Emotional Roots of Physical Symptoms

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

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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 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

-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 (diaphramatic 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.

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Physical Symptom	Possible Emotional Roots	Flower Essences from *Freedom Flowers Made by… Seneca Schurbon*	Healing Music *Healing Frequencies Music by… Del Hungerford (Album titles)*	Books for Healing *Emotional and Spiritual Healing by… Alice Briggs*
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	New Hope (regular or EMDR)	Overcoming Anxiety
Acid Reflux	Anxiety, worry	Stay Calm	New Hope (regular or EMDR)	Overcoming Anxiety
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	Open Gates	Overcoming Shame, Overcoming Anxiety, Overcoming Hopelessness
Addictions	Distorted memory in DNA, unable to think rationally, self-rejection, despair, running from self-identity	Confidence, Craving Control, Smoke Free, Bravely You, 528 Creative DNA	I AM (regular or EMDR) 528 Creative DNA	Overcoming Rejection, Overcoming Shame, Overcoming Insecurity
Acne	Fear of rejection, need to feel accepted	Confidence, Bravely You	I AM, New Hope (regular or EMDR)	Overcoming Rejection, Overcoming Shame
Acne – Cystic	Relationship conflict with mother	Peak Performance, Peace, Anger Management	I AM, New Hope (regular or EMDR)	Overcoming Rejection, focus on forgiveness
Adrenal Problems	Feeling like a victim, defeated, anxiety, jealousy, fears, need to struggle for success, or prove worthiness	Horseradish, Peak Performance, Stay Calm	Open Gates, EMDR Music for the Emotions	Overcoming Shame, Overcoming Anxiety, Overcoming Hopelessness

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ADD/ Dyslexia	Lack of strong patriarch in family line, self-rejection	Confidence	I AM, Open Gates	Overcoming Rejection, Overcoming Shame, Overcoming Insecurity
Allergies – Food	Fear (general), or fear of what God is calling you to. (This can be subconscious)	Stay Calm, Confidence	Into His Presence, EMDR Music for the Spirit	Overcoming Anxiety
Allergies – Hay Fever	Fear	Stay Calm	Waves of Spirit, EMDR Music for the Emotions	Overcoming Anxiety
Alzheimer's	Self-rejection, guilt, Freemasonry in lineage.	Hyssop, Confidence 528 Creative DNA	I AM, 528 Creative DNA, Open Heaven	Overcoming Rejection
Anemia	Anger at self, manipulative tendencies, no joy, lack of order in life	Confidence, Joy, M&M	I AM (regular or EMDR), Open Heaven	Overcoming Anger
Aneurysm	Anger - often generational	Anger Management 528 Creative DNA	528 Creative DNA, Cleansing Fire	Overcoming Anger, focus on forgiveness
Anorexia	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	Confidence, Peak Performance, Heart Healer, Recovery	Waves of Spirit, EMDR Music for the Heart	Overcoming Rejection, Overcoming Shame, Overcoming Insecurity

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

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

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Cancer – prostate	Anger, guilt self-hatred, Freemasonry in lineage.	Hyssop, Anger Management 528 Creative DNA	Cleansing Fire, 528 Creative DNA	Overcoming Shame, Overcoming Anger, Overcoming Guilt
Cancer – uterine	Deep need to be loved, promiscuity, Freemasonry in lineage.	Confidence Heart Healer, Healthy Intimacy 528 Creative DNA	I AM (regular or EMDR), 528 Creative DNA, EMDR Music for Heart	Overcoming Rejection
Candida	Feeling like a victim.	Horseradish, Bravely You	EMDR Music for the Emotions, New Hope (regular or EMDR)	Overcoming Hopelessness
Cardio-vascular issues	Fear, anxiety, stress, Freemasonry in lineage.	Stay Calm, Stress-Less	I AM (regular), 528 Creative DNA	Overcoming Anxiety
Chronic fatigue	Pushing yourself to meet the expectation of another in order to receive love	Heart Healer, Recovery, Peak Performance	EMDR Music for the Heart, Into His Presence, Open Gates	Overcoming Perfectionism, Overcoming Shame, Overcoming Anxiety
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 (regular or EMDR), Open Heaven	Overcoming Anxiety
Coronary Artery Disease	Self-rejection	Confidence	I AM (regular or EMDR), Deep Calls to Deep	Overcoming Rejection

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

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

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Facial issues	Struggle with identity, rejection, fear, anxiety, afraid of "losing face," problems with relationships	Confidence, Bravely You, Heart Healer	I AM (regular or EMDR), EMDR Music for the Body, New Hope (regular or EMDR)	Overcoming Rejection, Overcoming Anxiety
Female problems	Unable to let go of the past, emotional block where mate is concerned, struggles with female identity	Easter lily, Menoblend, Aunt Flo's Secret Weapon, Healthy Intimacy	EMDR Music for the Emotions, I AM (regular or EMDR), 528 Creative DNA	Overcoming Shame
Fibroids	Bitterness against self	Confidence	I AM EMDR, New Hope (regular or EMDR)	Overcoming Anger
Fibro-myalgia	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	Heart Healer, Peak Performance, Aftershock, Dandelion	Into the Deep, I AM (regular or EMDR), EMDR Music for the Heart, New Hope (regular or EMDR)	Overcoming Perfectionism, Overcoming Triggers
Gall-bladder	Bitterness, anger, wanting to force things	Anger Management	Cleansing Fire, Open Heaven	Overcoming Anger, Overcoming Control

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

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Hyper-thyroidism	Fear/anxiety and/or self-rejection and guilt	Stress Less, Stay Calm	New Hope (regular or EMDR), I AM (regular or EMDR)	Overcoming Rejection, Overcoming Shame, Overcoming Anxiety, Overcoming Guilt
Hypo-thyroidism	Anxiety, stress, feeling like you don't have a voice.	Stress Less, Stay Calm, Trumpet vine	New Hope (regular or EMDR), I AM (regular or EMDR)	Overcoming Anxiety
Hypo-thalamus	Anxiety, sadness, insecurity, rage	Stay Calm, Joy, Confidence, Anger Management	Cleansing Fire, Open Heaven	Overcoming Anxiety
Inconti-nence	Emotions overflowing, struggles with controlling emotions, fear	Cherry Plum, Stay Calm	Open Gates, EMDR Music for the Emotions	Overcoming Anxiety, Overcoming Control
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,	Into His Presence, I AM (regular or EMDR), New Hope (regular or EMDR)	Overcoming Shame, Overcoming Insecurity
Intestinal cystitis	Anxiety, fear, guilt, and self-rejection combo	Stay Calm, Confidence, Hyssop	New Hope (regular or EMDR), EMDR Music for the Emotions	Overcoming Rejection, Overcoming Anxiety, Overcoming Guilt

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Intestinal problems	Struggle with absorbing new things, desire to stay in comfort zone and wanting to live out of the past	Elecampane, Tomorrow, Recovery	Open Gates, Deep Calls to Deep	Overcoming Perfectionism, Overcoming Anxiety
Kidney issues	Fear, wanting to control life, over-judgmental, emotional confusion, repressed emotions, not seeing problems correctly	Stay Calm, Peace, Solomon's Seal, Awakening	Waves of Spirit, New Hope (regular or EMDR), EMDR Music for the Emotions	Overcoming Control, Overcoming Confusion
Kidney stones	Hardened anger	Anger Management	Cleansing Fire, In the Resurrection Code	Overcoming Anger
Knee problems	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	Overcoming Control, Overcoming Jealousy, Overcoming Pride
Leukemia	Unresolved rejection by father	Sunflower, Peace, Heart Healer	Into the Deep, EMDR Music for the Heart	Overcoming Rejection, Overcoming Shame
Liver	Unresolved anger, critical thoughts, self-condemnation, resentment, possessiveness	Anger Management	Open Gates, Cleansing Fire	Overcoming Insecurity, Overcoming Anger

Physical Symptom	Possible Emotional Roots	Flower Essences from *Freedom Flowers Made by… Seneca Schurbon*	Healing Music *Healing Frequencies Music by… Del Hungerford (Album titles)*	Books for Healing *Emotional and Spiritual Healing by… Alice Briggs*
Lou Gehrig's Disease	Denial of successes in life, struggles with self-worth	Confidence	New Hope (regular or EMDR), EMDR Music for the Emotions	Overcoming Insecurity
Lung problems	Grief, needing approval, needs love, life feels too run-of-the-mill	Good Grief, Tomorrow	Open Door (song)	Overcoming Grief, Overcoming Rejection
Lupus	Self-rejection, guilt, self-conflict, performance mentality, childhood trauma	Confidence, Hyssop, Peak Performance, Aftershock, Fragment Finder	Open Heaven, In the Resurrection Code, New Hope (regular or EMDR)	Overcoming Perfectionism, Overcoming Rejection, Overcoming Shame, Overcoming Triggers
Lymph system	Resentment, hatred building up, lack of enthusiasm, unable to feel accepted	Anger Management, Bravely You	Cleansing Fire, Open Heaven	Overcoming Rejection, Overcoming Anger
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 (regular or EMDR), EMDR Music for the Heart	Overcoming Shame
Menopause	Fears of being rejected, feeling useless, fear of getting older	Malva, Elder, Menoblend	In the Resurrection Code, Waves of Spirit	Overcoming Rejection
Mal-absorbtion/ leaky gut	Poor boundaries, fear, anxiety, stress	Confidence, Hyssop, Blue Vervain	Open Heaven, New Hope (regular or EMDR)	Overcoming Anxiety

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

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

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

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

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

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

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