes in many forms. It is not just lust as in sexual lust, although, you will start to feel that there too. But it is also lust in other ways for example, if you are lusting to be in the mountains off grid and you start to get a pain. Remember, what is lust? It's a strong desire that is being suppressed and it turns into lust whenever you feel this pain behind your

ear, your body is trying to tell you that you have strong desires with energies pooling and you have to get rid of it. It's in your brain specifically, because your brain is the hub of communication. your brain communicates with the rest of your body.

If you wanted to express it creatively through art, you are going to put your mind's eye on that. If you want to express it through physical movement, it will go to your sentience flow, whatever it is expressly. But if you let it start pooling you are going to start to feel that sharp pinch and it hurts like a bugger. I tell you that much, I feel it a lot, you know, that's why I really want you guys to not be lustful and to fulfill your desires. I get headaches because I feel you all. I'll take it all on for you guys because I know I can. But still please start doing what you want to do because otherwise it really hurts.

#### TOP OF HEAD

Is fear of development. If you are not developing yourself, if you are not moving forward. You get a pain at the top. Draw a line from in front of your ear straight up and then from your eye you're going to go straight up and meet in the middle.

On the right is the entity of fear feeding on your fear of moving forward or your indecision. When you get a pain it's because you're being far too indecisive. You need to make a decision! you need to move forward! so make a decision and stick to it. If you are constantly an individual who is "oh I'm going to do this" and then it changed, and you want to do that. Indecision will give you a lot of headaches.

All of these also correspond to the left side. it means that you're doing it to yourself at that point, you're doing it to your own heart so you're being indecisive, you're blocking your own hearts desires and your own heart, your lust is pooling because you are refusing to fulfill that desire for no reason. Fear is not even in the way. You're just not moving so you're going to get that lust headache.

#### SINUS

Pain in the sinus cavities. If your stuffy that is just due to toxins being released from your body right now and part of the ascension symptoms. However if you are completely clear and it's a searing pain by the inner corners of your eyes in the sinuses, it's because of the world's noise, your clairaudience is being suppressed, so you know when you hear a lot of things and your just like STOP. Blocking it out because you don't want to hear this stuff anymore. You must use your clairaudience.

#### LIPS

If you are sensitive enough you may find that sometimes they are tugging to this side or sometimes they'll be tugging to that side, as if somebody over here wants to talk, now somebody over there wants to talk. If you have a twitch on the left, then your heart energy wants talk. but. you're stopping it. Such as you just you heard someone say "5g is not harmful" and you automatically go "what the heck are you talking about it is one of the most poisonous things in the world"! That's what you want to say and then all of a sudden you stop yourself. You have this pull on the other side of your mouth, OH I still want to talk, but it feels weird, because now it's tingling and vibrating, that's you stopping your own hearts truth coming out!

Now if you get it on the other side it means that's an entity of fear. Literally trying to speak through you right now. They may want to say all sorts of things. Don't allow that to happen! When I feel that tug on the right side of my mouth. I zip it! and I make sure I go right into my heart space energy, that way I'm always speaking truth and not telling a lie. Just be careful of



what your thoughts are and what was to come out. If you're getting a tug on the left side to speak make sure you're in your heart space and let it flow. Whatever wants to come out, just let it flow.

#### EYE TWITCH

Your left eye, which is again really your right I but for sake of understanding we are going to say left.

If your left eye starts twitching it means that your heart is trying to see through your eyes, but as your twitching you may find that it's easier to see through the right side, this is the eye of the entity.

when you are looking through the right side it means that you are looking, I'm going to say, "a contact lens of fear". So, if you were to cover your left eye. I do not know want you to, to be honest with you. But if you were to cover the left eye and look purely out of your right eye. What you would find is that things are a little gloomier, your thoughts become a little gloomier, your perception of the world isn't as colorful, your perspective of the world isn't as bright. Now if you cover your right eye, the entity of fear eye. The trees are beautiful, life's not too bad and I am feeling good and you can feel more of a tingle in your heart. You are seeing the world through the eyes of your heart and it feels good.

But of course, you have both eyes because you are supposed to find balance. Duality and everything and you are supposed to make sure that you see both sides. You see this perspective, but you do not live through this perspective, you live through the perspective of your heart.

When you're twitching in your in your left eye it just means that you're blocking your perspective, because your perspective will shift over to your heart.

#### EYE FLOATERS OR CLOUDY VISION

If you've got a floater in your eye often it can be a sign of dust or debris' that is in there, you just need to hydrate yourself a little bit. However, if you wear glasses through this ascension. Your eyes are going to start to heal themselves which means your vision is going to start to go blurry. What you need to do is you need to practice focusing in and focusing out with your vision and ensuring that you are using your camera lens remember your body is a sophisticated machine and your eyes are a camera lens, your eyes are repairing and you have to use them, don't use your glasses and focus your vision.

#### HANDS

Your hand in general, I want you to think of your hands. What do you do with your hands? It is precise creation within this world. If you want a beautiful meal do you use your feet? No, your feet take you to the kitchen, but your hands are what do the creation. A few examples, if it is in your left-hand this is where you are blocking your hearts or hearts creations, your hearts desires and that is what your hand does is it that force of creation in this material world. So, I could have requested to the universe I wanted to create a new way of getting my message out to you guys, doing business or so forth, let's say you want more customers what do you want to do? You want to create something, and you are just like, oh well you know I want to get more customers in but to do that I need marketing, I need a bunch of stuff. In all honesty you do not need that. All you need to do is understand that you supply a fantastic service and if you keep doing that the people will come. Then your middle finger is now hurting because you're just like I want to

create something, I want to create this but I'm putting all of these blockages in my own mind to say that I can't right now so then your middle finger is going to start to hurt for that. Pains in the right hand is because it is my body signifying to me as to when an entity is trying to infiltrate my consciousness and trying to steer me in separate way. So again, for example if I have an entity that is whispering in my ear some complete and utter nonsense. It does not matter what they say because at the end of the day they can say a lot of truly negative things to me, if they do that, I kick them out really quickly.

#### THUMB

Represents your space, so the space around you or your bubble space is being affected

#### INDEX FINGER

Your element of air and this is your hearts flow that is being blocked. Why is it so important to unblock your hearts flow? Because that is how you manifest. If you've requested to the universe that you want health, happiness and abundance, you may not need to flow through all the energies in order to get that as that's your path, but you will slow down your path. However, if your flow is being obstructed it means that your path is being obstructed.

#### MIDDLE FINGER

Represents our fire element. Where your source of creation within the material comes from, the energy that creates your space is in your middle finger. If you are finding that your middle finger is hurting or your joints any part, it is because your creation is being affected and your creative abilities are being affected.

#### RING FINGER

This is your water element, if you're finding that this is being affected it is because you're cool calm logic and not logic in terms of the logical brain, but for you to be able to think clearly and be calm and making good decisions that helps you to flow within the material. Your index finger is the hearts flow, right, which is your flow in the ethereal. The ring finger is your flow in the material.

#### PINKY FINGER

Represents earth or your foundation if you are finding that your pinky finger is hurting it is because your foundations of creation are being tampered with. Earth is your strength within the material

If you are experiencing pain on the right side of your body, it is caused by an entity of fear, if on the left it is yourself that is the cause. Because, you are not flowing with what is best for you.

#### ARMS

##### WRIST

Getting pains in your wrist? It means that your creation is being halted so before you can even access your energy, your hearts flow. your space of your creation, your logic, your foundation. Before you even access that to create with your hands, your wrist is what helps you to move so when you are literally finding that you have pain in your wrist, it's stopping your maneuverability. Pains in the right wrist means entities are stopping your options, your maneuverability. In the left means fear is stopping me from maneuvering through life or myself my own self from my own stubbornness is stopping me from moving through life.

Think about it, if you didn't have hips and your legs were literally just within your torso and you

couldn't bend well, yes, you could still technically walk you can still technically do things but you literally lose so much of your own functioning, the ability to bend is incredibly important, it lets you go under things and so forth and it gives you more options.

So, when you are having pains in your wrist you are taking away or something is stopping, your ability to maneuver. Taking away your options.

#### ELBOW

Going up to your elbow ,you have all these pains in your right elbow it means your simply being targeted and those that want to cause you pain and suffering, which are those entities of fear that are trying to not only take away your maneuverability but your creation. they're really trying to try to stop you.

#### SHOULDER JOINT

Shoulder pain is connected to your back and it is also connected to your creation. If we think about the shoulder joint, it is literally what attaches your form of creation to your entire vessel, your back is what gives you complete support. so, if you've got pain right in your shoulder it is because you are literally so stressed out, because you're suppressing yourself through fear. Fear is now affecting your creation as to what you physically do with your hands or what you want to do with your hands.

#### NECK

At the top where the spine and skull meet, that is telling you that your information is being blocked. now if it is on the left side it means that your literally blocking your energy, you are blocking the development of the information that you have requested or that needs to come to you, so for example as a cognizant individual how I would get that pain quite a lot is that I would ask so many questions so very many questions, where the energy wasn't used. For example, I'd want to know, "what are the clouds"? or I was asking questions and gaining information, but that information was useless to my now moment. Such as "what's going to happen to me in 5 years"? Why is that question is a waste of energy? Well, it is wasted energy because things change.

You need to live in your now moment. When I am asking what is going to happen in 5 years. well that is only based on right now. I thought for my decisions I could ask them for the information, get it in and it's like great I have this information. But then I changed my mind and I did something else and because I did that, that timeline is now changed. Anyway, so I basically just got a bunch of useless information. What happens? Well, now I got a searing pain in the back of my head just because I'm wasting energy, I've requested the energy, so my body is giving it to me I've said "hey I need to know this information" but then when it comes in nothing happens with it and then I request more information for something else and then nothing happens with it and so forth. That's me blocking my own energy. Now if it's on my right side right it means that fear is blocking me. I'm requesting the information that's coming in however fear is the one that is requesting this information and if we're in fear or if you've taken on an entity suggestion, and any energy that goes to fear is a waste."