

## **Some real effects of holding onto negative emotions.**

I'm sure most of us are aware of, if not familiar with, authors such as Louise Haye and Caroline Myss. They, and a number of others, describe the connection between spirituality, emotions and disease. Every now and again someone will quote to me the reason why such and such a disease occurs, according to some book they have read. Personally I believe it is a gross oversimplification to render the cause of any imbalance to one source or emotion. At some level I'm sure they are correct, but the reader needs to understand that we are very complex energy beings with seven levels of existence from the physical through to the soma or "Ultimate Level." Imbalances in any of these levels will have a unique affect on each individual depending on their configuration or blueprint. One of the greatest influences on those seven levels are our thoughts and beliefs.

During our early life we start collecting information that determines our programming. Genetic, social and cultural aspects will contribute to this programming. Over the years these pictures and programs we collect will govern the way we use our energy. We hold the information in our subtle energy systems and it determines how the energy moves through our chakras. The pictures or programs will remain there until such time as we start to realise that we create our experiences with the beliefs we hold...be they positive or negative; depending on the meaning we attach to them.

The reason we trap these emotions and beliefs is basically because we are human. If something goes wrong for us, especially due to someone else, we think about it, talk about it and for long periods of time obsess about it. Hence we keep refuelling and reliving the negative energy. The body does not know the difference between a thought and reality and hence the body still thinks you are in that situation, over and over again. Another simple reason they become trapped is generally, we didn't know how to deal with them in the first place. The consequence is those stuck emotions then negatively affect us longer than they should.

The effect however will be different for each individual as described in the following cases.

I was approached by a young woman (I will call her Dee) who was experiencing problems with her back. Despite continuous visits to a chiropractor Dee could not maintain her spine in a healthy alignment and was experiencing subsequent pain. There was no physiological reason why Dee could not maintain a healthy pain-free posture. There was no injury or deterioration of the spine. During her first visit to me it was evident that Dee was holding onto some significant negative emotions in the left side of her body. This is relatively common and the tension caused by these emotions were drawing her spine out of alignment. The predominant emotions involved were grief and anger on a number of levels. During that first visit we worked to release the emotional tension and advised Dee to revisit the chiropractor. Her subsequent adjustment proved to be one of the easiest Dee had experienced in a long time. Two more energy healing sessions and Dee was able to maintain a healthy alignment of her spine. This is all cause and effect at work.

Sometimes when a person suffers from a significant emotional event the resultant negative energy blockage becomes quite thick or coagulated over time. When further emotional energy is focused onto that event or area, or we dwell on it, the stagnant energy can get a life of its own. It is not an entity as such but the energy will resist being removed and can actually take on a particular form. This form can be in various shapes and I believe it is different depending on the perceptions of the therapist involved. Some practitioners would refer to this as misguided energy. However you choose to describe it, such energy can reside in the body for decades.

This was the case for fifty-eight year old Kerry who came to me for unexplained pain in the left shoulder. Again we were working to release grief and anger. It was during her second session

that I removed a rather thick energy blockage from the area of her abdomen that had the shape of a stingray. Just as I was about to move on I saw another with exactly the same form. In total I removed three energy blockages that I perceived to be exactly the same. The vibration of these blockages indicated that my client may have suffered the loss of a child.

I cautiously asked Kerry if she had lost a child at some stage and she held up three fingers in response. This is a good example of how trauma and negative emotions can be held in the body for decades even if we think we have dealt with it.

One last example of grief and anger. I was approached by a thirty year old woman diagnosed with chronic fatigue. Once again we established that anger from the breakdown of a relationship and grief from the loss of child custody, were draining her energy. Add to the mix some past life imbalances, lessons around control, along with a good dash guilt and you have a great recipe for exhaustion or total breakdown. It's all about cause and effect.

Another area that people often generalise about is the throat. As soon as you mention throat the experts automatically ask "what are you not saying or communicating?" Or...and this is my favourite..."you're probably coming up to the anniversary of when you were hanged in a previous life." I have had a number of clients with problems involving the throat, and I include myself in this category. Difficulty swallowing or clearing the throat can be quite annoying. I agree that the scenarios previously described are all possible, but the majority I have witnessed lately have all been related to the changing Earth energies and opening of the throat chakra. There was one case where entity invasion had constricted the singing voice of a young woman, but in the main they have simply been cases of evolving on the spiritual or psychic level with the chakra being opened up.

The throat chakra is also connected to the sacral chakra, as it's the upper centre of creativity, while the sacral is the lower centre of creativity. In the back chakra of the throat our truths are made known to us. The back side is the centre through which we channel thoughts, ideas and concepts from other dimensions and aspects of ourselves. As the energies are changing some people are experiencing unpleasant side effects during the adjustment period. It does pass in time.

So my point is this. To blindly follow any "new age" healing doctrine is very limiting. Negative emotions such as anger and grief will affect each person differently. Do not be too quick to make assumptions or diagnose someone's pain. Throat problems are not always about communication. Fear does not always affect the kidneys. Knee problems are not always about support. And stress can affect any part of the body. Past life imbalances and genetic hereditary cycles all add to the complexity.

One last word on "new age" doctrine. There is a tendency to associate a specific colour to a specific use. The use of "white light" for instance seems to be the panacea for everything not right in this world. Admittedly it is associated with the Brotherhood of White Light but the concept is really man made. We are all familiar with the Universal Rays of red, orange, yellow, green, blue, indigo and violet which are all aspects of an electromagnetic spectrum within what is classed as the visible range. There are in fact an infinite number of colour frequencies or vibrations which have multiple uses. All can be used for healing in some way. Remember we have at least seven levels to our existence. Every person will use and resonate with their own unique vibration and colour needed at the time.

There is some really old thinking out there with people stuck in their old cycles of knowledge. Don't be one them. Be open to what your intuition is telling you and when someone states that you must use this colour or that...just smile and be content in the knowledge that there are no set rules. This is the universal law of relativity.