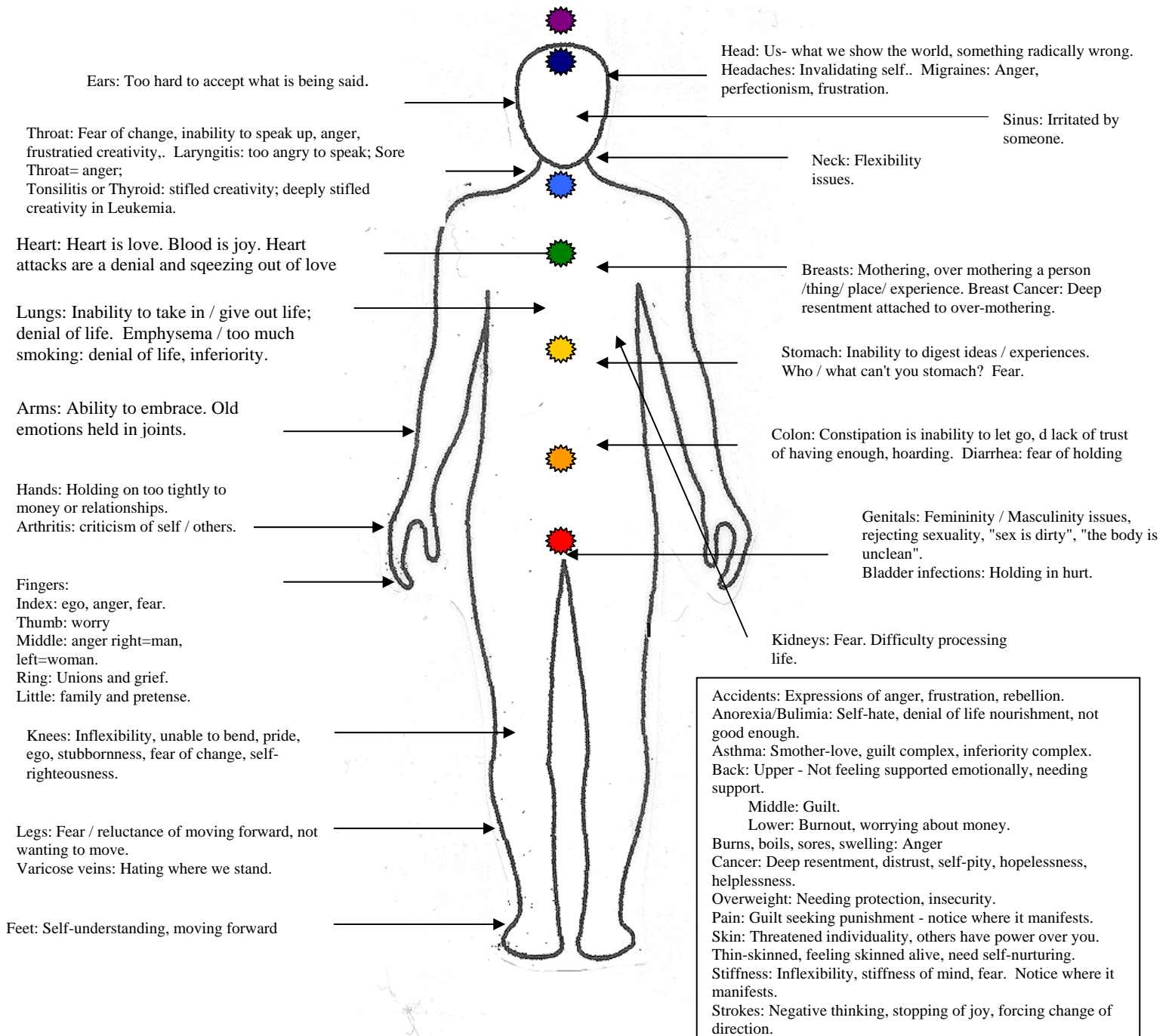


EMOTIONAL SOURCES OF COMMON DISEASES



Accidents: Expressions of anger, frustration, rebellion.
 Anorexia/Bulimia: Self-hate, denial of life nourishment, not good enough.
 Asthma: Smother-love, guilt complex, inferiority complex.
 Back: Upper - Not feeling supported emotionally, needing support.
 Middle: Guilt.
 Lower: Burnout, worrying about money.
 Burns, boils, sores, swelling: Anger
 Cancer: Deep resentment, distrust, self-pity, hopelessness, helplessness.
 Overweight: Needing protection, insecurity.
 Pain: Guilt seeking punishment - notice where it manifests.
 Skin: Threatened individuality, others have power over you.
 Thin-skinned, feeling skinned alive, need self-nurturing.
 Stiffness: Inflexibility, stiffness of mind, fear. Notice where it manifests.
 Strokes: Negative thinking, stopping of joy, forcing change of direction.
 Swelling: Stagnated thinking, bottled up tears, feeling trapped.
 Tumors: False growth, tormenting old hurt, resisting healing.
 Uterine tumors: nursing slights to femininity, misogyny.
 Ulcers: Not being good enough, lack of self-worth.

Source: Based on the work of Louise Hay (*Heal Your Body* and *You Can Heal Your Life*) and Alice Steadman (*Who's the Matter With Me?*)
Diagram created by Suchinta Abhayaratna