

KNOWING OURSELVES



**What does the body want to
tell us with diseases?**

Joman Romero

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What does the body want to tell us with diseases?

A practical guide to self-healing

Author: Joman Romero

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ABOUT THE AUTHOR:

I dedicate this book to
Cristina, Agustina and Enrique, with all my love.

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I am especially grateful to all the people who have allowed me to share all the joys and sorrows of their healing process, which has been the source where my soul has been satisfied.

Thank you.

CLARIFICATION

I want to make absolutely clear that what I express in this book are not absolutes, but rather incitements to reflections that bring the reader a quick and easy access to the symbolism, a new perspective so you can recognize and understand the meaning of symptoms.

As individuals, each symptom is entirely relative, personal, and non-transferable, and each patient will suffer the same disease differently.

PREFACE

“The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated”.

Plato

“There is no illness from the body apart from the mind”.

Socrates

This book has been written for those people who, no matter what happens, always maintain responsibility for themselves. Whatever happens, without exception, I am absolutely responsible and I stop blaming others.

If I get sick, I am the creator of my illness. If I am happy, it was because of me. If I suffer, I am responsible. If I enjoy a state of health, I've earned it. Nothing and no one can make me sick, nor happy, except myself. I create my heaven and also my hell. Each one collects only what he/she has sown. Being aware of it is the most important to human beings, because it indicates the beginning of the transformation and the beginning of a new life.

Of course here I express what can be uncomfortable for many people who use diseases as an excuse to avoid responsibility, to demand attention, to manipulate or to seek sadness in their environment. Or for those others, with materialistic tendencies who think that diseases are all products of coincidence, and whose causes always come from outside: from a poor diet, climatic factors, a weak immune system, bad food, etc.

I want to make it clear that I only speak of the essential part of the disease and so this excludes any adequate medical care and symptomatic treatment in those urgent cases.

I am convinced that scientific medicine can save lives, but not heal!

For example, before an acute myocardial infarction or facing a heavy bleeding, we cannot be torn between attending the sick person in an emergency hospital or explaining him/her the metaphysical cause, that is, making him understand the wrong internal behaviour that caused this symptom.

The most important thing at this time is trying to save the patient's life because if we fail, the future explanation will be pointless, or operating

him/her will be too, if we do not make him/her aware of the internal problem later.

The patient does not regain his/her health because he/she has been operated on and has saved his/her life. If he/she does not understand the cause of his/her discomfort and does not change his/her negative mental behaviour, the symptom reappears, sometimes even more virulent or moving to another organ or other part of the body.

Luckily, we must admit that among the countless symptoms that a person can have, only a small percentage are those that require functional measures urgently. In other milder symptoms such as diarrhea or constipation, we can be continually fighting them through medication, diet, etc. But the truth is that these symptoms will not disappear permanently, until we become aware and understand that the problem that we suffer is the fear of poverty and therefore we tend to retain, both physically and psychologically, and it is very difficult for us to "let it go".

"Healing is not the same as curing". While curing refers to "the disappearance of physical symptoms," healing means that we stop living as victims and begin to take responsibility, to behave as the leaders of our lives. Healing is to make us aware of the part of the shadow that the symptom hides, and assume it to be complete.

My experience has proved me so, and it is what I want to transmit in this book for those who are willing to take responsibility for their healing and want to use it as a guide; that to overcome the disease we must UNDERSTAND the message of the symptoms because HEALING is primarily KNOWING OURSELVES.

INTRODUCTION

“To realize that you do not understand is a virtue; Not to realize that you do not understand is a defect. There is no illusion greater than fear”.

Lao-Tzu

“He who knows others is wise. He who knows himself is enlightened”.

Lao-Tzu

This book can be of great value for those who want to take the path of responsibility in their lives, who want to take the first step toward freedom and self knowledge, using the topic of disease in humans as a guide.

Its purpose is to help the sick person to find health status, based primarily on what happens within us. Because even if we can find help abroad (psychologists, doctors, gurus, etc.) the only ones who are able to heal us are ourselves.

We create the disease and also create health.

Everything that happens in our life, was attracted by ourselves; from something really good that happened to us, through our moments of happiness, until we reach illnesses or accidents. We create our own experiences.

Most people (because the health "education" they have received) consider diseases, or rather, symptoms, as a misfortune in their lives, as a disturbance that separates us from our normal state of health, and that therefore , we must fight it quickly and try to prevent it to reappear.

The disease, as we can find throughout the book, is the result of wrong thinking and wrong behaviour, it is not our enemy, not something to be rejected; on the contrary, the disease is an intelligent reaction of our body and mind leading us, if we are willing to listen, to a state of balance and health where we had been separated.

We cannot consider that the disease is due to germs or mere coincidence.

The origin of the disease is in consciousness (Soul). The human disease is the loss of harmony in its consciousness.

This internal imbalance manifests in the body as a symptom. Our body cannot get sick by itself, it is a mirror of our ideas, our concepts and beliefs.

Germs (viruses, bacteria, fungi, etc.) are involved in the creation of disease,

but they act because of our willingness and with very specific instructions. The manifestation of a disease at the physical level is like creating a painting. True, brushes, canvas and colours are used for creations, but we do not consider them responsible for the work. The logic is that we have painted the picture using appropriate materials.

In the same way, although unconsciously, we use the germs to create our illness or use the edge of the ladder to beat the leg.

The painting makes us visible an idea of the painter, and similarly, the symptoms of our body are carriers of information, of a message about the state of our soul.

Then, our body becomes an extraordinary tool for understanding ourselves.

The patient has to communicate with their symptoms and consciously assume what they are trying to communicate.

They are our guides on the path of self-healing, but we must pay proper attention, make a correct interpretation and follow their advice with absolute courage.

Therefore the aim of this book is to help the patient to understand the language of symptoms.

WHAT IS A DISEASE?

“Through the millennia, humanity has more or less consciously known that all diseases ultimately have a psychic origin and it became a “scientific” asset firmly anchored in the inheritance of universal knowledge: it is only modern medicine that has turned our animated beings into a bag of chemical formulas”.

Dr. Ryke Geerd Hamer

We live in a time when scientific medicine seems to have controlled almost all diseases or at least they astonish us continually offering new solutions that appear to be a miracle.

Though hospitals remain just as full as before!

Despite the great advances in science and the hard fight against the disease, it keeps being there.

What can be the reason?

The reason is that medicine is still not realizing what is the background of the disease.

It acts as if the disease is foreign to the patient, something horrible, unfair, and meaningless.

It is considered as a failure of the body which must be repaired quickly so that the patient can continue doing his/her usual life.

The individual is treated as a machine that breaks down or has broken a piece (organ) and just must be replaced by another.

This is the cause of the failure of medicine and despite having great therapeutic discoveries and a huge investment in the field of research, there are still the same percentage of patients than in the past.

Its failure is that their attention is focused only on the body, functionally, physically; and it does not want to recognize, for whatever reason, that within the body there is a being who thinks and feels and that any manifestation of the physical world has been created in the world of thoughts, ideas, in the invisible world.

Therefore, we must assume that the body is not sick, the one who is ill is the human being. The human being only has a single disease, the loss of harmony in its consciousness.

Its conscience is divided and incomplete, ill. To be healthy, that is, to be

complete, it needs to admit those aspects of external reality that avoids or refuses, because it does not recognize them, or does not want to have them, nor want to live with them; what we consider bad, what we dare not to accept, all that we wish it were banished from the world, everything called “the shadow” by C.G. Jung, is what the consciousness of the human being needs to incorporate, in order to achieve balance, unity.

But if a person refuses to consciously assume part of himself/herself, that is, its shadow, the rejected principle is introduced into his/her body and manifests as a symptom, so we have no choice but to experience that which he/she rejected.

The body becomes the mirror of the soul. It shows us what the soul cannot recognize; It makes us visible that part of our soul that we never discover in ourselves. Therefore, the symptom physically manifests what man lacks in soul to be complete, to be healthy.

The purpose of scientific medicine of fighting the disease and wanting to eliminate it; apart from being something impossible to reach because as we have seen human beings participate in polarity, and also participate in the disease and then, they are sick people; what prevents the own evolution of human beings that need the disease to be healthy.

So, believing that healing consists on taking some pills, surgically remove an organ or practicing a diet, it's a real irresponsibility.

This is not about fighting the disease, but to overcome it, to transcend it. Transcending a disease involves appropriate patterns of thought and feelings. Transcending a disease means to rise above the conflict and the level of imbalance that occurs to a higher level of peace and balance.

Healing occurs only from a transcended disease, with healing the sick integrates what previously rejected and thus their level of consciousness increases.

The real medicine, one that stands up for health; must contemplate man as a homogeneous whole, composed of body, soul, and spirit.

In this way and contrary to popular belief, we realize that the disease is not a bad thing, quite the contrary, it is an intelligent reaction of our body and mind that guides us towards a state of balance, health and unity, where we had been separated.

Definitely, the disease is so linked to health, such as death to life.

WHERE CAN WE FIND THE CAUSE OF A DISEASE?

There are three important moments that are related to the origin of symptoms and diseases:

The first is the conflict that the person is currently living, those that have occurred just before the appearing of symptoms and are always related to the experiences of everyday life of the person, such as the family, the couple, work, etc.

The second stage in which we find the information is that one that goes from the moment of conception, pregnancy, childbirth and up to seven or eight years.

Everything that happened during this period is recorded in the biological unconscious and can be later manifested in the form of symptoms or disease.

And finally we have to consider a third stage we call transgenerational, which is the study of the family tree branch formed by the father and the mother branches and join at the time of conception. In this way we have to know everything that happens before this time, the conflicts the tree could not resolve and that are passed unconsciously from generation to generation in order to heal.

So is that to determine the cause of a disease and the message it carries, it is necessary to examine the three aforementioned stages (current stage, conception-pregnancy-birth, and transgenerational or family history).

THE SYMPTOMS

“The soul has no secret that the behaviour does not reveal”. Lao-Tzu

Today, the tendency to confuse the symptom with the disease still exists in scientific medicine, which is the same as confusing the screen with the projector.

Just as a movie screen can only reflect what the camera sends you, the body is also the projection surface of consciousness and all processes and changes manifest in the body as a symptom.

The body can manifest many different symptoms but all are expression of the process we call disease and as we have said, it always occurs in the consciousness of a person.

Etymologically, the word symptom means "coincidence". A symptom, of a stroke or of anything else, coincides perfectly with what the person lives.

So, each symptom is an information carrier of a message about the state of our soul. It tells us that we have a problem, that something is wrong, we have a deficiency.

When consciousness is in a state of harmony, the disease has no reason for being and does not appear.

To develop a symptom, I have to have lived an emotional impact:

Each physical symptom has been preceded by a thought, a feeling, a negative belief, something that made us feel bad, we cannot cope, an issue we have left unresolved, which can be related to fear, heartbreak , resentment, repressed violence, unconsciousness, or irresponsibility.

If we learn to recognize symptoms and interpret them, we will perfectly realize, that they always talk about ourselves, about our interior.

As is logical and based on the above example, you cannot change the content of a film focusing on the screen.

The screen, as the symptom, it is only the effect of an invisible cause. It shows the script, photography, actors; but if we change something we do not like, the screen is not the place, we would have to go to the tape and projector.

The symptom also points us with a personalized language what is the imbalance level of our consciousness.

He/she tells us precisely what exceeds or misses, what mistake we are making and what we must do to return to the balanced state called health. It

would be absurd to be angry with the symptom or try to suppress it, because we must eliminate the symptom but not the cause.

Therefore, it is very important to distinguish between disease (level of consciousness) and symptoms (body level, biological).

When we understand the difference our attitude and our relationship with the disease change quickly; we do not consider the symptom as anything that bothers us anymore, as an enemy that must be destroyed as soon as possible, and we find an ally in it, a guide that can help us find what we need, and thus overcome the disease.

THE APPEARANCE OF THE SYMPTOMS

“Man’s heart may be depressed or excited. In either case has fatal result ”.

Lao-Tzu

When a symptom is manifested in the body of a person, it calls his/her attention, willingly or not, and even sometimes it can separate him from his/her normal life, forcing him/her to abandon that in which he/she was busy.

From the material point of view, this is an inconvenience and a bother and quickly we have to resort to effective treatment in order to be free of the symptom; but then the cure has not been possible. After some time, the symptoms will reappear and stronger, claiming our attention again.

The first step toward healing is to be willing to accept the symptom, no matter how inconvenient it may seem, to listen to it, recognize and discover it, helped by the body language, the real cause where it has come from.

Before a symptom appears in the body, it is manifested in the mind as an idea, thought, fear, desire, fantasy, mood, etc.

In our daily life we live situations and our way of living them is the key. The important thing is not the situation we live, but how we live.

If we live a situation with peace, acceptance, serenity, this situation will not cause us any emotional impact. However, if we live it as something dramatic, we do not express what we feel, do not act in coherence and do not find a possible solution (outside), our biological unconscious will have no choice but to seek a solution (inside) through a symptom.

The precise moment when a symptom occurs is, then, very important, because the relationship of our current life situation can be deduced.

Every part of our body symbolically represents a specific area of our life, for example legs allow us to advance and go towards others, to establish a personal or social relationship. The eyes tell us of our way of seeing life, the ability to focus life and see others. Ears tell us about our ability to hear, to listen and to maintain balance. The skin represents the border of the self, it is the envelope that defines the boundary between the I and the Thou, it tells us about the contact with the other. The arms tell us about the action and the capacity to act, "rely on good arms"

The genital system speaks of sexuality, intimate relationship with the other, but also of the relationship with the children, the ability to be a parent.

When a part of our body catches our attention, it bothers us, it is to communicate us that we have a problem with the area of life that part or that organ represents symbolically, and, therefore, we must start looking for the event it has caused our discomfort.

When we understand the message and agree to reconsider the causes that have made possible the problem and change our own erroneous mental models; that area of our body will stop calling attention, hurting, annoying us and we will come back again to the state of balance called health.

As we can see the function of the symptom is to bring to light that we do not accept in ourselves or others, forcing us to change our negative beliefs to overcome the situation.

Therefore, when we reject a symptom, we are rejecting a part of ourselves, precisely the one that most needs our recognition and acceptance to be complete, to be healthy.

RULES FOR THE INTERPRETATION OF A SYMPTOM

The way I interpret the circumstances depends on the image I have of myself. Other people are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself. *Chérie Carter-Scott*

First and foremost is our willingness to deal with the symptom to discover not only its message and meaning, but also the feelings and emotions that are below those messages.

To do this, we must give up the physical causes (viruses, bacteria, hereditary conditions, climatic factors, etc.) Although external conditions are always there, they do not sicken anyone, though man uses them for the disease manifestation.

Neither blueprints nor bricks make the house, but the architect uses them as a means to carry out his/her construction. Therefore, first, we should learn to make a qualitative and subjective assessment of symptoms:

What did this happen to me for? What is it? How is it? How does it manifest? What makes me feel?

Secondly, the precise moment when a symptom appears is very important. We must take account of any event occurring at the same time to the appearing of a symptom, and not only external facts but also see what happens in our mind.

In what aspect of my being, emotions, thoughts, or attitudes is happening the same conflict that happens to my body? What happened before it appeared? What was I doing? Who was I with? When did it start?

What were my thoughts and feelings at that time?

What were my fears, fantasies, or frustrations?

We must dig deep into our personal situation.

At what level the symptom that has manifested in my body describes or expresses an event that is happening in my life?

Has something happened in our family or affective domain? Has it happened a change in our lives? What do I refuse to live? Have we received any news or we are experiencing some transcendent event?

The most acute symptoms have their true cause in the moment, a few hours before having appeared or, at most, a few days ago before its manifestation.

However, in those known as "chronic conditions" their cause is not so close.

Anyway, it is not important if a disease comes from a few days ago, from our childhood, from what we feel in the womb of our mother or from some

inheritance from an ancestor. What we really want is to discover what it wants to transmit to us and which negative belief has helped it.

What does my soul and my Higher Self want to tell me through this symptom? What happens to me this for?

When we ask ourselves this question we must be careful because often the first thing that comes to our mind can be correct.

The third stage raises the need to observe carefully the language, the words and the tone we use, the turns and expressions we use to verbalize the process. Do not forget that language is deeply personal psychosomatic. Our physical symptoms correspond to our mental and emotional imbalances, which means that emotional problems are related to body sensations. So we find that when the patient talks about his/her physical symptoms, is always telling us about a psychic problem.

What are the internal feelings and the language used to describe the problem? Example: "I do not see clear, my eyes hurt- the heart is leaping with joy, do something with all my heart - I am keeping a cool head - I could not stop in time - I cannot swallow it, if I see it my stomach becomes sick – It keeps me asphyxiated, I am breathless ", etc.

The last phase of analysis leads us to a personal reconsideration: What is this symptom preventing me to do? What is it forcing me to do?

What should I stop doing? What new action should be taken?

What am I getting through it? Could I do the same without this disease?

Because we cannot forget that there may be hidden reasons of our illness that give us a reward and this alienates us from the desire to improve. You may get more attention or affection when we are sick. Or maybe it is a resource to manipulate, to blame. You can also hide hidden fears, problems of undervaluation or low self-esteem ... Innumerable reasons that each person will find depending on their individual characteristics and their vital task. As we have seen, a symptom is always the physical manifestation of something we reject inside, something that is in the shadows and comes in order we live with it. Almost always it forces us to change our behaviour to correct imbalance, so the right thing for our evolution is voluntarily desist from that which we are removed of and willingly accept what we are forced to do.

OBSTACLES THAT HINDER OR PREVENT HEALING

Look within yourself the solution to all problems, even those that you believe outermost and materials. Amado Nervo

Are we open to healing? Do we really want to heal ourselves?

To begin the healing process, we should inquire within to find out if there is any unconscious resistance that prevents us from accessing it. It is not a task free of difficulties, on the contrary, a great courage, strength and honesty are needed.

It may have hidden reasons, motivations, "positive" side effects that provide a reward and keep us from healing behind a disease.

Some people prefer to use drugs or even surgery rather than face and integrate their hatred or make a change in your life.

Sometimes the disease can be used as a means to get more attention or affection.

It can also become an excellent excuse to evade responsibility or the demands of the moment and have the freedom to dedicate ourselves to do things that in times of health would be unthinkable, for example, going to a few days holiday, visiting friends, etc.

Also, discomfort can become our partner and we are not willing to face the emptiness that we experience if it leaves us.

Similarly, we can use the disease as a resource to blame someone for something he/she has done to us; even can also be a form of self-punishment.

Apart from that, doubting represents a major drawback to access the welfare state.

First, the patient may have doubts of this system and not believe in the principles of psychosomatic therapy because it differs from the standards set by orthodox medicine. In this situation the person needs to think about his/her old belief system and open up to other possibilities.

Secondly, the patient may doubt of himself/herself. Perceptions as ("what happens to me is too serious", "I do not have enough strength or courage", "I'm alone to face this", etc.) may preclude his/her healing. We must be absolutely certain that we will heal.

To determine if, somehow, we resist healing, we can see what is our first reaction when we get sick.

Do we deny the symptoms? ("I'm not really sick")

Do we get defensive? ("It was not my fault. It must be something that got

sick").

Would you play down importance? ("It's not really serious").

Are we distracted? ("There are more important things I have to do before attempting to cure me of this disease").

If we follow some of these guidelines, we can be sure that we will not transcend the disease.

To find the hidden reason itself we can ask:

Do we want to be well? Are we really able to see ourselves deprived of our discomfort? Can we imagine ourselves in a situation of welfare?

What do we feel in that situation? Are we willing to give up the reward of being sick? Could we achieve the same without this disease?

We must make this inquiry in a calm and relaxed way, reaching deep inside us and being very honest and sincere with what we find. To overcome the obstacles that we have created, we must first admit their existence.

WHAT IS HEALTH?

If someone seeks health, ask him first if he is willing to avoid in the future the causes of disease; otherwise, abstain from help. Socrates

Many people define health, including medical professionals, such as lack of illness or no symptoms, but this definition is far from what is actually health. Health is not a state, it is a very dynamic process that is achieved through good communication with ourselves, becoming watchers of our thoughts and emotions to lead them to a state of peace and mental health that will result in our physical health.

True health is subjective and occurs inside the man, in consciousness. It is the well-being that comes from trusting yourself, from being spiritually connected through love and from participating in the creation of life with enthusiasm and joy. It is our natural state, the perfect expression of divine order.

By contrast, the disease is the result of having lost touch with our feelings, having put aside the purpose of our life, the inability to express our individuality. It is the symbol of having lost the sense of unity with the world, people, nature, and God; of feeling separated and disconnected from the spiritual world.

WHAT IS THE PERFECT THERAPY?

At present there are one thousand and one therapies. From the oldest, such as Ayurveda or Acupuncture, to newer as allopathic medicine (drugs, surgery), biodecoding, bioenergetics, the technique for emotional release, massages, Reiki, crystals, homeopathy, osteopathy, reflexology, etc., each of which speaks of the wonders you can do about our health. Spectacular stories are heard everywhere about this or that healing, because existing healing techniques are innumerable.

Which should we choose?

Does it really make any difference which of the various therapeutic techniques is chosen to work with it?

Is there any that we can consider the perfect therapy?

There are methods that seem to be effective only in certain people and not others; the perfect therapy for me may not be for someone else. It is therefore very important that we learn to discriminate, because there are many people willing to help, to do things for us and we offer techniques and methods that almost are a "miracle" today.

Is not faith in the art, faith in the therapist and faith in oneself what determines the difference? Everyone should choose the therapy that seems more compatible with, and then, which he/she has greater confidence with.

From my view, for each patient, the perfect therapy will be that one that has helped him/her solve the problem that affected him/her.

Among all the existing techniques, some will help us to relax, others to reduce stress or alleviate our pain, or perhaps some open for us the door to deeper within ourselves; but none of them can heal us by itself. What is clear is that the various techniques can help us break down the barriers that prevent us heal and can serve to stimulate the desire to heal. In short, they can help create the proper environment to contact with our own healing energy; but it is always the body itself, through consciousness, which will hold healing, not therapy. Healing is not a grace that comes from outside, it is a power that we all have inside for personal use. In the same way that nobody can walk, breathe or eat for us, no one has the power to heal ourselves. No one can do this in our place, we are the only ones who can control our selfish desires, our confusion or despair, our unconsciousness. Transcending a disease is something you can only do if you are sick, because in that case, you are the

only one able to make the necessary changes to achieve higher truth of that same condition and rise above the conflict and the level of imbalance that occurs to a higher level peace and balance. Understanding is the only tool that provides solution to our problems and facilitates the necessary changes to our lives. Healing is above all knowing and understanding ourselves.

BODY: RIGHT AND LEFT SIDES

Physical lateralities of the symptoms are quite revealing of what happens inside us, so it is possible that many readers interested in self-healing and who have read other authors, may be surprised when I say that the right side of the body represents for me the symbol of the "mother" and the left side is the symbol of the "father".

As you will understand, this is not a statement said too lightly, but it is based on a thorough study of the subject.

When I became interested in holistic healing, I also learned about the contrary. That is, the right side of the body, that is governed by the left hemisphere, was related to action, reason, Yang energy, and consequently, with the male symbol, with the father or with their representatives (authority, etc.) and the left side, governed by the right hemisphere, was associated with intuition, Yin energy, with the feminine side and the mother or with their representatives (institutions, society, etc.).

So we can conclude that the conditions on the right side speaks of a conflict with a male element, with the son, with the father, or with those they are represented with, the chief, the authority, etc. Similarly, the left side evokes the difficulties of relationship with a female element, the daughter, the mother, home, society, etc.

People have two distinct nervous systems operating in our body: *the central nervous system* or *spinal-brain* that is governed by the brain and our conscious and the *autonomous* or *autonomic nervous system*, that is governed by our Non-Conscious. Besides, the autonomic nervous system is divided into two parts: the sympathetic system and the parasympathetic.

The *central nervous system* is the one that regulates life consciously and voluntarily. The information comes from the five senses and has a great impact on all processes that man can make on a voluntary basis, such as walking, picking up a glass, hugging, etc. because it acts on the "white" muscle fibers located mainly in the arms and legs.

However, the autonomic nervous system governs everything that is involuntary, unconscious in our body, such as digestion, immune system, heart function, etc., and "red" fibers (heart, pancreas, liver, etc.) are almost totally dependent from it.

However, unlike the *central nervous system*, as we have seen, crosses at the

level of the throat, so that each cerebral hemisphere governs the opposite side of the body to which it is located, the *autonomic nervous system*, does not cross anywhere, but extends from a central axis. From head to toes, the right remains to the right and the left, to the left.

If we know that it is not the brain, through its *central nervous system*, the one acting on diseases and accidents, as they are not considered voluntary processes of human beings (nobody gets sick intentionally), but rather unconscious and, therefore, from the *autonomic nervous system* governed by our Non-Conscious, I am convinced that the lateralization we must keep in mind, every time we are in the presence of a lateralized symptom is, right as a symbol of the "mother", female, and left as a symbol of "father", male. This must be true for all right-handed people and vice versa, for all persons born biologically left-handers.

There is also a more subtle explanation: according to psychology, in every human being we can find the two polarities, one visible and another hidden, male-female, man-woman, but we both physically and psychologically develop preferably one of them, leaving the other in the shadow. According to C. G. Jung, the shadow is the sum of all facets of reality that the individual does not recognize or does not want to recognize, and therefore discard. Not recognizing the shadow, the hidden part in us, makes us suffer, since when one rejects a certain principle, every time he finds it on the outside world, it will trigger in him/her a reaction of anxiety and repudiation and will take him/her to project it to his/her spouse or partner. The tendency to highlight the qualities or defects of another person, that actually only reflect, as if it were a mirror, the beauty or imperfections of our own soul, emanates from this projection.

With this theory we can understand that our difficulty comes not from the visible, that part of us which we identify with, but the invisible, the other part we do not want to see.

So when a person has some negative symptoms in his/her right knee, an action and reason symbol, since it is governed by the left, male hemisphere, could show some difficulty with his/her invisible and secret part, that is, with its female hidden dimension, which is confronted by a woman of his/her environment, which will lead him/her to become aware of the problem-of feminine nuance that has.

After my training as a psycho-coder, I have to recognize that in certain diseases, such as those affecting the breasts, shoulders, arms, bronchi,

thyroid, feet, legs, bones, etc., it is difficult in many cases to decipher with the exactness of laterality, since although we have a female brain that manages female resentments and a male brain that governs male resentments, we must admit that it can be biologically female but nevertheless have a lot of masculine energy and vice versa.

On the other hand, there is also the ambidextrous person, who may be biological right-handed or biological left-handed, depending on whether it is a man or a woman.

And we may even have a contradicted laterality. For example, some parents who have left-handed children of birth and, for some reason, social, family, etc., are forced to write or to eat with the right hand, these children become functional right but remain left-handed biological.

Dr. Salomon Sellam, in his book *Los Huesos*, published by Ediciones Bérangel, offers us two aspects, two alternatives that could help us to decipher laterality in order to better define the origin of our conflict. On the one hand it speaks of "the side of the neuro-motor impact". When the danger, the problem or the conflictive situation comes from the right and the neuro-motor impact is inscribed on the same side, it would be a right handedness. He cites as an example a firefighter with problems on his right shoulder, as he was not able to open the door of a burning house pushing with that part of his body and, as a consequence, a person who was inside died, for which he felt invaded by a great guilt, which settled on his right shoulder devalued. If instead of having used his right shoulder, to try to open the door, had resorted to his left shoulder, of course, the pathology would have settled on this shoulder.

And secondly, he suggests an own version, which he tells us, has helped enormously to decipher laterality and, consequently, the origin of emotional conflict.

A pathology located to the right: it would be related to the affective part, with the interior, the house, the home, with the feeling of conceiving a project, a desire, most of the times contradicted. "I would like to do that, I would like to achieve such a thing ... but I feel unable or unable to carry it out because I feel unappreciated, I am a nullity in the eyes of others."

A pathology located on the left: it is closely related to the action, the danger, the outside, the work, the realization of a project often contradicted, followed by a feeling of devaluation. "I have done this or that and I repent, I have been a nullity, I have failed to discern, etc.

Here are several tests to determine biological laterality:

Applause. The people who applaud with the flat left and right strike, are biological right-handed; those who have the right flat and strike with the left, are left-handed biological. Those who applaud in the middle are considered to have a double brain, that is, they work with both brains.

Breastfeed the baby. If they carry the baby with the left arm they have the right to do something else, they will leave the stronger side free, and if they are left handed, it will be just the opposite. With what hand do you give him the bottle?

Thread the thread into a needle. The right hand will take the needle with the left hand, the left hand with the right.

The hammer and the nail. Right-handers will take the nail with the left hand, the left-handers with the right.

Climbing stairs. What is the foot that goes up the first rung?

Conflicts associated with laterality:

Dyslexia may be related. In fact, there may be some contradictory laterality. It is necessary to know the biological laterality. Although there are also transgenerational memories.

Another would be confusing the right with the left. It is related to memories of being an unwanted child or not of the sex that the parents would have preferred (being a child and parents wanting a girl or vice versa).

METAPHYSICAL MEANING OF THE MOST COMMON SYMPTOMS (IN ALPHABETICAL ORDER)

Everything that is on the face of the Earth exists in one or another dynamic in every dimension of reality beyond Earth.

The form is only an expression of what we see around us. That expression moves and changes in countless ways that are related directly to the many realities that exist at all levels. There is nothing on Earth that does not exist in all other levels of reality.

Anonymous.

ABORTION: (See pregnancy)

ABSCESSSES:

When a bag of pus appears in the body, it indicates an emotional response of anger or pain, or a feeling that ferments, gets irritated and inflamed. The abscess shows that something is inflamed and infected in us.

The part where it manifests or the infected organ gives us information on the issue of conflict: fear, bitterness, anger, resentment, etc.

The person suffering an abscess is hurt in the depths of his/her being for an offense or shame he/she has received and that forces him/her to live in a state of deep bitterness.

As a rule, these people shun conflict fears, because they do not see them, or even because they refuse to recognize them, and feed a situation with thoughts of revenge that ends up by damaging themselves with an abscess.

Recommendations to recover physical, emotional and spiritual health:

The best way to heal the abscess is bursting it so you can leave what is enclosed, which has not been expressed and is retained within us.

While the person deals to heal his/her abscess needs to understand that everyone is absolutely responsible for what happens. We should not blame anything or anyone of our events or circumstances, because what we believe comes from the outside to cause us discomfort are nothing more than projections of our subconscious emotions that we have previously rejected and suppressed.

Whenever it reacts strongly to stimuli that brings another person, it is because within us was already latent the injury and has emerged to the conscious level in order to accept it, experience it and we can release negative energy.

By accepting the fact we are accepting ourselves, and by releasing the negative emotion the abscess will leave and not come back anymore.

ABSENCE SEIZURES:

It is manifested by an absence, a loss of consciousness. It gives the impression that the person has "gone", "is not there".

"I'm scared, I'm lonely"

"I feel separated from someone or something".

"I want to see again that which is absent, who is no longer".

"The world around me does not interest me"

"Not being here is a way to be where or who I would rather be"

ACATHISIA:

It is a movement disorder characterized by a feeling of unease and an urgent need to be in constant motion, as well as actions such as swinging while standing or sitting, lifting his/her feet as if he/she were leaving the place, and crossing and uncrossing legs while sitting. People with akathisia are unable to stay sat or stand still, they complain of anxiety and restlessness.

Conflict of flight and direction.

You need to be prepared for a quick reaction in the legs (usually to escape).

As if we were warming up.

"I need to move or change things"

"I need to run away from this"

"This is not going in the direction it should"

"I'm not going in the right direction"

"I want to take a direction now! But I cannot".

They are desired movements, but blocked.

ACCIDENT:

It is called accident to an unforeseen event, so it is normal to consider acts of coincidence, the product of bad luck. For me, however, an accident like a disease, is a means rather than our Inner Teacher uses to warn us of erroneous behaviour that harms us and of which we are unaware.

We do not seek accidents, nor seek disease; but nevertheless, we are responsible of everything that happens to us in life.

Nobody contacts in life with something that has nothing to do. Although, in principle, this statement is unpleasant and not therefore ceases to be true. We must familiarize ourselves with the idea that one person is agent and patient at the same time.

An accident can occur when a person feels guilty, is accused of something he/she has thought or done. The accident is like a self-punishment, unconscious, to neutralize the guilt.

Sometimes we injury ourselves to demand the attention and affection of others. This attitude, in most cases, comes from childhood. The child realizes that when you are sick or are injured, everyone is aware of him/her; the mother loves him/her more, the father is more concerned with him and somehow he/she feels as the spotlight. This partnership can be maintained as an adult and unconsciously, can provoke accidents in times of discouragement.

The fear of having to face certain responsibilities in life often play tricks; especially if we do not consider ourselves as valuable people, because things do not happen as we would like, or do not feel safe, because we are afraid of the results.

The issue of aggressivity also has much to do with accidents. I mean uncontrolled aggressivity, when it dominates the person. When the mind believes in violence, violence is attracted to it.

In all cases of accidents, whether traffic, home, work, etc., the first thing to look for is the message that conveys to fix it in a conscious way and avoid the accident to be repeated more times and with a more dangerous risk for the individual.

It is shown that people who have ever suffered an accident, are likely to repeat more often, and this is because they have ignored the signal that warns them of the event and have continued with the same behaviour.

Therefore, in general, accidents are caused unconsciously and force people to make the change they consciously refuse to do.

For example, in the car as in life, one can "deviate from its path," or "skip a rule" a stop; or may not have time to slow down and run over another.

It may cost him/her move forward in life, we feel we are not moving forward and another that "does not see where he/she goes" comes and assails us from the rear, etc.

On the other hand, there are people who do not see the danger and play with fire and, of course, end up burning their hands.

There are those that fall in the future, stumble and fall rolling.

And finally, there are accidents that force us to a dramatic life change, such as bone fractures, product most times of extreme inflexibility.

The rigidity of the rules, or principles prevents us to adapt ourselves to life, we stall and bones can break. A fracture can also occur when you have thoughts of violence toward someone who represents authority for us, although we are not aware of them. As we cannot let ourselves to carry out our aggressive attitude, contained violence turns against ourselves.

In the end, the unconscious forces us to rest, to orient our lives adapting to the present moment, to be more flexible and that the union between body, mind and spirit is established.

Recommendations to recover physical, emotional and spiritual health:

When we have an accident is extremely important that we accept, that we assume it as a creation of our unconscious and we face it in a positive way.

First, it informs us about the mistake we have committed and, secondly, because it forces us to pay attention to us ourselves. Although initially we feel annoyed, time will show us that the accident has given us a benefit or has prevented a greater problem.

For its interpretation it is necessary to see what part of the body has been affected. It is not the same a burn on the hand and a broken leg, or a hit into the head. We must find the symbolism and analogy of the affected part with our mental patterns. So we discover that what we assume them with the mind, the body has to experience and what manifests in the body is also in the soul.

People prone to accidents need, once it has been found the specific pattern originated, change this to a positive level, must feel as worthy of love as any other being in the universe. They need to remove the limits that have been self-created and connect with the infinite and limitless power that we all have inside.

If in any case we discover that we have feelings of guilt is absolutely necessary to practice the act of forgiveness. Forgiveness frees us from the

guilt and the past and connects us to the present, with power.

Cuando una persona ha sufrido un accidente sugiero que reflexione sobre estas preguntas:

What does this accident want to warn me? What aspect of my life should I transform? What change of behaviour or direction am I resisting to? Did I try to hurt anyone? If not so, we must stop accusing us.

ACID REFLUX OR HEARTBURN:

A heartburn is a sign that something, a situation, an event, a person burns us, acidifies, infuriates us.

Behind excessive acid production is hidden a feeling of fear, tension control in the material world. It is a fact occurred recently. We are concerned about any family, professional, financial or judicial problem and do not stop mulling obsessively. The situation seems irritating, unfair and we feel impotence, "a knot in my stomach".

"I am invaded by all those around me. The exterior is bitter, attacks me and puts me in danger".

"I have not known how to refuse a structure imposed on me by the exterior, and now it coexists totally".

Gastric Reflux: In the case of hiatal hernia, a portion of the tissue of the stomach protrudes into the chest and food to reach the sphincter, and it does not close, therefore, all gastric acid backs up and burn. Emotionally, it happens that I have opened that step to "let more food in" (This is symbolic, because it refers to more emotional food).

I'm in a terrible feeling "lacking" and have the "door opened" to receive more. Dissatisfaction.

"I do not have something very important, I am opened to receive more"

"I want more love, need more love".

"I want more emotional nutritious food".

"I'm at a dead end and I want out".

I live with fear. I am scared. Live threatened by my own fears.

In life we must face many conflicting situations, many challenges that test us at any time.

If we do not want to swallow and digest what life puts us on our way because we lack trust and confidence in ourselves to solve it, we become pessimistic and bitter.

If we are not able to channel our bad mood into a "healthy" way and we swallow, our stomach is forced to increase the acidic gastric juice to digest our own aggressiveness. In short, a heartburn is a way to attack ourselves from our stomach for fear to digest our problems or situations that we are not satisfied, ultimately, the new impressions that life gives us.

Lack of acid in the stomach: Disgruntled by the outside, being devoured.

Recommendations to recover physical, emotional and spiritual health:

When such a situation happens to me, I can ask: "What is what burns me or

makes me angry? What is what I do not like and cannot digest"?

The person suffering from a heartburn needs to learn to incorporate, to accept the reality of life. It has to assume that failures are great teachers who show us the results we have achieved and we are taught to improve a next time; this way confidence will increase and we will be willing to accept criticism without corroding ourselves.

These people need to learn to be aware of what they do, consciously live the present and thus the fear of failure, criticism and insecurity disappear on their own.

ACIDOSIS: (See alkalosis)

The alteration in body fluids characterized by an abnormal increase in the acid concentration with a pH below 7.35.

Conflict of bite (piece), devaluation and family.

Need to toughen blood to corrode that "metal" that does not dissolve in it.

Over time, I refused to accept a situation (within the family environment).

Gradually it grew and now it accumulates in my unconscious in the form of conflict that I must fight. Possible conflict with masculinity.

ACNE: (See skin).

This type of rash often appears in adolescence. The body parts that tend to be affected are the face and sometimes the neck, shoulders and back.

Most often it manifests itself in the face. The face is what confronts us into the world, that part of each person that others see first, and through which it is accepted or rejected.

The face represents our identity, the image we have of ourselves. Acne that manifests the problems the adolescent has with his/her external appearance, with his/her image, that is to say, his/her identity.

He/she has been able to live a conflict of confusion about who he/she is or what role does it play in his/her family and in society. There might be a confusion by writing his/her name on an important document or that people call him/her a different name as he or she is called, or perhaps someone in the family does not recognize him/her, perhaps because he/she has done something different from what is traditional in that family or it may be that he/she is repeatedly confused with someone else, as can happen to the twins, etc.

Attack on the face = attack on my image, my identity.

"I feel attacked by my own image, by the comments of the people, mocking, etc"

It is a conflict of dirt and aesthetic devaluation.

Or maybe because he/she does not feel supported.

"I am completely devalued and I feel unprotected by not being like everyone else and not feel as beautiful as the others"

Indicates that he/she does not fully accept the image he/she sees, is not satisfactory, considering it either ugly or because it draws too much attention.

Also shows his/her tendency to compare with others and to lose value; in short, it expresses the difficulty that has to love himself/herself as he/she is.

"I've become really ugly".

"I do not like people and I do not like myself"

Acne can also occur in adolescents with low self-esteem, they do not know love themselves and try to be or not to be, as someone else to please a family member. Acne indicates that he/she is being criticized.

In adolescence also emerges in a new desire that tries hard to get a place in human consciousness: *sexuality*.

This impulse always gives us a conflict, on one side it attracts us, and on the other, gives us some fear:

"I show my hormones, I display I'm ready to have sex".

"I'm afraid not to be sexually attractive".

"I want to keep being the child in the house".

"I do not want responsibilities for now".

This problem of a personality that is not yet formed, that doubts itself, which lacks confidence and maturity and invade shyness and fear of the others. From his/her judgment and his/her gaze, it results in acne.

Adolescent skin becomes inflamed, oiling because there is a new energy that wants to leave, but he/she tries to stop it.

Through acne we try to protect ourselves from the outside world, because acne helps us to be indifferent to attacks and aggressions. We get ugly to choose the other. Shame about one's sexuality becomes shame by grains.

Acne can be a way to avoid contact with others, a contact that despite the need we feel, inspires fear to us.

In girls it may be due to a conflict of devaluation of the feminine (vulnerable) versus male (decision, success, security) for a trauma to the mother.

Acne on the upper back and shoulders:

"I am alone".

"No one supports me".

"Everyone is against me".

Acne on the buttocks:

"No one will notice me".

"Nobody will want me this way".

"Nobody likes me".

Acne Rosacea: Rosacea is a type of acne that has little to do with common acne. It is not the sebaceous gland acting but capillaries. Acne rosacea is characterized by the appearance of pink spots on the face that can turn into boils and pimples. Unlike common acne, acne rosacea does not usually occur in people under 30 years. Those who suffer it most are adults, with quite fair skin and especially women who are reaching the age of menopause.

Conflict of stain, attack on one's integrity, conflict of feeling or being disfigured. The person feels dirty symbolically speaking. He/she could have done something very bad, could have suffered sexual abuse and feel "tainted" could have seen "something dirty". Always, there is the feeling of being "dirty" by no longer worth as others, no longer shine, either because others tell us or because we think it.

"You are/I am a pig" or "you are/I'm a shit", "I am/you are incomplete".

"I must remove (from my image, if it comes to the face) all that is negative, dangerous to me and bring good things".

"I want to eliminate what is dangerous for me, femininity".

"I have to remove from my image what my mother-father looks like".

Clan separation conflict: not being accepted. "I am separated, excluded from the kisses of my clan".

"I must remove my face that gives the impression of being a woman, with being a man".

"I must remove my face that gives the impression of being a man, with being a woman".

Conflict related to alcoholism (own or from someone important).

Recommendations to recover physical, emotional and spiritual health:

Before the conflict that arises in adolescence, the openness to others, we must first remove the barriers and limitations that we have imposed. The most urgent is to assume that we must face consciously the fear we have to the YOU, that is, we need to interact more with others. From our relationship we will greatly benefit because we will have advanced to the confidence in ourselves.

On the other hand, we need to accept ourselves as we are.

Not accept or change the perception we have of ourselves to express our true individuality, increase self-esteem and recognize our own beauty.

We must resolve the conflict that has been established between the body (sexuality) and the mind (fear, dirt, impurity), realizing that sexuality is an important tool for our development as a male/female and we integrate it into our lives as something natural.

We need to open the door to enjoy contact, sex and erotic games, and ultimately, sexuality.

We must accept that this way as we are, we are perfect.

We have to understand that while we do not love ourselves, no one will love us.

ACROMEGALY:

It is an overgrowth of the bones of the extremities and face. The growth hormone is secreted in higher levels than normal amount.

"There is a danger to be small" and therefore we must grow.

Not being able to get the prey (target, piece) for being too small.

"Being too small to achieve something".

"Not feeling up to par".

"I need weapons to defend myself, I want to impress".

"I must always be stronger. I have to be stronger".

Where did I feel too small and too weak to being able to take my place and being respected?

ADDICTIONS:

Addiction should never be treated as a crime. It has to be treated as a health problem.

Ralph Nader

Conflict of recognition and lack of protection from mom and from a much lower percentage, dad.

Addictions are always conflicts with mom, because she was our first "addiction" and the most important thing in life. So what we are addicted brings us back to that love, recognition and protection of mom we had and lost, or that we never had (in this case addiction is usually more compulsive). If I present some kind of addiction, whether drugs, alcohol, tobacco, tranquilizers, etc. means I need my mom is on my side to face a challenge. It's my way to ask for help from mom in the wrong way. I want her to see me "victim" because only then will help me.

And they can be as simple things like facing my adolescence, get ahead of a school or professional problem. No age. And of course Mom is not always there for me. Addictions are related to the unsaid (a-diction). I have no right to speak. I do not have the ability to express myself. So if I do not express my needs, it will be easier for me to confront all with drugs.

Conflict: Protection, Mom. Always in an environment of "escape from reality" for fear of not being able to face this situation.

"Are my parents going to come to help me? Do you not see that I'm suffering, I'm dying?". "I am not able to cope with this situation".

"With this (drug) I feel strong". "With a cigarette I feel safe". "With a glass I feel safe". "At a dose I feel safe". "With a pill I feel safe".

Every addiction tries to avoid contact with the emotion underlying the conflict. It can be a feeling of existential emptiness, lack of love, feeling lonely, feeling disconnected from our higher self, etc. Our reality makes us suffer and addiction masks our suffering temporarily.

There are many types of addictions.

Some of them are considered harmful for society, such as: the tobacco, alcohol, drugs, etc. However, there are others that are considered good, but used for the same purpose, among which we can include work, money, knowledge, success, etc.

Behind every addiction, hidden in the depths of Being, there is a longing for love, for spiritual nourishment, freedom, communication, contact with others,

etc; that our soul needs and that our personality, for lack of courage or responsibility, seeks us a substitute the more we give of ourselves to him/her, more dissatisfaction and frustration produces to us.

The obese satisfies his/her "hunger" of love with food and does not realize that the more he/she eats, the more hungry he/she is.

The alcoholic craves love, comfort, sweetness and "drowns his/her sorrows in wine", "if you drink a sip you will feel better". But he/she does not face their conflicts consciously. Shirks his/her responsibilities with the desire to remain being an irresponsible child and not being punished. And wine gives you the world you want, but in an illusory form.

"I lack warmth, comfort and tenderness".

"I need love, but what they have given me so far has not been good for me".

"I want another form of affection, tenderly, softly".

In many cases alcoholics were unwanted children, even if it was for a moment.

Therefore, the person seeks to hurt himself/herself and be a victim to challenge the parent to "love him/her".

And in the vast majority of cases they do, because the mother or father are concerned, they keep, and welcome him/her home to give him/her money for his/her alcohol.

Other conflicts that can lead us to alcoholism:

Escaping from a reality that we find unacceptable, to forget.

Father separation conflict.

Way of expressing the truths that must remain silent before the family (drunks always tell the truth).

Attempt to join Mom and Dad.

"I want to take my mother's clan from despair".

The tobacco addict tries to satisfy with it his/her desire for communication (freedom) and approach to his/her mother (territory). Smokers trying to create that freedom and communication (that they do not have with his/her mother), smoking.

It is common for the mother of a smoker is a strong mother who assumes that her child is strong, that in no way expected see him or her fail. Therefore the person, wants to fill that void of maternal affection (territory) with "smoke". I live in a situation of solitude and selfishly need to hold on to something.

"I feel away from the territory, I am away from my mother".

"I feel invaded in the territory, invaded by my mother".

"I feel depressed, trapped".

There are mothers who show their love, giving kisses and hugs but, however, when the child asks for something or ask something, the mother does not consider it important or takes it as if it were a joke, to which the child feels that he/she is not loved or respected. The mother says things like, "You and your things", "Oh, that's not important".

What is the biological excitement hidden in a tobacco addict?

"I'm afraid to live, to face reality".

"I flee from myself".

"I'm afraid to fail".

"I cannot love myself, much less express it".

Workaholism: Conflict of abandonment. Belief that "I am what I do" and need for recognition "Mom (or Dad) did not recognize me". Conflict of emotional deprivation. Need to prove to my parents that I'm good for something.

Avarice: Conflict keeping the piece (bite). "If I give, I run out"

Success Addiction: Conflict of abandonment and recognition. "Mom left me or does not recognize me".

Gambling: Abandonment and recognition. Need to "win" the love of mom. Belief that the award will enable us to free ourselves from our needs.

Collector: Devaluation. Feeling incomplete, "not good", "I complete myself through my collections".

Record fanatic: Devaluation. Desire and need to prove that I can be the best at something.

Sex addiction: Conflicts of abandonment. Need to return to the mother or father, to have protection. Inability to self pleasure provided. I am not a product of love but of pleasure, I was conceived in sin. Or you can also respond to an attempt to offset the sexual life that my parents wanted to have but could not.

Another widespread one and persecuted in our time is addiction to drugs: hashish, heroin, cocaine, tranquilizers and other more dangerous that are used as a means for transcendental experiences; generally they are represented as a shelter that isolates us from life and others. Everything looks better with them. Conflicts are not such after consuming the drug because it takes us to "another place", or stimulates us enormously, and all for not facing the reality of living the embodiment according to the designs of our soul and assuming that civilization is the mirror showing us our own portrait.

"The real world is very painful and I do not want it".

"Everyday life is unbearable, I want new and wonderful things".

"I do not want to relate to a person of my environment, so I break everything".

The desire to travel to other dimensions of consciousness we have to win with the effort to develop the soul and spirit and to achieve this, our will is imperative. With drugs, the ability to make decisions consciously and the individual's will dissipate.

Drugs and tranquilizers, are related to the feeling of feeling away, separated or ignored by mom or dad. It is very common for children with absent mother or father fall into drugs or tranquilizers, because these substances make them evade their "abandonment", which often is not physical. They may be children of parents who are never home either, although they are, ignore their child. This is on drugs, finding a way to avoid that pain.

Addiction to cocaine: Conflict of fear to social interaction linked to a desire to do it and not to know. Conflict of introversion.

Conflict with a father who overwhelms me, crushes me, does not protect me or devalues me. "I want to replace my father," "I hate my father".

Addiction to marijuana: Drug of the "mother" (Maria, comes from the "mother" land and is consumed naturally). The uterus secretes a cannabinoid (anandamina) that if it is not collected by the bone there will be a failed pregnancy. We are alive for the cannabinoid and marijuana contains cannabinoid. Adolescence represents a second birth. Why should I be born?

Addiction to haschish: Conflicts linked to assassinations and wars.

Addiction to heroin: It gives the impression of great energy and optimism.

Conflict of the "hero" separated, the one that I am not. I defrauded someone.

Conflict of separation of the sex.

Addiction to morphine: I cannot stand suffering.

Recommendations to recover physical, emotional and spiritual health:

An addiction is an attempt to find satisfaction in something external to us. It is a means to fill the void, hopelessness and meaninglessness of life. Addictions are external bonds that cause us great dependence and that if we do not cut them in time we will be dominated and deprived of freedom.

Anything hold on to something outside to give us power, is an illusion that leads us away from the true path and brings us a waste of time.

Before an addiction take over a person's will, it had already begun the search for something that craved, but mistook the road and waited ... meanwhile to

quench his/her desire he/she clung for a symbolic substitute - alcohol, drugs, work, tobacco, etc. - he/she did not want, but nevertheless consumes outrageously and never have enough.

"The seeker should not stop looking until he/she finds what he/she is looking for".

We must be honest with ourselves and find out what we need, and then take the only path that leads us to find our wish: The path to our inner divinity.

Actually, no one should look for anything. That's the error: ignorance of ourselves. "Human beings already have everything they need. It is a complete and divine being". As heirs of the Creator we have all the principles of creation. He/she who hates also has the ability to love. It is the same energy. We just need to learn how. As we can love a flower, an animal, we are also able to love ourselves, accepting and trying by all means to achieve harmony between our soul and our personality.

The ones who fall in addiction are the ones who frighten to new experiences that life offers us.

The one who considers his/her life as a continuous journey, he/she does not believe in bonds and is always willing to keep walking, that's the true seeker.

"I understand that the process of life is hard but I enjoy it".

Now I discover how wonderful I am.

I choose to love myself and enjoy myself.

ADENOID GLANDS:

It is a condition that occurs primarily in children. They hypertrophy and become inflamed and produce a nasal obstruction so the child is forced to breathe through his/her mouth.

They manifest in very sensitive children who realize that the relationship between their parents is wrong and believe they can be the cause of this happening, because they feel like a hindrance in the family, as are others.

They represent emotions and beliefs that repress the child for fear of being misunderstood.

"Smell the mother" ... something or someone emotional.

Recommendations to recover physical, emotional and spiritual health:

The child needs to express his/her parents what he/she feels and clarify the conflict.

AEROGASTRIA: (See [flatulencies](#))

AEROPHAGIA: (See [flatulencies](#))

AGEUSIA:

Loss or diminution of sense of taste.

The sense of this symptom is to help us not to perceive the "disgusting" taste of the morsel.

Conflicts of contact "disgusting".

Conflict of "disgusting food" (real or symbolic).

Conflict over not having breastfed or not being breastfed because of a "disgusting" illness that separates me from my mother, my husband, my baby, etc.

Want to separate from the mother.

AGORAPHOBIA:

Agoraphobia comes from the Greek words *Agora* (meaning *public square*) and *Phobus* (*fear*). It is the panic of open spaces and public places.

It is a conflict of uterus.

"I'm fine in the womb of my mother, but I sense a great danger outside".

Family environment with conflicts. There is an excess of responsibility in the agoraphobic. During the learning of life (childhood) they had to take responsibility too much of something or someone (usually the mother).

"I do not get into situations I cannot control".

"If something happens, no one can help me".

"Going outside, being out there, it's dangerous".

Dependency conflict with the mother.

Strong criticism of the mother.

You need to talk with mom and find out what she was feeling during her pregnancy.

Cut the ties of dependence on the mother.

Unconscious fear of death and madness.

Cold-related conflicts. A death in the cold or because of the cold. Or someone trapped by cold.

AIDS: (Acquired immune deficiency syndrome)

If I am a person infected with AIDS, I can see that my immune system becomes deficient in cells - T, becoming unable to protect me against certain infections.

Devaluation conflict regarding the (real or symbolic) family:

"I have to disappear from this family". "I have to be deleted from this family".

"I am the shame of the family".

Guilt against love, I have the feeling of not being up to par.

I learn to recognize the energies that are in me and use them to the best of my evolution. I accept who I am.

ALCOHOLISM: (See addictions)

ALKALOSIS: (See acidosis)

It is a condition caused by the excess base (alkali) in body fluids. The lungs and kidneys are the ones who regulate the acid/base status of the body. The ideal pH for our body is between 7.35 and 7.45. Any value above 7.45 is considered alkaline.

Blood is softened because we do not want or cannot attack anymore. There is a lack of balance between the masculine and feminine forces of the body in favour of women.

Conflict of impotence, female reaction. Unrecognized potential conflict of femininity, unexpressed or poorly expressed in the biological process. "I refuse to fight". "I'm tired of fighting, I cannot continue". Conflict withdrawal.

ALLERGIES:

Allergy, which comes from the Greek *allos* (strange, different) and *ergos* (reaction activity) is a process by which an individual recognizes as strange a particle or a substance called allergen (harmless for most people) that, instead, provokes a response from the immune system in him/her, leading to a number of clinical manifestations such as nasal dripping, sneezing, itching, rash, edema, and asthma.

Allergy appears for an initial psycho-emotional shock, a destabilizing event that exceeds the threshold of tolerance of the individual.

What is a psycho-emotional shock?

-It is an unpleasant event of everyday life that comes suddenly, catching us by surprise and destabilizes us.

-Living isolated, in solitude and without sharing it with others. What we live in isolation is what we feel. It is not what we live outside, but what we feel inside, what we experience alone.

-Without a satisfactory solution for us, at that time, but maybe for other people it exists.

-Of real dramatic intensity, or felt as such. The unconscious can live it in a symbolic way, but cannot distinguish between the real and the symbolic.

There are two stages in the genesis of an allergy:

The first stage is the "silent", silent call awareness or identification of the aggressor phase: the allergen. It is a programmed allergy. The immune system identifies a foreign body, is responsible for analyzing and manufactures specific and silent antibodies, memorizing the characteristics of the intruder. It relates to a very precise dramatic event that has occurred at the same time we were coming in contact with the allergen. There is a direct relationship between a psycho-emotional shock and an external element which project the psycho-shock. The body memorizes the substance or element that was present at the time of the drama, the immune system categorizes it as something dangerous because it is associated with a painful emotion and try to eliminate it when detected in the body. One person has been exposed to a food, drug or element throughout his/her life but from a certain moment, the moment of drama, there will be a physical rejection. This is the first exhibition, identifying where the allergen is recorded. From this moment the unconscious associates the shocking episode and the allergen to form an inseparable duo. It is the moment that the unconscious takes into oblivion because it is a very painful experience. The allergen is a simple

warning of an impending danger, known but hidden, is the announcement of the painful and unpleasant memory of the first time. At this stage no physical symptoms manifest.

The second stage or "noisy" phase is when a second contact with the same allergen, antibodies, silent until now, become reactive and trigger a disproportionate response "allergic reaction". Now it is when clinical symptoms appear. Allergic crisis is nothing more than a new confrontation with the allergen that represents the initial destabilizing drama and remains hidden in the unconscious.

To heal the allergy we have to go find the unconscious destabilizing drama to identify emotion and the hidden resenting, express (emotional shock) and try to find an exit for emotional change.

An example: Allergy to nuts. An engaged couple agrees with several couples rather spend the weekend at the cottage of one of them. At a time when all were gathered, having an aperitif, a heated argument ensues between the couple. The groom, after telling her no longer wants to continue the relationship, ends up leaving just the place. The bride, shocked at what had happened (psycho-shock), was eating nuts. This destabilizing event will go to the deepest oblivion of this young girl. The next time she contacts with nuts allergy symptoms will appear. It's like a warning: every time you eat nuts will remember unconsciously the painful emotional situation. The unconscious, to protect her, moves the emotion into the physical body (sneezing, rashes, itching or swelling of the eyes, etc.). In this way, dealing with annoying allergic reaction, she forgets the painful trauma related to the substance (nuts).

Keep in mind that most allergies are triggered by events that occurred between seven years and our current time. Only a very small percentage of allergic processes lead us to look in our mother experiences occurred during the time of pregnancy or our ancestors. It is those cases in which we are sensitive to certain food, substances, etc. and we are from birth or from the first years of life.

Water allergy: Searching in memory related accidents such as drowning, dives, suicide, etc.

Second, water represents the mother. We look for a problem with the mother or the maternal role. Often you can find stories about separations caused by divorce, illness, death, etc.

Sun allergy: the sun is the universal archetypal symbol of the father. We

search related to the father or the paternal function experiences. A large number of cases related to a physically absent father because of a separation, divorce, death, etc. But it can also be caused by a parent present physically but symbolically absent because of a depression or for any other reason.

Metal allergy: This may be an imposed contact or a separation conflict. When we have this kind of allergy from always we look for dramatic family stories related to stabbing.

Alcohol allergy: Problems with parents: continuous fights, divorce, etc. Liquids refer to the mother, but the "fire" is related to the father, everything that goes up to heaven represents the father.

"I want a very different love than what they have given me".

Allergy or gluten intolerance (See celiac disease): Bread is a key element of family life (family atmosphere). We seek dramas related to the lack of family cohesion or family separations, parents, etc.

"I am separated from my family". "I have been kicked out".

Hayfever: Conflicts of heartbreaks, separations and sexual encounters that can lead to danger.

Pet allergies: We will look for dramatic events where the animal to which we are allergic intervenes.

Also, we must take into account the symbolic meaning it may have for the unconscious the corresponding animal, for example, the cat, symbolically represents independence; the dog, loyalty, unconditional love; eagle, freedom, majesty and power; rabbit, sexuality; the bull, masculinity; horse, wind, vitality, intelligence, nobility, intuition; Bee, industry, social, wealth, soul, diligence and eloquence; spider, symbol of feminine energy, aggressive, fear of castration and represents a dominant, dangerous, treacherous and ferocious woman; donkey, related to the simplicity of spontaneous enjoyment and perhaps sensual, related to the eat-sex-sleep; crab, water and the unconscious; deer, tenderness, femininity, speed; the swan, (waterfowl) the sun and the moon. The day and the night. The emotions. Hummingbird, love, joy, happiness, patience; beetle, sign of the dirty and repulsive things; Butterfly, marital joy, happiness and freedom; It represents the metamorphosis or transformation; fish, symbol of Christ, erotic symbol; frog, mothers and newborns; the fidelity of couples and prosperity; rodents, fear and physical food; turtle, vision, protection, attachment, etc.

Allergic Sinusitis: We must find conflicts in an environment that could be classified as harmful, unclean, disgusting, filthy, nasty, dirty, etc.

Food Allergy: Most allergies that are related to a particular food will lead us into a drama happened during a meal.

Allergy medications: Go to look towards a therapy that we have received and to which the drama is attached.

Allergy to substances that are in contact with the skin: beauty products, soaps and even allergy to sun, water, and metals in general will guide us towards dramas caused by separation or problematic contacts.

Allergy to inhalants: such as pollens, grasses, dust mites, mold or animal hair lead us to a psycho-shock occurred in a country house on a farm with animals, being below or above a bed, etc.

Clinical signs guide us very accurately to the central source of the allergy:

When eyes tearing are affected, itching, inflammation will lead us into a dramatic visual experience. Unwilling or unable to see or have lost sight of something or someone.

When the *skin* is affected with pruritus (itching), eczema, urticaria, etc., we will look for disputes related to separations.

If the *larynx*, laryngeal cough or asthma will lead us to dramas in which fear has been very present.

If those affected are the *bronchi*, through bronchitis and asthma, we must direct our research into fights and shouting in the family or look at death of a clan member by problems of asphyxia family tree.

When symptoms are manifested in the *nose* they guide us towards conflicting experiences where the "harmful" or "it smells really bad to me" factor stands out.

Behaviour to adopt before an allergy:

First we have to go find all possible historical details of the dramatic emotional experience of the allergic person and find the connection between the phase and the first allergic sensitization crisis. In the example discussed above, the bride was sensitized to nuts when her boyfriend, after an argument, rose and left (abandonment, separation) in front of his/her friends while they were eating nuts and an allergic reaction to this food appeared some time later during a celebration, in which, among other snacks, nuts were there. The common denominator between these two episodes were nuts. So we must ask ourselves before an allergy:

Since when? Before having the first outbreak of allergy, when was I in contact with that allergen? Was it a month ago, two months ago or a year ago? What is the allergic reaction, what are the symptoms and what organ or

part of the body is affected?

What allergen is it?

Now you need to face it and relive the situation in time and space, as if it were happening right now and try to find the emotion associated with the event and express the resenting that was kept in the unconscious at that moment.

And finally, we must find a resource, a conscious departure from the first position in order to the emotional change can occur and the possible healing of the allergy.

ALOPECIA:(See hair)

ALZHEIMER:

Multiple repetitive unresolved conflicts, lived in all domains (money, family, work, home ...) causing multiple scars to a level that was unbearable.

Conflict of not being able to understand things. If I do not understand something, I cannot apply a solution.

Conflict of lack of recognition: "I cannot recognize others because I myself was not recognized".

Conflicts with memories too hard (murders, suicides, heavy losses...).

Conflicts of annoyance: constantly required to do something you do not want to do until the only solution is to forget the obligations. "I want them to be with me, but I do not want to be with them".

Conflicts of separation and aggression.

The person who contracted this disease has lived in a constant state of anxiety and anger. (You feel desperate because he/she cannot be accepted, nor is it able to accept life as it is).

The fact of having gone through many difficulties or have psychologically felt very pressured by themselves, others, or the intimate coexistence with an overwhelming and dictatorial person or a depletion of energy as a result of a very active life in which they have had to make many decisions and have assumed many responsibilities, have served as causes for the individual despair and seek protection of their environment, while revenge, through a disease like Alzheimer's with that contact with actually it is blocked by the loss of his/her conscious faculties.

It can also manifest the disease at a time in which the patient has lost something that was very attached to: "separation conflict". It may be the loss of contact with someone or symbolic separation from his/her youth, power, success, beauty, etc. As a result they believe that their life is falling apart because it lacks the foundation and unconsciously cut the relationship with the world and refuse to take responsibility for their lives, forcing others to assume their own responsibilities.

In short, it is like a regression in physical, mental and spiritual plane to childhood.

Recommendations to recover physical, emotional and spiritual health:

Once this malaise has developed, it is very difficult back to top due to the refusal of the affected to be healed, what is perfect reaching these ends, it is the act of prevention.

The best prevention for this serious disease is detachment from material

things and look for the connection to our true power, with the inner divinity. Assuming that we can also continue being an important and loved person, even if we want no longer to have the responsibility to take care of everything, and remember everything.

Let the past go and live here and now. Relax. Assume death. Back to being like a child.

It should be paid close attention to the loss or significant weakness of memory usually seen as a mechanism of protection against suffering caused by unwanted separation.

AMENORRHEA:

Excessive irregularity or even total absence of menstruation. It may be because it never started or because it was subsequently interrupted.

Having this symptom has the sense of "avoiding reproduction", probably because there are many possibilities for the baby or mother to die in the process or delivery (see abortion reports), although in the end, we must surely find a sum of causes that lead to both the rejection of femininity and that of motherhood.

The period is the symbol of femininity and expression of the right to have children.

"Active sexual or emotional frustration conflict".

Absence of tenderness, attention, love.

Lack of moral, emotional and physical presence by man.

Conflict of indifference: "He does not see me, he does not love me".

A woman who lacks the period, without a justified pathology, it is because it is not accepted as such.

This can be a dominant personality (male, for lack of estrogens) whose desire for control prevents the period flow naturally.

Unconsciously, she would have preferred to be a man and strives to behave as such, to the point of being resent with those who do things that she believes she cannot do as a woman; but unconsciously feels guilty about it.

With the loss of the period, women also lose fertility, the ability to beget. It may be someone who has doubts about her ability to be a mother, to be useful or to believe that she is preventing it.

The period may also disappear after the loss of a beloved being or after a traumatic separation of a couple.

Teenager amenorrhea: "I'm afraid to grow, to show that I'm not a girl anymore".

"Sexuality frightens me".

"I oppose my mother".

It is often daughters dominated by the mother.

Sexual drama. Assault, rape, shame.

Recommendations to recover physical, emotional and spiritual health:

Conscious regression to the previous stage before being a woman (children, youth), to prepare for the first bleeding and become a woman.

Establish a man-woman relationship.

AMNESIA:

It is the memory loss that occurs at certain times when the person tries to evoke painful memories emerged after a physical or mental trauma.

Amnesia is the biological solution that gives us the unconscious to protect us from suffering that has caused us an unwanted separation.

But although we "erase" certain events of our memory, they continue to act so underground, since the energy of the feelings involved remains within us until we get face them consciously.

Recommendations to recover physical, emotional and spiritual health:

Get free of the past, of emotional memories, through specific techniques, that would be appropriate to restore stability. Learning to trust, to let ourselves go. Learning to live consciously, here and now.

AMPUTATION:

Cutting and traumatic removal of a limb, or organ from trauma or surgery.

What you want to express, unconsciously, an amputation is this: That part of my body cannot continue to coexist with me in my path, (see the affected part and its symbolism related to an aspect of our life).

Conflict of devaluation and great guilt against an aspect of my life (indicated in the affected part).

ANAPHYLACTIC SHOCK:

Severe respiratory and circulatory disorders due to acute and severe allergy.
May cause death.

Mechanism of escape and urgent closing before a frontal danger impossible to dominate. I close to a major attack.

Conflict of separation next to a conflict of violent fear to die.

Answer to become the dead before the presence of a great predator.

Escape from life.

ANEMIA: (See blood).

At the biological level, iron is involved in the formation of haemoglobin and its main function is to carry oxygen from the respiratory organs to all other organs and tissues of the body. Oxygen is related to life/oxygen and death/absence of oxygen.

The sense of anaemia is to preponderate the survival of the clan or my offspring above my own. I must leave the resources of life for another to take advantage of them.

If I have anaemia, it means that I feel devalued with respect to what was my reason to live. I no longer feel encouragement for life or do not feel that spirit with respect to what is happening in my life.

Devaluation of what makes us live, what carries life. Devaluation within the family:

"I have the feeling of being a nuisance, I do not want to bother my family, and I have to live as little as possible".

It may also be that a family is very serious, possibly with breathing problems, and unconsciously wants to give oxygen to recover.

Who do you want to unwittingly give oxygen to save his/her life?

Anaemia, iron deficiency: If I file anaemia, it means that I do not receive enough affection from my father or my mother. Calcium (paternal function) + Magnesium (maternal function) or I do not feel a good mother or a good father.

They may love me, but I do not feel loved. Maybe I need them to hug me, be told that I am loved, and need emotional strength. I need them to tell me I'm a good parent, not devaluing me because my inability to be it.

Toxic family environment.

"My family drowns me, does not support me".

"I need help in my role as a mother".

Anaemia expresses the exhaustion of the person, either by using too much energy to act without allowing time for recovery (regeneration of red blood cells); or it may be that the individual has done many things for a while but has not picked any fruit or obtained any results yet.

As a result, a feeling of powerlessness seizes him/her, not power, not worth enough and not being able to operate things, which further reduces their capacity and makes him/her fall into a fatalistic attitude, giving up,

"Meh ... what for?"

Anaemia expresses that the individual goes back because does not find the

emotional meaning of life and action.

Anaemia occurs in people with lack of self-confidence, lack of courage and joy, to face life. This usually occurs in sweet-natured and dreamer individuals and, therefore, they have great difficulty in surrendering to the concrete physical reality. They lack motivation, either because they feel discouraged or because they feel misunderstood, or perhaps by his/her own angst.

Recommendations to recover physical, emotional and spiritual health:

The person with anaemia needs to stop relying on others and start creating his/her own life from a positive and cheerful outlook. He/she needs to do what it needs to be done, but without thinking about the results, just enjoying what he/she is doing, without expecting anything. We must learn to trust and surrender to the rhythm of life. The person who refuses to accept what life puts in his/her way is denying life and is seeking death, rhythm; even unconsciously.

"I can be happy without the recognition of others".

"I take my life as I want".

"I love life and I love myself".

ANGINA: (See heart)

ANGUISH:

Anxiety is a fear for no apparent reason that manifests itself in those who distrust the process of life. The anguish is surrounded by a cloud of fear that isolates him/her, he/she restricts and causes a feeling of separation.

Devaluation conflict, limitation, impotence and inability to cope with something. Actually, anxiety is a symptom that hides another emotion, another really important conflict but has not surfaced and is what we should seek. Trying to solve the anguish as if it were a disease is useless.

The word "anguish" means narrowness, lack of amplitude. External causes most often considered as triggers of anxiety are: abandonment, loneliness, failure, rejection, war, etc; but without doubt, the real cause is in the personality, closed-mindedness, lack of breadth of thought, the inability to live from the emotional center of whatever is happening in a sense of exaggerated separation.

The anxiety in humans shows a lack of confidence, (hence tends to go back when an obstacle appears), valuation, self-esteem and self-love. In some cases, anxiety betrays an exacerbated selfishness.

Recommendations to recover physical, emotional and spiritual health:

The person suffering from anxiety must learn to live in the here and now, in the present. This, actually, is what he/she feels, what he/she is.

Behind the anguish there is always some trapped feelings, such as anger, fear, pain, self-pity, shame, perfectionism, which he/she does not recognize or denies.

He/she must accept and experience their feelings, without resistance, to integrate. If he/she feels anger, he/she must accept and experience his/her anger. If he/she has failed at something and is frustrated, he/she must accept and experience his/her frustration. If he/she feels pain, he/she must accept and experience his/her pain.

But in no case should act, or be motivated by any of these emotions; he/she just needs to feel and know its meaning to release it.

He/she must understand that he/she is a microcosm, a part of the whole and as a result, everything is in him/her. When we reject something, actually, we are rejecting ourselves. The rejection itself generates fear that prevents us from living in all, it is an obstacle to the development of personality.

Behind the fear there is a cause that wants to be recognized.

We fear what we do not want to allow, but fear attracts what we are afraid of in order to face it, we are faced with the situation we have not solved until we

have solved it. After removing the cause, the fear goes away by itself.
We cannot conquer fear manipulating reality, because fear is inside us.
The anguish invites to be flexible, to allow free movement of thoughts and feelings, to totally integrate into the life accepting that everything that happens is good because it serves for our development and it expands our consciousness.
When we focus on ourselves, at present, there is no longer fear.

ANIMAL BITES:

It refers to animal bites that we receive as an attack or defense: dogs, snakes, another man, etc.

This is a warning sign. Reflection of an aggressiveness hidden in us in relation to the area of the bite.

Conflict of aggression hidden with fear. Conflicts related to our inner animal. See the symbology of the animal for its meaning, as well as the sense of the area where the bite is received.

ANKLES:

They symbolize our stability, mobility and flexibility with respect to our beliefs, our ability to decide and to change direction in life. In them, our capacity is also reflected to receive pleasure.

When symptoms occur in the ankles, it necessarily means that we feel devalued with respect to the direction we decided to take, with the lifestyle we lead, or the course that our lives have taken. Any damage to the ankle, tells us that we must put a stop to what we are doing on a daily basis and analyze what we really want to do. You can say that what we have done so far or what we are doing right now, is not what you really want to do.

"This I do is not right".

"This life or this activity I do are not what I want".

Twists, are usually related to a situation or a "momentary" experience that we do not resist and before which, we must be more flexible. They occur during times of emotional imbalance, when we are forced to take a direction against our will or when our position in relation to others, does not suit us or we do not feel comfortable, but we lack the courage to oppose the other criterion.

Devaluation in the direction I take or not take.

"There is a direction or something imposed on me, and a direction or something else, I want to take or do".

A twist provides the necessary justification to stop.

Sprains are almost always related to a situation that we already have lived during some time and we greatly dislike. They warn that it is better that we stop at what we are doing.

"This I do is not right".

"What I do is killing me".

The ankle problems also may indicate that we have difficulties to change or make a decision in our lives: "I'm not taking the right path". "I'm not going on the right direction". "I'm not sure which foot should support me".

If the external lateral ligament is affected, it may indicate a conflict related to gallbladder problems, it may express resentment, injustice, unexpressed anger, etc.

Or it may be a conflict over the territory.

If it affects the internal lateral ligament, it may be due to a conflict of concern for any children.

If the problem occurs in the left ankle, it will be related to the masculine, father, son, boss, work, etc.; whereas if it is the right ankle, it will be related

to the female, mother, daughter, boss, company, authority, etc.

Recommendations to recover physical, emotional and spiritual health:

Developing the courage to defend our own judgment. This ability will bring us the flexibility to also see the point of view of others. Before prejudging and believing that we are imposed with something contrary to what we want, it would be more appropriate than we find out the motives of others.

Learning to trust in life and in ourselves.

Accept and understand that insecurity is a feeling that we also need to integrate.

Learning to enjoy life.

ANKYLOSING SPONDYLITIS: (See spine)

It is an inflammatory rheumatic process that affects the entire spinal column. It is a disease that makes all the vertebrae fuse together.

As in any inflammatory process is a component of hidden anger and in this case accompanied by a sense of injustice or betrayal.

It may be people with a strong critical spirit, who mourn inwardly of having to assume their responsibilities and single-handedly, which for them means carry a heavy burden.

These are people who can never say "no".

"I need to have a very strong spine to endure everything, because I am the pillar of family survival".

"Deep devaluation conflict accompanied by a need to ensure, to have guarantees".

Or perhaps there may be a conflict of peripheral devaluation:

"Although my job is done right, it is useless".

"I have not known how to fight to help others".

Impairment of long duration in relation to work.

Often, this condition expresses a conflict of sexual devaluation. The man or woman refuse sex, but they effort to satisfy their partners. "I want to make love and he/she does not want to".

"I do not want to make love and he/she forces me to do it".

Recommendations to recover physical, emotional and spiritual health:

In all chronic bone-articular diseases, there is always a structural conflict scenario. It is not a shock in particular, we look for a story and conflictive scenario that refers to a lifetime of devaluations.

The therapy is trying to reform the structure; It is difficult to change it, but you can adapt it. This requires analyzing our daily experiences, to act and modify them.

Being individuals who "support everything" and who are unable to refuse, to say "no", many people approach them suing them. Therefore, they must be vigilant to afford to refuse, say "no". It may cost them the first few times, and they can start putting off people who need to find a replacement, holding on to this phrase: "I cannot right now".

The mission of these people is to find their own space, be creating a distance with others to breathe with freedom and gradually distance themselves from those self-imposed burdens.

A good way to live and find that balance is to do things for yourself for

pleasure and full consciousness, thinking about what you like the most.
It is essential a detailed study of the Sense and Transgenerational Project, as these programs usually come from previous generations.

ANUS: (See haemorrhoids)

It is the terminal orifice of the digestive tract, also psychologically, it represents the culmination of an idea, of a relationship or termination of any process; we release all that no longer serves us through the anus.

Problems in this area relate to "contain" or "retain". We feel a great pain because we have a lot of work duties we do not know how to free, we are in too many experiences, too many to handle and we want to get rid of them all, free ourselves, but the situation forces us to keep them.

("Having to do this is a pain in the ass")

Conditions in the anus, also, indicate that we are clinging to past experiences we do not know or do not want to drop and that lead us to feelings of guilt, frustration and regret. Problems can also occur in this part of our body, when we feel anger toward ourselves and guilty, because we know that what we have done is not very "clean".

Pain in the anus speaks of a sense of guilt for wanting to finish something.

At the biological level we know, for example, that the first thing many animals do when they find is smelling each other's anus. This is no accident, since with this act animals know each other's identity, gender, hormonal status, etc.

The identity of the person lies in the anus.

"I do not know who I am, I do not know what identity I have".

On the other hand, we know that feces are a way of marking territory in the animal kingdom (defecating in a territory), and humans unconsciously do it too. Therefore the key word is "my place, where I sit".

Where is my place, where I put my ass?

"I have not found my place, do not know what place I belong".

"They do not give me my place. I lost my place".

"I do not know where I'm going, do not know which way to decide".

I cannot find my place.

Anal fissure: It is a kind of "cut" that is formed on the inside of the anus and usually bleeds because it is constantly open.

Difficulties with self-identity. We have concluded that we are not respected, recognized, loved or valued by our way of being, our behaviour, or our gender, and also they ask me about my life.

So, how should I be?

"My identity is like deleted".

What should I do if I want them to love me?

What should I do if I want someone not to deceive me?

Why does he/she not introduce me to his/her family?

Why does he/she not take me there?

"For me, you are nothing, no, you're not my son or my daughter anymore, etc.

Rectal prolapse: "I am unable to find my place".

"I feel rejected and feel anger at not being able to assert my identity".

Sharp pains: Conflict of brutal rupture. Contact rejection.

Anal itching: "I am separated from my shit, my identity, my self, unfairly".

Anal Fistula: Most fistulas are the result of an anal abscess.

We have experienced a dirty, unforgivable, painful, disappointing experience and it has caused us anger and sadness at the same time. Unconsciously, we keep thoughts, pain, and emotions, not to forget them, but to learn from them and maintain a strong sense of revenge.

"After that, I cannot trust. It destroyed my life".

"Now I do not expect anything good in life, I cannot believe".

"I lost my trust in love, on women, on men".

"I do not know where to put the ass, I feel out of place".

We need to understand that every experience makes us stronger emotionally and spiritually. We must learn to let go, to forget the past. This requires us to forgive and forgive ourselves, this way we can continue trusting in life.

Cancer of Anus: This is a very significant conflict of loss of identity, lack of recognition. Feeling of being separated from my shit, my identity, my being.

Haemorrhoids in pregnant women:

What will be my place now that my son/daughter is coming to the world?

What will be my identity? Will I continue being the wife of my husband or the mother of my child?

The mother needs to adapt her life to this new situation and stress manifests this way in some cases.

Another resenting can be: "I give a place to this new identity".

Recommendations to recover physical, emotional and spiritual health:

We must not remain in the mud of the past as it consumes our energy and prevents us from moving forward in life. We must allow ourselves end what does not serve us to move to the new. The best remedy for the problems in this area is forgiveness.

Staying on events of the past with bitterness, hatred, and guilt; is a form of cowardice and irresponsibility, living in the present frees us from bondage

and develops our consciousness.

When we can free ourselves through forgiveness of the ties of the past, we will have connected with love.

Love is the only reality, it does not discriminate, not separate, not question.

When we experience the magic of love, we feel united with all.

ANOREXIA:

It is a decreased appetite resulting in thinning, which can become so severe that take the person to the total malnutrition and cause death.

Anorexia is a typically female disease, appearing frequently when the girl is maturing and has to face the stage of sexual development.

It often appears to coincide with a stage that holds deep conflicts with their parents, especially her mother.

"(symbolic) Mom's food is toxic"

It is overprotective mothers who constantly monitor their daughters.

"My mother controls my life, my space, my identity".

Love, affection, emotional nutrition that they offer me is indigestible and unacceptable; therefore "I do not eat".

The relationship we have with food is a true reflection of the relationship we had with our mother when we were fed.

The child associates from the beginning the ideas of food and love.

Anorexia states that the relationship of affection, love and protection that the child experiences when being breastfed has not been satisfactory.

Either because it has been an unwanted child or the mother she would have preferred a boy instead of a girl, or vice versa.

As a result the mother is not at home when the child breastfeeds, not shown warm and loving, but quite the opposite, cold and absent, only out of necessity. And so the child sees, feels rejected.

So unconsciously keeps the memory of that food is not attractive, is not healthy; rather it is repulsive.

As the relationship with food expresses the relationship to life, the child loses confidence in this.

This rejection of life is manifested in the patient in different ways: Refuses to eat physical food or eat things of little nutritional value. When you are alone, a circumstance that fail to eat all that is, not to withhold food and expels herself provoking vomiting. Also, she often practices some form of physical exercise or takes specific substances to remove fat and stay well thin.

The rejection of food can be so severe that leads to total destruction sick, and cause death.

Moreover, the anorexic is also, consciously or unconsciously a great repudiation of her own femininity, which is why most of them have problems with their periods or suffer from amenorrhea. They are afraid of "curves", the female symbol and bulging bellies, a symbol of motherhood. "I'm afraid of

my body, form, my sexual energy".

In their relationships with others there is some hypocrisy, desire to attract attention, self-centeredness, manipulation and fear of closeness, intimacy and family warmth so it tends to asceticism and solitude.

Recommendations to recover physical, emotional and spiritual health:

You cannot help these people advising them or forcing them to eat, because it is precisely where they are fleeing from, the corporeal, physical. They reject it because it symbolizes evil, the unclean.

However, we can help by trying them to behave authentically, to be honest with themselves.

They need to integrate the physical part in their Beings and stop living with ideals because it makes they cannot live reality correctly. The human being is a whole-body, soul and spirit. Separation is not possible, although we believe that.

Matter is part of creation with the same value as the spiritual aspect, it is our duty to take our spiritual being to the physical, and this is not possible repressing this condition or running away from it.

The anorexic person must accept herself, her femininity, her longing for love, sex and admit her egocentricity.

She needs to change as soon as possible the perception of her mother and understand that has always done the best she could and can have their fears and limitations, like any human being. If she accepts her mother and emotionally nourish way, she learns to accept the woman in her and recover the taste for life and food.

If we begin to admit ourselves as we are, we will have taken the first step toward health, toward life. Acceptance is the first step. Then, integrating them and living because this is the only way to achieve the halfway point, the balance between asceticism and desires.

Suggestions:

Talk to the mother, clarify and express her feelings.

Do not feel obligated, under any circumstances, to give explanations to the mother.

If you have no choice, stay away from the mother to live your life fully.

Statements:

"I feel safe".

"I love myself and am happy. I am a wonderful person".

ANXIETY: (See anguish)

APHASIA:

Loss of communication power due to a brain injury. The person affected loses the ability to use language as a means of communication; cannot express intelligibly in any of its forms (spoken or written), either totally or partially.

Conflict of expression.

When a subject presents aphasia it means that he/she expresses well what he/she thinks but never says what he/she feels. He/She has many difficulties expressing his/her problems, his/her worries, his/her fears. "No one should know what I really feel. I do not care what others feel".

Removal from the communicative act perceived as a threat or a trap. Contradictory orders: "I need to express myself but at the same time I must be silent and put up with so that everything goes well". "If I express what I want to express, it can be very dangerous, so I destroy the area of the brain where it is generated for protection".

These are people who like to lead others, take care of them, but never express feelings in front of anyone. They are also closed to hearing that other people express theirs, so they are locked in themselves. Nor are they grateful to those who help or cooperate with them.

Recommendations for restoring physical, emotional and spiritual health:

These people need to be given the right to express themselves as they are and not according to their past beliefs or according to what they think others expect of them.

"I need others to listen to me so I can listen".

Also search for hidden secrets in the family clan.

APPENDICITIS:

The appendix is a small bag of just a few centimeters, although in some animals, such as horses, is usually about 80 centimeters and use it as a pantry, when they eat, it is filled and thus have food reserve. In people the appendix is symbolic and in the reserve (pantry) we usually put money, sweets, affection, recognition ... in children has much to do with their money to buy their whims.

They correspond most of the time, to blockades of violent emotions, anger or indignation, related to an unpleasant, indigestible matter.

Inflammation of the appendix expresses us we have experienced a conflict over money saved, food pantry at home, etc. For whatever reason, our reserves of "something" have been touched, emptied, robbed, by someone or I have had to use it for some reason. And it can be a small reserve, not necessarily significant.

In children, it is related to pocket money, "conflict of the piggy bank", candies, weekly pay, etc.

"I have a right to take some money in my pocket, but at home they deny it".

"I am deprived unjustly of good things".

"I have been punished and it was not so a big thing; I cannot appeal or defend myself".

Appendicitis can also occur after a conflict related to an unpleasant, indigestible, a trick question. Someone makes us or made us a dirty trick and is something we cannot "empty" a situation that we do not find out.

"They have made me a dirty trick, have cheated me and now I do not know how to react or what to do".

"I feel left out".

"Fear. Fear of life. Fear of not being able to have more".

"Good" flow is blocked.

You can also catch fire as a result of a feeling of repressed anger at the loss of power in a particular aspect of life, which will never be going back to.

Recommendations to recover physical, emotional and spiritual health:

The person suffering inflammation of the appendix, in order to avoid surgery, needs to express his/her feelings with words aloud.

He/she needs to trust his/her ability to re-save, accumulate, etc.

He/she needs to learn to trust himself/herself and in life.

He/she needs to learn to relax and enjoy life without obsessing about his/her possessions.

APNEA:

Apnea is an involuntary breathing stop of 15-20 seconds.

The person that stops breathing, consciously or unconsciously, is blocking the flow of life.

Apnea is a symptom that those who deep in their unconscious feel or think that it is not worth living have. Usually, they are people that if you talk of death with them, they say they are "ready", who have already lived long enough and could leave at any time without problem.

It is people who have lived or are living many anguish situations, either by heartbreaks, by constant lack of money, for a life without motivation. Therefore, they "pretend" to die. "The dead" cannot be injured, nor killed (symbolically of course).

"I am in extreme danger and no longer move".

"I play dead". As the prey hiding to avoid being seen and avoid the predator to eat him/her. It is a solution of extreme survival.

"If they believe me dead, they will not hurt me".

As this symptom generally occurs while resting, it is possible that the person who suffers has the belief that when he/she rests he/she is not living and prefers to be always moving.

There may be feelings of guilt when he/she is resting. He/she is addicted to work, those who prefer working to resting. Unconsciously, he/she brings an order that "resting is bad" it is negative, harmful, and therefore, he/she must avoid it.

"I'll rest when I'm dead".

Recommendations to recover physical, emotional and spiritual health:

It is necessary to review our attitude towards resting. This is necessary to enjoy life.

We must transcend the belief that we can rest when we die.

We have to learn to be happy now and find balance in our lives and in our work.

ARMS:

The arms have to do with our capacity and ability to act, work, hug people, accept and embrace the life experiences "with open arms".

They also reflect our behaviour, our way of expressing ourselves, our value and our worth; we hit, we protect, cherish, we hold, all with them.

If a problem with them appears, it means we have an emotional conflict in which we do not feel comfortable with any emotional situation or a circumstance at work or orders we received in our work.

For example, when we are afraid to do something, some task or the consequences that it can bring to us.

Also, when it is impossible to carry out any action relating to our family or professional level. Like when we feel guilty when we realize our inability to hug our loved ones; or when we're sad and sorry because we did not feel useful at work and we lack of confidence in our abilities; these tensions will manifest themselves in our arms through pain or trauma.

When we are tired of something or someone and do not want to admit it, our arms do not receive stimuli from the mind and leads us to pain and suffering, without realizing that only us, with our attitude, or in this case, rather, with our laziness, we have caused it. "I do not like that they approach to me, or hug me". "I do not like this job". "It bothers me how my boss gives me orders".

"I do not feel qualified to do this job".

Recommendations to recover physical, emotional and spiritual health:

When the capacity of movement of our arms is reduced, when the pain prevents us from lifting, it is a sure sign that it is time to start acting. We must not get carried away by the resistance of the mind and take action with confidence. The existence will give us the necessary. Although the time is difficult, it is our duty to go forward; dive into life for the future to be happier.

We must learn to forgive ourselves, to forgive others and joyfully embrace the experiences that life gives us. With this attitude, our inner Being is softened, becomes more communicative, and we will be more willing to support and also protect others and embrace without retaining.

"We need to understand that life always present us what we need to live in each moment".

"We must understand that if we do not like our work, we can see other options".

"It's good for us to be open to give and receive love from others".

"We need to trust our ability to perform any task".

If the tension is manifested in the right arm, will be related to Yin energy, (the mother) and to our willingness to give, and if it occurs in the left arm will be in relation to Yang energy, (the father) and to our ability to receive.

ARTERIES: (See heart)

An artery is each of the vessels that carry oxygenated blood (except pulmonary arteries) from the heart to other parts of the body. They are born of a ventricle; their walls are very strong and elastic.

Symbolically, the function of the arteries is to bring the food (love) home (heart).

When any symptoms or abnormalities in the arteries occurs, it means that we are experiencing a conflict of devaluation. Something or someone limits us regarding things we want to do and love to do.

Conflict: The person is prepared to act, but does not take action.

"I have the energy and desire, but no way to action".

"I'm closed to love".

We pay attention to the body area in which the arteries are damaged.

Carotid: "I lost my intellectual territory".

"I must defend my ideas".

"They have stolen my ideas".

Artery close to the thyroid: Conflict related to the possible loss of a territory that I urgently should resolve.

pulmonary arteries and aorta: Conflict of loss away, distant territory.

"I lost a distant territory".

"My territory is scattered".

Coronary Arteries: Conflict related to the loss of territory or its contents.

Biological conflict of sexual frustration.

Aneurysms: They arise after having passed through family conflicts that have caused great pain. An aneurysm is the result of having been accumulating pities and not having expressed a decision in time.

Most of the time this decision is related to a conflict of rupture accompanied by a strong sense of guilt. Whether for having thought, for having planned, imagined or achieved.

Therefore, behind a symptom of aneurysm, it is an emotional conflict in which the individual has felt helpless and/or guilty to his/her family. Fundamentally, it is a conflict of intellectual type, because he/she does not know how to fix it and spends time alone thinking about it.

"I want to leave everything, but I cannot".

"I want to ask her for a divorce, but it will destroy her".

"I want my son to leave home, he is a big boy, but what will happen with him?".

"I want my mother hell out of our house, what a bad son I am".

Raynaud's syndrome: Conflict of loss of territory caused by separation or death.

"I want to keep the deceased".

Devaluation conflict related to not being able to touch, grab, hold someone with your hands.

"Being able to do something".

"Keep cold blood".

Recommendations to recover physical, emotional and spiritual health:

I need to stop worrying about everything and learn to enjoy the beautiful moments of life.

I wonder what pleases me and how to get it.

I have to develop the ability to rejoice every day and enjoy life to the fullest.

I'm happy.

ARTERIOSCLEROSIS: (See cholesterol)

It is manifested by a hardening of the arteries and arterioles, mostly involving exhaustion and a loss of elasticity at the level of their walls, an increasingly weak dilation and blood flow capacity. They harden when the person has hardened inside. It is the manifestation of a very strong resistance and physical and inner narrowness. The person has fixed and pitiless ideas, and often is uncompromising, rigid and without compassion; also it tends to see only the dark or negative side of life.

This hardening is due to the fear of not doing things right, to lack of enough performance capacity and inflexibility to live life by a strict sense of duty and an emotional insensitivity.

Conflict not to perform the paternal function of man:

"I do not carry food to my house".

"I'm not a good provider".

"There is nothing good for me".

Feeding yourself.

The patient refuses to see the good in life, has lost faith and refuses to continue.

The soul is sick and keeps a struggle between the pleasures of the flesh and spiritual values. Sometimes the person loses his/her own negativity being fixed (stubborn) and criticizing small unimportant details so as not to recognize and address their lack of adaptation to life.

Recommendations to recover physical, emotional and spiritual health:

The person suffering from arteriosclerosis needs to be open to life. There must be more flexibility in their thinking and accept and adapt to changes, extracting from them the positive teaching he/she needs for personality development. True development involves the balance of body, soul and spirit. The patient must learn and strive to make space for love, pleasure and joy of living.

ARTICULATIONS OR JOINTS:

Joints serve to make moves, to make gestures in general. They represent the flexibility to act, to change course, to accept a change.

People with joint problems, are living or have lived a situation of "change" that they refuse to accept. Almost always it is a conflict of vulnerability related to the affected body part. If a person is unable to adapt, unable to understand, to evolve, to improve, so it is surely inadvertently damaging their joints.

"I resist, I feel unprotected against the changes".

"I'm afraid of changes".

"If anything changes I die".

Devaluation conflict of self, linked to the movement, typical of the location of cartilage tissue.

"I do not appreciate anything because everyone criticizes me for my movements".

"My way to move is not the most elegant in the world".

Devaluation about the gesture: Which is the gesture that I cannot perform? "I want my gestures to be smooth and fluid".

Devaluation conflict-related activity, sport or skill.

Lack of respect for yourself.

Conflict of "disarticulation" in the family. "There is a slurring between my parents, among my brothers or among other people I love, so I suffer for it".

Pains in the joints can also occur in presumptuous individuals, who want to go too far and never want to bend. They have lost respect for life.

Synovial effusion: When this symptom manifests means that there is a change we are not accepting a new project we do not want to start or do not want to do, a path we do not want to take, etc.

Unconsciously we are "making" more lubricant to be "more flexible", because whatever the activity is, we do not want to do it, and we feel unprotected. "I want to be more acceptable". "I would like a little more sweetness in my submission, please". "I agree to submit, but sweetly".

Knee: "I refuse to submit" "I submit myself too much"

Wrist: "It's hard work" "I do not like this work I do". "I do everything".

Elbow: "I refuse to lose" "I must win as usual"

Recommendations to recover physical, emotional and spiritual health:

Mobility, spontaneity, flexibility are qualities inherent in the joints. We must accept change, adapt to the changes, accept new workloads and new projects

with joy and stop suffering.

Everything is in constant motion. These people need to learn to act according to the circumstances governing the present moment. They need to learn to feel the force that binds them to life. We all breathe the same air. We all have the desire to love and be loved, we are all united with everything around us. Loneliness is not real. Only product of our rigid and stubborn thoughts that keep us all feel.

ARTHRITIS: (See articulations, osteoarthritis)

It is an acute or chronic inflammation of a joint.

Devaluation conflict of self, linked to the movement, typical of the location of cartilage tissue. What is this joint used for?

Devaluation about the gesture: What is the gesture that I cannot perform?

Grave lack of respect for self.

Arthritis is the result of a drive to achieve freedom and repression of the same impulse.

The person who has arthritis usually very critical with itself and with others. Criticizes everything in life and the people around him/her. It is always fixed on the negative things, he/she judges everything and everyone. Never pleased, nor satisfied, nothing makes him/her happy, everything is wrong, even himself/herself. He/she feels unloved nor intends to love or show affection. Believes nobody understands him/her, they do not recognize and do not respect him/her, when in reality it is only a projection of him/her, because that's his/her real problem; the lack of respect and self-recognition.

As a rule, people with arthritis present an appearance of calm and docility, but live with great internal anger, which profoundly reject. Perhaps to survive his/her childhood had to admit the imposition of their parents continually pleasing others and not express anger.

Sometimes people may seem weak, so that everyone around them feels "sorry" or "obligation" to them. But, generally, it is very manipulative people who never express directly what they want or need. Only indirect or short phrases, hoping that everyone will "assist" them.

For example: "...aaaw ... I am so thirsty"

In general, arthritis occurs in people who have difficulty in recognizing, seeing and accepting who they are. They are hard people with themselves, they do not let themselves to do what they want, they are always in search of external responsibilities and is very difficult to ask them what they need.

Rheumatoid arthritis: Conflict of devaluation on the affected part. Example: In trying to repair an object at home, it is broken, "I have done something wrong", "I'm a clumsy person". Rheumatism affects the fingers.

Conflict of profound devaluation in relation to work.

Guilt movement: "I blame myself for not taking care of my mother, for not protect her".

Direction conflict: that affects the adrenal glands: Where I am going? To my mother or to my husband?

Rheumatoid arthritis patient has a very strong authority to the internal critical sense. It has the feeling of being manipulated, exploited, of being bound and want to break free.

Recommendations to recover physical, emotional and spiritual health:

Forgoing the desire to dominate everything and become aware of the fits of anger to express it appropriately and find inner peace. They need to realize that if they perform some activity to others, they should do it with pleasure and not out of obligation or to seek recognition and avoid self-criticism.

They must learn to ask for what they need and do what they like and do not wait for the others have to guess. Thus they avoid many disappointments and resentments.

They should examine where it comes from its complex of perfection.

They need to analyze why it costs so much work them express themselves.

They have to get rid of their eagerness to manipulate.

They have to learn to enjoy and live life with joy.

It is urgent to learn to love life and themselves.

ASCITES: (Fluid in abdomen)

Ascites is the accumulation of fluid in the abdomen, specifically within the peritoneal cavity.

Conflict of feeling attacked. "I want to protect my belly".

The liquid is accumulated as the unconscious has taken to protect us until we learn to do it consciously.

ASTHMA: (See allergies)

Its appearance is intermittent. It manifests as breathlessness, accompanied by whistles, presented to breathe making it difficult and painful, while inspiration is easy and quick.

People with asthma is because they are living an emotional conflict over their territory, either home or family.

Flare-ups, or asthmatic crisis, may indicate that the person lives in a stifling environment (living in a relative's home in a room with no privacy, etc.) in which there are people or situations that make you feel uncomfortable, pressured and do not know how to handle the situation. Somehow, asthma is like a "cry for help" that states that are not satisfied with the surrounding environment that feels attacked, suffocated or drowned by a person or dominant position and expels their suffering through asthma.

"The space I need is not imposed on me, does not serve me and I do not want it" *Conflict of threat in the territory:* fights, disputes among family members.

Conflict of crowds: many people living in the same house.

"I'd like a large, bright room" "I choke" ... "I prefer my air to that of others"
"I refuse to breathe their air"

Bronchial asthma: It is a constellation (because the emotional impacts in the brain, appear as "stars or spots" in brain studies) in which simultaneously two emotional conflicts arise, but one of them is "solved" and the other "remains dormant" in the left hemisphere, (has not been released, settled, released, etc.).

Conflict: I want and do not want to preempt the space around me.

Fear that they invade my territory. I do not feel in my territory. Someone breaks into my territory. There is danger, someone will come into my territory. Fear within my territory.

Laryngeal asthma: When a person has laryngeal asthma is because he/she is living a conflict of panic and fear. Any situation at home or with his/her family keeps him/her permanently scared. His/her bronchial tubes are damaged because he/she makes the effort to let air in (life), but feels very afraid.

"This love suffocates me" "I am unable to breathe alone" "I have all my tears repressed".

Children asthma: When a child has asthma, we should analyze the relationship between their parents, wrapped in continuous fights and screams

that make the child will never feel safe.

In many cases, it corresponds to people who once conceived, they feel the rejection by a parent, that is to say, they feel from the womb of his/her mother coming to a world where they will not be welcome.

"Fear of life"

"I would not be here"

As a result, they grow up with the feeling of not receiving enough affection, it is why the asthmatic tries to absorb too much air and choking himself/herself is provoked.

For the Eastern countries, it is considered a karmic problem of behaviour, that the individual had not been able to integrate and returns to earth to solve it.

In the asthmatic, he/she finds several problems that must be faced, first, to the imbalance between "take" and "give". They are usually people who struggle to give because they are afraid of not receiving in return and always want to receive, either money, affection, knowledge, etc .; though they do not know how to enjoy what they get.

Secondly, the issue that arises in the asthmatic is the refusal to accept their own areas of "shadow". He/she is afraid to admit certain aspects of life, such as: sexuality, incestuous desires, aggression, dust, animal contact, etc. to which considers as "dirty" and impure, and defended rejecting them. He/she is closed to keep out anything new and thus is isolated from life.

The next problem is asthmatics do not recognize their desire for domination and manipulation. He/she uses his/her symptoms to exercise power over everything around him/her. He/she does not allow animals near him/her, no dust, no dirt, no flowers, no one to smoke in his/her presence, etc. If you call attention to his/her desire of domination or struck up an argument with him/her, he/she always resort to their symptoms to blackmail us.

Recommendations to recover physical, emotional and spiritual health:

The asthmatic needs to take the courage and anger that lodges in his/her chest and face it without running away defensively. If he/she can stay attached to the floor and let out the fear and anger that causes the isolation in which he/she is immersed, he/she can release his/her inner pain and desire to connect with others and learn to love himself/herself, he/she will no longer be criticized and may open to life. Only if we accept life as it is, we are prepared to live it.

Asthmatics must balance both "give and take".

If we love, we will be loved. From what we have sown, we collect. Only giving, we can receive.

You must honestly admit your fears, not avoid the causes of fear until you can accept and integrate them as useful part of your life.

A symptom is an invitation to deal with some aspect of our being that we have neglected.

Become aware of it honestly is the only alternative for integration.

Who is genuine and recognizes that everything is in everything and lives in accordance with the inner truth itself, whatever it is, without betraying himself, can freely build his/her life.

ASTIGMATISM: (See eyes)

This eye problem is characterized in that the image is blurred by a defect of the curvature of the cornea.

The vision of the near reality (of what is close to us or within us) is perceived as dangerous (or evokes old fears). Therefore, the function of astigmatism is to avoid seeing what we have close, to avoid seeing the conflicts that we cannot solve. In reality one is denying an inner suffering, conscious or unconscious, that the person is not able to show to the others.

Conflict of anger and rage next to a conflict of fear in the youth.

The one suffering from astigmatism has psychic difficulties between the inner life and social life: "I look for answers outside and not inside me"

Between oneself and others: "The way I act and my thoughts disagree with my environment"

He/she has difficulty seeing things (or himself/herself) as they really are, objectively, since he/she does not see the same for him/her than for others.

"I refuse to see one of the aspects of reality as it is; as I cannot change attempt to change my view of things, distorting reality"

"My ideal image is far from reality"

"I hate to see the world as it is, it seems harsh and cruel, and this world is unbearable"

"I want to transform a part of reality"

"I want to recognize my beauty or how good I am"

"I want to break free of my parents"

"I want to hide something (personality, feelings, etc.)".

"I do not accept at all how I am"

It is also so hard for him/her to accept a change from another and see if it is right or not for him/her. However, if the change is done by him/her, it will adapt immediately without problems.

The astigmatic is very susceptible a person who is hurt easily. It may be someone who as a child's decision to not be influenced by others and adopt the attitude of seeing life only in his/her own way: "I want to break free from the influence of my parents or any other person who finds offensive"

"I want to be a mother/father although I detest it".

Feeling smug: "I am disappointed with the others and I can only count on me".

"I do not want to have more than myself"

Recommendations to recover physical, emotional and spiritual health:

Learn to see things objectively, trying to also see through the eyes of others.
Accept that others disagree with us, without thereby lose value before our eyes.

I need to accept myself, beautiful and intelligent.

I have to learn to be more objective.

I must live in peace and joy.

ATRESIA:

Lack of perforation or decrease of the opening of a normal orifice or conduit of the body.

Being a congenital condition, we must look for the origin of the conflict in the Sense Project, which happens from conception to 3 years of age, everything that happens to the mother (her problems, her emotions, her way of perceiving the world, etc.), the baby records it in his/her unconscious or in the transgenerational, unconscious behaviors that are transmitted from generation to generation.

Depending on which orifice is treated, the meaning will vary, but the common ground is: "something must not come in, out or pass".

Conflict: Something I cannot or will not let in, out or pass, depending on the degree of closure of the hole.

Atresia of the aorta: Conflict of suffocation with respect to my descendants. My children suck the air.

Pulmonary artery atresia: Conflict of asphyxia with respect to my ascendants. My ancestors suck the air.

Atresia of the esophagus: I am not autonomous to feed myself, I continue feeding directly from my mother.

AUTISM:

Particularly I think the autistic child has a karmic bond with his/her family and mainly with his/her mother. "I am fleeing from a very painful situation of my environment"

In my opinion, it is very likely that in a previous life the autistic child has lived a very traumatic experience with his/her current mother and chose unconsciously this disease to take revenge on her. Therefore rejects all food and affection that comes from the mother. In many cases these children have not been unwanted children. That is, they have felt rejected, before birth. So he/she rejects deal with the physical reality of the outside world, because it has been abused its sensitivity.

In many other cases of autism the child is repairing unconsciously painful dramas lived by their ancestors, such as: incest, suicide, family secrets that have caused feelings of anger, guilt, shame within the clan and somehow force him/her to bow his/her head and collected in itself. All these dramas usually kept as "family secret" are inherited as "memories of dirt" or "forbidden" over generations, so there comes a point where the tree says "enough", must be cleaned so much filth, and comes into the world an autistic child to repair the entire tree.

The child "chooses" autism (unconsciously) to escape from the reality of his/her family and the world around him/her.

It is a conduct of separation of reality consisting of a withdrawal autism itself totally turned inward world. Among many other symptoms can be observed: mutism, emotional withdrawal, rejection of food, absence of self in sentences, and trouble looking someone in the eye.

"I must be silent and expressionless for not being accountable"

"I refuse to deal with such a dirty world"

"I'm so sensitive that if I show myself as the others, they will hurt me"

"What I see around me hurts"

Recommendations to recover physical, emotional and spiritual health:

Recovery depends largely on the child himself/herself. Only he/she can decide to leave the silence in which he/she is and deal with the experience that has lived to continue evolving.

Parents, meanwhile, should not feel guilty considering that the disease is an unconscious child's choice, it is an experience that has unconsciously chosen to live. But neither should let the child feel guilty for their choice. His/her most important contribution is to accept unconditionally and actively

participate and share their life experiences and their difficulties.

It would be very important for the autistic child that parents explain this issue lovingly to their child, no matter the age or level, since the child's soul can perfectly understand.

AUTOIMMUNE DISEASE:

The word "auto" comes from Greek and means oneself. The immune system is a complex network of cells and cell components, called molecules, which normally work to defend the body and eliminate infections caused by bacteria, viruses and other invading microorganisms. In a person with an autoimmune disease, the immune system loses control, does not recognize its own cells and begins to attack them and destroy them as if they were strange and dangerous agents.

This disease shows our inability to recognize, to see us or accept us as we are. Expresses deep feelings of worthlessness, coupled with feelings of guilt and helplessness.

"I do not deserve to exist"

"Part of me wants to kill another part of me".

"Part of me disagrees with the other part".

We project our difficulty in this world outside, we do not recognize ourselves. We consider and qualify to people or things as good or bad, in absolute terms, without setting any nuance or any other consideration. This state of conflict and compulsive defence which leads us to destroy ourselves believing we destroy the world (to defend ourselves, not to harm the world).

Recommendations to recover physical, emotional and spiritual health:

We need to pay voluntarily into question the beliefs and mindsets. We need to recognize, take care and be responsible for ourselves in a combative mode, thus relieving the immune system.

BACK: (See spine, coccyx, sacrum)

The back and spine are related to our roots, with the deepest foundations where our beliefs and our more intimate scale of values grow. The back is what allows us to keep up, to shoulder our burden, to address the circumstances of life, to our human condition, to adversity.

"I have a heavy load on my shoulders," we say when the responsibilities we have to assume weigh too much. When we strive to shoulder the responsibilities of others, when we are creators of happiness or misfortunes of those who are on our side ... it is a burden so great that we crave someone to help us and support us, but, when not counting on that help, we get angry and we end up with a sore back. All back problems relate to the support.

Do I feel supported by my life? "No one understands me". "No one supports me and helps me" "I have many responsibilities, I feel a heavy charge"

The back also symbolizes that part of us we do not see or do not want to see, the shadow. By the same, the back can hurt us when we leave unresolved situations ... "behind us".

Lower lumbar region: The lumbar area of the spine is actually the base, which "supports" which allows us to stay upright, standing, "deal". The problems in the lumbar area mean a devaluation of a conflict of personality (according to work, family or life in general). We talk about the inability to cope with life and its situations, the inability to take the material dimension of existence (work, money, family, responsibilities, etc.). They also reflect the feelings of insecurity, helplessness, fear, especially fear of failure and poverty.

"You cannot take more stuff!"

"Since I am the pillar of the family, without me, everything falls apart"

This part is associated with having: (have money, a house, a spouse, children, work, etc.). When there is pain in the lower back, it indicates that the person needs to "have" to feel supported, but does not dare to acknowledge and to express it. These people need to be allowed the right to property or want to have someone to feel safe. To achieve this it is necessary to begin to make their demands and begin to rely on the abundance of the Universe.

Similarly, you can grieve the lower back when we feel betrayed or being caught from behind. Expressions like "I felt stabbed in the back", "talk behind my back", "I have turned their backs", "act behind me", etc. suggest hostility, suspiciousness, aggression or treason.

Upper region: It represents the relationship with the family, the emotional

aspect, support emotionally: "I am the pillar of my family". Do we feel loved? Are we willing to love?

When there is pain in the upper back, it is because the person suffers from emotional well-insecure because he/she feels that others block it, or because they do not notice the "support" of their family.

The way you have to find this security is doing things for others, and also to express your love. At the same time, you feel loved when someone does something for you.

Pain in the dorsal back can also evoke a sense of guilt or responsibility for the suffering of a loved one.

Cervical pain: Folding the neck, being forced to lower your head in shame, capitulate. Reflect conflicts of moral devaluation, injustice or submission, humiliation ...

Recommendations to recover physical, emotional and spiritual health:

Do you feel that you are carrying all the weight, it is you who have to do everything? It was your own choice.

What has been the reason why you moved to carry everything?

Nothing and no one can give us unconditional happiness. To this it can only be reached through unconditional acceptance of ourselves.

When we want to do something for someone, whom we love, we do it just for love, without expecting anything in return.

BALDNESS: (See hair)

BARTHOLIN'S GLANDS:

Small glands located in the vaginal opening whose function is to secrete lubricant to facilitate sexual function. They also secrete pheromones.

The mission of these glands is to favor sexual relations, reproduction. In case of dryness, the sense would be the opposite: do not perform the act.

Conflict of unwanted sexual contact.

Confusion of guilt about sexual act or feeling of filth.

"Men are dangerous, I cannot get close to them".

"I must reject the act to punish the couple".

"If I get pregnant, I'm fired from the company".

Conflict of not being able or not wanting to show our desire.

Conflict of Dryness: My partner is a "piece" of "bastard" and I want to get rid of him.

Bite Conflict: I need to catch a "piece" of man.

Bartholinitis: The glands become inflamed and there is an obstruction of the secretory canal.

Conflict of anger and frustration regarding sexuality: We have no right to have that "piece" of man (frustration). The need for my desire to be recognized and accepted.

Conflict of not being able to culminate the carnal union by not having a man who belongs to us.

BITES: (See mouth)

BLADDER: (See enuresis)

The urinary system, in general, alert us to conflicts of territory, and specifically in the function to mark territory.

Biologically some animals use urine to mark territory. We do the same but our notion of territory is a bit wider, it may be something physical like our home, our office, our things, and our country or symbolic as our partner, our work, our family, our projects, etc.

Some bladder problems such as *cystitis* (inflammation) that affects more to women, speak clearly of problems of "territory". The woman is living a situation which she does not feel in her territory.

It may be because a relative has arrived to her house, what makes her feel uncomfortable, or perhaps a new partner has come to her job, and she feels like he/she steals her space.

"I cannot organize my territory as I want because someone (mother, family, grandchild, etc.) will not let me or prevents me to do it"

Until very recently, the woman was who looked after the familiar territory, who dealt with the order and the home tasks. Her function of "housewife" made her more sensitive and more aware of the need for living space, a place she can call her own.

Therefore, the first territory in which we think is the house, but now thanks to women, not only associated with this area, we must consider as in man, many more possibilities of organization.

"I cannot organize in this territory"

-Afraid to lose the territory organization or stop suddenly to be ordered.

-Inability conflict to determine her position or have referents. What country do I belong? I do not identify with my surname.

Cystitis in men has the background they need more strength to mark the boundaries of their territory. This may be the house where the female lives, our workplace, our team, etc.

"I cannot mark the limits of my territory"

Submucosal bladder:

Crud in the territory, dirt, grime.

"Conflict on some clean affair, something very dirty".

Mucosal bladder. Right side, female part:

Conflict of not organizing the territory or of recognizing the limits.

Fear that the territory loses its organization.

Conflict cannot determine its position, having no references.

What country do I belong?

Left side, male part: It will mark the territory, outside.

Territorial marking conflict. Border conflict.

Incontinence: It is the involuntary release of urine.

In adults, often related to the desire to control everything in life. Inflexible people. Emotional excess overflows. Years of repression of emotions.

In children, need to mark territory, fear in the territory (children suffering bullying at school), children of separated parents who do not know or do not identify "which is my house?"

Conflict of not organizing their own territory and recognizing the limits, what territory do I belong to?

Conflict failing to define one's own position.

Urinary retention: Lack of a territory. Real or symbolic.

Hematuria: I want to expel someone outside his/her territory.

Lack of joy for failing to demarcate the borders of the territory.

Ureter: This is the same conflict that affects the bladder.

Sense of danger in the territory. "I am in danger".

Urethra: It is the channel through which the bladder empties. The problems in the urethra indicate that we do not know where our limits are. We had trying to mark our territory, but we do not know whether it is ours or not, we do not know how far we can get; if we can do that or not, whether it is correct or not, whether it will be either seen or not, we do not know "what to expect". If the urethra (urethritis) becomes inflamed it is because we have lived or are living a conflict in which we feel indignant about something that has happened to us, and instead of putting it and fix it, we just blame others.

Conflict of territory: Do not know where the boundaries are inside. Angry because someone has "overstepped the bounds of his/her territory"

Reflections: What country do I belong to? Have they invaded my territory? Has my territory lost its organization? Is there any dirt in my territory?

Recommendations to recover physical, emotional and spiritual health:

I need to learn to speak out, express my doubts and resentments.

Stop blaming others and undertaking my own way.

I love myself, I approve myself and I respect myself.

I should stop getting upset by situations beyond my control.

I love myself as I am.

BLEEDING: (See blood)

Bleeding is a loss of blood caused by a break, accidental or not, arterial or venous vessels.

The blood represents the family, the clan, people who share the same blood. It also symbolizes the joy of living. If we are to shed blood, we are shedding our joy.

"I cannot adhere to this family (relationships, ideas, beliefs, customs)".

"I am isolated from my family (I think differently, I'm different, they do not accept me)".

"I want to leave my family (I do not agree with them, and vice versa)"

"There's a member of my family that I want (brother, stepparent, uncle, etc.) to leave"

"I am unable to discuss, to fight with someone from the family"

Bronchial bleeding "I am forced no to breathe in this family"

Genital bleeding: " I am forced no to live my sexuality".

Rectum bleeding: " I am forced no to be myself"

Nosebleed: "I'm sad".

Recommendations to recover physical, emotional and spiritual health:

Bleeding indicates that we should revise our perception of life, from the meaning of the affected organ. We're taking life too seriously and we should relax and enjoy.

BLEPHARITIS: (See eyes)

BLISTERS:

Blisters appear at the times we resist the natural process of life. We are trying to control everything, even our own emotions and, of course, this contention lock of energy is manifested in blisters. If the blister appears on your feet it will be related to one's own safety as to the direction in which we or the ground beneath our feet. When they appear on the back of the heels is linked to the mother: our relationship with Mother Earth, with our maternal qualities, or the mother.

When they appear in the hands they speak of irritation and frustration with which we operate and manage our lives.

Recommendations to recover physical, emotional and spiritual health:

These people need to learn to live in the present, accepting that life is continually changing because life is rhythm. It is impossible to stop or control any process. What we can do is getting carried away, without judgment. Adapting.

It is very important to get used to express feelings abroad, we will bring strength and courage, and at the same time, we will have avoided self betrayal. This brings us to the path of trust: in ourselves, in others and in life. We have succumbed to our divinity and respected and accepted that of others.

BLOOD: (See anaemia, leukemia, lymph nodes, bleeding)

Blood symbolizes life, it is the carrier of vital energy, joy of life that flows freely through the body. But it also represents the family, "blood ties". When we suffer some disease related to blood first thing to ask is how my relationship with my family members, with people wearing my same blood work?

Circulatory problems mean that we are not allowing life to circulate freely within us and we have difficulty expressing our joy of life, our love for life.

"Life no longer makes sense"

At the origin of this blocking almost always you can find a deep devaluation conflict with respect to any member of the family or to the family itself.

Red blood cells: They carry oxygen and carbon dioxide. Symbolize blood ties.

Polyglobulia: Increase the total volume of red blood cells.

Conflict of fear of dying for something related to blood, or lack of red blood cells. Example: because a family member died of a haemorrhage.

Hyperglobulinemia: Increased red blood cells.

"I want to give life to someone" "I want to bring more oxygen, more life".

Thalassemia: The body produces an abnormal form of haemoglobin, the protein in red blood cells that carries oxygen. The disorder results in excessive destruction of red blood cells, leading to anaemia is present.

"Wasting oxygen, life". This happens sometimes when we obsess about helping someone else.

Acanthocytosis: Presence of acanthocytes in blood (deformed red blood cells spine-shaped).

Devaluation conflict at the household level. conflict or project transgenerational sense.

Need to defend from your own family.

Conflict of being attacked within the family environment and the environment itself. Drowning in the family. "My family drowns me"

"Difficult relationship in the clan".

White blood cells: They are responsible for detecting foreign matter and they defend us.

"Lack of security within the family"

"I defend, I have the impression that I want bad"

Agranulocytosis: Conflict of impairment in self-defence.

Attacking is being attacked. If I defend myself I go worse off. Therefore, I

live safe without doubling back and fight my defences away from contact with the outside.

Conflict of inability to defend itself. I cannot make out of my enemy.

Platelets: These are the blood clotting to prevent bleeding miss out on.

Increased platelets. Conflict accession attachment:

"I feel bad if I do not feel surrounded by my family"

Thrombocytopenia (platelet deficiency): decrease in the number of platelets circulating in the blood below normal levels.

It manifests after a severe family conflict, for which we are wasting too much for trying to unite, to unite the family again. "I am unable to unite the clan".

"As much as I try, I cannot get attached to the family"

"I cannot get my family is integrated". "I am no longer able to fight"

"I cannot associate myself with my family" "I feel isolated in my family"

Recommendations to recover physical, emotional and spiritual health:

Life is the only truth, the only certainty and our only goal should be to let ourselves be possessed by life completely. Get carried away by it. So that it can perform is necessary to accept us as we are, we start believing in ourselves and become aware of our values, talents and abilities.

When the body, mind and heart work in profound harmony, we feel full of energy.

That energy comes from consciousness and becomes for us and for the whole world in a great delight.

BODY, left side.

Before birth and in the dream world, Yin symbol, female. It represents the mother, wife, daughter, sister, family, business, society, church. After birth or waking state, Yang symbol, male. It represents the father, husband, son, brother, authority, force, police.

BODY, right side.

Before birth and in the dream, Yang symbol, male. It represents the father, husband, son, brother, authority, police. After birth, or waking state: Yin symbol, female. It represents the mother, wife, daughter, sister, family, business, society, church.

BODY ODOR: (See bromhidrosis)

BONE FRACTURE: (See bones)

BONE MARROW OR CORE:

Bone marrow is a spongy tissue found inside certain bones of the body as the iliac crest (hip bone), sternum and skull bones. In colloquial language it is called “core”.

Nest in the bone marrow, there are the stem cells, capable of producing all blood cells: red blood cells, white blood cells and platelets or thrombocytes.

The bone marrow has to do with the meaning given or received life and blood ties. Often, it represents the family, blood ties.

The bone marrow is affected after a deep conflict of absolute devaluation. "Life no longer makes sense" "My life is worthless". "No one cares if I live or not"

BONES:

The bones are part of a whole and represent our internal structures, our beliefs in life.

It is what we have higher hardness and strength, deep and is the mainstay of our body, which is supported everything.

The bones tell us of our strength of conviction and confidence in ourselves. Through them we express our density, the weight we have in life.

Problems can occur in bones in a person who believes he/she lacks the courage to deal with his/her own life.

Or the individual who feels forced to support others because he/she needs that they depend on him/her, in order to feel useful.

Thus they manifest a serious conflict of devaluation of himself/herself: "I am nothing" "At the bottom of myself I am worthless". "I am pained to the core".

Fractures: They are the result of all disrespect towards ourselves during our daily lives.

A bone fracture can also occur in the person who is afraid of the authority and devalues before it. Reacting to rebel attempts to become overbearing or dominant.

The part of the body where the fracture-legs, arms, etc. occurs gives us a more concrete and accurate information about the area of our life where devaluation conflict is information.

Bone cancer speaks of a deep sense of worthlessness, helplessness, lack of confidence. Translates grave lack of respect for yourself. The identity has been affected, "I am completely null".

A sudden loss of self-worth can be initiated by an unfair observation, being degraded by being "weakened to the bone" or for failing at work, in sports, etc. or when we feel unsupported.

In bone, the lack of support is key, such as sarcoma. If the sarcoma or metastasis occurs in the bone, the conflict is related to family (mainly collateral blood brothers) if the bone devaluation concerns me. Cancer always is a long-lasting conflict and cross out vital.

Recommendations to recover physical, emotional and spiritual health:

People with bone problems need to be aware that we always have within us, everything we need to create our own stability without relying on others.

You need to believe more in yourself and learn to value yourself for what you are and not by the results of what you do for others.

Flexibility, flexibility! The fracture indicates the "break" with a situation and

the beginning of another.

Where was it ossified?

Which aspect do I need more freedom of movement in?

BOREDOM:

Boredom is the feeling of pain that we have when we feel unmotivated, without a path, etc.

When boredom appears, it is that our unconscious has given "bad" followed options or decisions made, due to some "inconvenient" family program, social, etc.

Conflict in relation to "deal with not knowing oneself"

Direction conflict associated with the adrenals. Boredom is a conflict of "being lost respect ..". I cannot do what I really need, therefore I stand, I disconnected ... I get bored.

It means we do not use our strength or potential.

BRAIN: (See head, migraines)

The brain is the most important organ of the human body, so it is also the best protected, a bone and a liquid cover that protect it from direct damage. It is the personal computer, the command center, which gives orders to the muscles, to the words and acts, and is also directing the complex mechanism of the human body. Although many of the organic functions performed (blood circulation, digestion, breathing, etc.) are made unconsciously. The brain demands, receives and manages information from abroad, received by the senses, and from inside captured by the sensory fibers that report the status or function of each organ. It centralizes and stores data and makes circulate it by the individual, allowing him/her to exist, interact and evolve in his/her environment.

Just as nature is responsible for protecting the brain, humans must also protect our individuality, what we really are. Like the brain leads to the body we must direct our lives according to what we are and avoid being influenced or trying to become what others expect of us.

Brain problems arise in those too impressionable and receptive who are living outside situations that cause confusion or face any change in his/her life that made him/her lose their bearings. It is as if they had the feeling of having lost control of their own life and not be themselves.

Other brain problems are a sign that our relationship with life is based on reason and logic. We want to solve and understand everything from our "conscious" part, through pure thought.

We do not allow our feelings to influence us or disturb us, either because they produce fear to us, because they do not satisfy us, or simply because we do not find any use in them.

We only give importance to the effectiveness of sound logic and reasoning, but we forget that life is unpredictable, insecure, any circumstance likely and of course, very little rational.

This tendency to spend all under the filter of reason, implies the need for "right" always and flee the error, mistakes, because they are considered a weakness.

People with brain imbalances show great difficulty changing ideas and way of thinking, making room for the pleasure and enjoyment of the simple things of life.

Brain tumours usually appear in people who are "distracted", absent, they are "lost in the clouds", secretive, accustomed to denial, hardened. The tumour

almost always translates an intellectual impairment. Conflict of lack of brainpower to tackle a problem. a dramatic fact has occurred in the life of the person who forces him/her to have to find a solution beyond their normal intellectual abilities. "I must find an intellectual solution beyond my possibilities" "I'm too silly, but I will get over it".

Devaluation conflict with the father.

In many cases it is linked to emotional blows a situation or a person he loves so much and which has made him/her suffer too.

Glioma: Intellectual conflict coupled with a conflict of abandonment.

Stroke: Intellectual Conflict.

"Conflict loss of intellectual territory"

"I quit fighting, I do not look for a solution anymore"

Hemiplegia: Conflict of great impotence. Great conflict engine. Without enough strength to fight, prevent the other act on me or prevent movement.

Feeling betrayed in the family conflict, unable to withstand the pressure of the clan.

Conflict has been raised by two mothers.

Conflict of being halved. One half has died or disappeared. Or having lost half game. Memory of an act that I do not want to repeat and paralyzes me. Related to something that dies. "My father or my grandfather was part of a firing squad"

Brain injury: Conflict of guilt. A thrombus prevents the irrigation to a part of the brain that is affected by a power that we cannot control.

Conflict: I must stop fighting intellectually (intellectual surrender). Loss in intellectual territory.

Conflict of not being able to face something or someone intellectually.

Cerebral infarction: Same as stroke, with a conflict of loss of intellectual territory. Its function is to move away from a fight, battle or confrontation.

Ictus: Conflict of guilt, intellectual impairment and family concerns.

Conflict of guilt with resistance to something that at once is necessary. Always in relation to a useless or that we have not made intellectual effort.

Conflict with intellectual impairment loss of territory in something vital (life or death) and in relation to one of the family.

Recommendations to recover physical, emotional and spiritual health:

All life consists on polarities: man and woman; cold and heat; The day and the night; thinking and feeling; the mind and heart.

Life is rhythm. Life moves by opposition zigzags from the negative to the

positive, from positive to negative. It does not serve fixed orders or respect the rigid behaviour. both poles so that energy may be needed.

The feeling and reason are two poles of the same energy, are like two wings that must be used simultaneously to achieve flight and balance.

A person can only be healthy if you keep an inner balance between the rational and the irrational, between intellect and love.

The intellect can only believe in the division, in the analysis, the rational. He/she likes to define all things, just go from your point of view, can never know and see the reality of the moment, because it is loaded with numerous conditions and fixed patterns.

When a person stops to express their emotions, life loses all meaning, loses its value, because life is valuable for these things, feelings, pain and pleasure, laughter and tears.

The deep communication between two human beings is only possible through their feelings, their emotions, their sensitivity.

With intellect, we can understand intellectually, we can agree or disagree with something, but that's not true understanding.

To understand life is necessary to open the door of the heart. It understands directly, needs no interpretation, does not trace borders or does not establish limits because it is always pure.

BREASTS, (problems):

The breast is the symbol representing femininity, motherhood and responsibility in the family. The maternal function is based on feed, protect and educate the child and their responsibility in the real nest (house, apartment, building) or symbolic (the warmth of home, family environment, family parties). Therefore, most of breast diseases are dominated by a sense of general concern in the nest, in which all the inhabitants of the nest (children, parents, grandparents, uncles, cousins, family friends, domestic animals) and in particular, most of the time, the son or husband, real or symbolic. You have a problem in one breast, both men and women, is related to a feeling of insecurity with respect to nurture good or protect those one breastfeeds.

Among the most important sources of conflicts that can cause a "drama in the nest" they are:

Regarding the child: accident, illness, death, bad companies that cause us concern, not having any news of him/her, misunderstanding, loss of job, etc.

Regarding the husband: depression, alcoholism, absence, unemployment, sickness, accident, death, etc.

Regarding the nest: separation, divorce, violence, economic problems that hinder a good living in the family, feel threatened or endangered, lack of contact and/or protection, etc.

What breast is affected? Why the left breast and not the right or the two affected?

The involvement of a breast or the other depends on whether the drama lived corresponds to a conflict of "strict" or "extended" nest. In the first case concerns a problem exclusively with the child, whether real or symbolic (spouse, if considered as a child or other person, animal or thing it sees and care as a child), for example: "conflict mother/son". In the second case the conflict can be related to other members of the nest, the husband, partner, lover, parents, grandparents, uncles, cousins, friends, etc.

How can we determine whether it is a conflict of "strict nest" or "extended nest"?

Based on biological handedness of the affected person. For biological right hand, the condition of the left breast corresponds to strict nest and the condition of the right breast rests with the enlarged nest.

For the biological left-handed, the condition of the right breast concerns a conflict of strict nest and the condition of the left breast concerns the enlarged

nest.

Location of the condition within four quadrants of the breast. Where is the problem located? If we divide the breast into four parts with two lines through the nipple, one horizontal and one vertical, would establish the upper outer quadrant and the internal, and under them, the inner and outer lower quadrant.

The top represents what I can give, what I give to another, which I'll take care of the other.

The bottom symbolizes what I need the other.

The outer portion represents the conflict I have with other people.

Personalize the inside of the conflicts that I have to take care of myself.

"It is me who needs my mother"

The nipple means: "I'm totally focused on me"

Most of the conditions in the breast are located in the upper outer quadrant, near the armpit.

What tissue is affected?

Depending on the tissues present in the breast, five different conflicts may occur:

The mammary glands: Their function is to produce and secrete milk.

Conflict: drama in the nest with a sense of danger. Benign adenofibroma, a type of cancer, or adenocarcinoma, one of the most common types of cancer.

In a right-handed woman:

Left breast: Conflict mother/son or conflict in the "strict" nest. All the things that we feel responsible, where they have an absolute need for us. Protection.

"I want to give from myself"

Dispute involving the child. Concern for the child itself, by what happens or what it does.

Conflict related to the nest, the house, the apartment. Or not being able to form a nest. Disorganized nest. Losing the nest.

Right breast: Conflict with someone who has the role of a mother: the partner.

The first partner is the father.

The second is the brother or sister, the children who have grown.

The third partner is the husband.

The fourth partner is a friend, a colleague, a cousin, etc.

In a biological left-handed woman: it is just the opposite. The right breast expresses a conflict of strict nest and left breast indicates a conflict with the

partner.

Mastitis and abscesses: Drama and disgrace in the nest.

Milk ducts: Small channels are attached to the mammary glands that carry milk to the nipple. Pathologies: intraductal cancer, microcalcifications or epitenoma.

Relationship problems in the nest: separation conflict, not sexual, but with maternal bonding. Fear of failing to protect our son.

Conflict of lack of protection, contact, touch, exchanges and safety of my loved ones and myself.

Lack of communication with relatives who want to keep or have "under our wing" or "on our bosom"

Or wanting to be separated from someone and not being able to.

In right-handed women:

Right breast: Conflict of separation in horizontal relationships, such as: "My husband is gone" "That woman has taken my husband". Similarly, it may indicate the desire to separate sitting areas, not to be more in touch with the partner, stop giving him/her food affectively (milk). "I feel alone". My husband does not help me, does not support me, it's cold, does not speak, I do not receive caresses and attentions.

Left breast: Drama in the nest (house, apartment, work).

Relational problem with "strict" nest. Feeling separated from the child, both real and figuratively. "My son is going away"

In left-handed woman:

Left Breast: Conflict of failing to protect a partner who is very dependent.

Right Breast: Conflict in relation to the protection performed on the family. I cannot protect the family or do not want to protect the family (but I do).

Ductal cancer: Conflict related to the nest and separation.

In right-handed women:

Left breast: Immature child, childish father, child lover, childish husband.

Right breast: Elderly son, authoritarian mother, mature lover husband.

Epithelioma: Conflict of separation in the nest.

Infiltrating Ductal: Also, nest conflict and separation. Desire to reunite the broken family or fear for the family to explode. Usually, it occurs when women stop being separated from their children, but they cannot feed them.

The dermis: Conflict of stain, dirt. Attack on the integrity. Melanoma.

Conflict of being defaced (breast shabby, ugly scar).

Drama in the nest (house, apartment) by dirt, disorganization, theft, etc.

"I have dirtied my nest".

Nerve sheath: Conflict contact. It is the reverse separation conflict. "I do not want to keep this contact, is very unpleasant, painful" "I do not want to be touched". "I want to be separated"

Neuroma: "I do not want to be touched by my husband" "I do not want to be touched by ..".

Supporting tissue: I do not feel supported by (my husband, mother, etc.) to help care for, nurture my son. "I must be very strong and I am alone" "I cannot tell you more than myself" "I do not feel supported or sustained by my partner".

Mastosis: This disease affects the supporting tissue of the glands that produce breast milk for the baby. Most often they express a problem related to "the lack of support in the nest" The woman feels alone to meet all the responsibilities of the family nest, children, home, housework, etc., while the couple evades, resists or participates very little in everyday household activity. "I do everything by myself: I am a mother, father, I'll take care of home maintenance, garden, etc. I need my partner to support me, protect me and give me security. "

When mastosis is painful, it unconsciously expresses revenge of women towards their partners, lack of help in the nest. "As I'm mad at you because you do not help me, now I deprive myself of the pleasure of touching my chest".

The mastosis translate a feeling of frustration at not being pregnant or having difficulty having children.

Recommendations to recover physical, emotional and spiritual health:

You must stop behaving like a good girl, do the right thing, to perform the role of subordinate ... and pull outward aggressiveness to develop your individuality and finding your own way.

Selflessly give yourself once you've found and lived your own identity.

If you make the decision to breastfeed or to help someone, do it with love and joy. If not, you do not make or give in to the demands of others. No way we come to earth to care for, protect and nurture our loved ones.

Maternal love is also expressed allowing the emancipation of children.

You may need to perform the act of forgiveness towards your mother and toward yourself and realize that it is you who must love and nurture.

BREASTS, too big:

Disproportionately large natural size of the breasts.

Sense of protection. The woman when feeling unprotected manufactures more chest to attract a man (male). To avoid being abandoned, she needs more "weapons" so that the man stays with her and protects her.

BROMHIDROSIS OR FETID BODY ODOR:

Body odour can be caused by a chemical imbalance, by the action of a drug or bacteria.

Send a dirty or hard olfactory message as a matter of sexuality or territory.

Prevents others come to my territory.

Conflict of territory and dirty sexuality.

Conflict of territory. It is a marking of olfactory territory(I get used to it, but the others run away) with a connotation of dirt. Conflict of dirty sexuality.

Dirty desires beyond my pores or protection not receive back a dirty sexuality.

BRONCHIAL TUBES:

Bronchi represent my living space, my boundaries, the territory more particularly linked to my partner, my family and my professional environment.

The ulceration (loss of cells) of the walls of the bronchi, allows the entrance of more air, preparing a better answer to the conflicts that occur in the territory. It gives us more space.

When we hit the bronchi means that we have lived or are living a situation where we felt our territory threatened, or that we ourselves have felt threatened within our territory. It could happen that we have fought with someone in our house or in our work, but not necessarily a shouting struggle, just that someone has done us a comment that is annoying and we have been quiet, to turn on a disease in the bronchi. Therefore, any symptoms we have to analyze: fights, arguments, differences of opinion, annoying advice they have given us, annoying requests we have ordered, etc. It is situations have sought to defend our ideas, principles, freedom, customs or tastes, in front of someone and we have not achieved.

Bronchitis: Bronchitis is an inflammation of the lining of the bronchi.

We have lived in, smothering, conflicting family atmosphere with fights, screams and where there have been people or situations that we did not feel comfortable and somehow we have been attacked. We have not digested internally, we did not like it, has caused us great harm, but we have retained our painful thoughts and we have not expressed verbally. As a result we have lost the taste for life and have fallen into an inner state of weariness and dejection. We have internal needs but we do not express them.

Bronchitis expresses the oppression or discomfort we feel because of the people around us or the environment in which we are engaged.

Threatened territory or fear of being upset, unable to evolve in the territory.

"I removed the air, my living space is threatened and I can hardly breathe"

"I feel invaded"

Fights, disputes in the territory.

"In the atmosphere there are so many fights that I can hardly breathe"

"Conflict of fear for the territory"

"From threat of loss of emotional territory" Example: a girl suffering from bronchitis on the right side after her grandmother resumed a loving relationship with another granddaughter, with whom contact had not kept any for a long time. She felt that her grandmother would no longer like her as

before.

Muscles of the bronchi: conflict for fear of not being able to flee or attack.

Lining of the bronchi: Conflict of separation, fear of being separated in the territory.

"I threaten the territory and I'm afraid of.."

"The space I have, and I do not want to close the space imposed on me"

If what dominates is fear, it will be affected bronchus on the left side.

If what prevails is the part emotional territory, the bronchus on the right side will be affected.

People suffering from bronchitis usually have a competitive attitude in life, can be very susceptible and irritable and so, through the roaster which is an aggressively expression expelled outside all that does not like or is it uncomfortable.

"I reject the intruder, a stranger, to the authority"

Any inconvenience or difficulty, resulting in bronchitis.

Bronchial cancer: "Threat of the unity of the couple"

Bleeding in the bronchi: "I want to leave this family," or "I want a family member to leave"

Recommendations to recover physical, emotional and spiritual health:

These people need to change the way they relate to the outside world and with others. They need to prepare for conflict and struggle in the verbal level, need courageously accept the challenges and stop having a competitive attitude.

They need to realize that it is almost impossible to find a family in which all members agree always. Typically, everyone has their own beliefs and live life their way.

The person suffering from bronchitis must learn to live his/her life as he/she pleases, without being influenced by others and find and assert its own territory without feeling guilty.

BULIMIA: (See anorexia)

The relationship we have with food is a true reflection of the relationship we had with our mother when we were breastfed. The baby associates from the beginning the ideas of food and love.

The person suffering from bulimia constantly feels the compulsive need to eat food, wants to eat her mother (it's an emotional problem) because she is afraid of being abandoned, but on the other hand, does not accept or want the woman is in her mother. .. "I want the security of mom and what she gives me is anxiety and insecurity"

"What mom gives me is what I do not want".

"I would like the affection that gives me my mother was different"

In short, this dilemma is looking for a physical substitute, feeding excessively, to the point, she needs to keep eating by vomiting first.

The bulimic attempts to control her anxieties through food. When suffers a deficiency or when is frustrated, when she feels fear and insecurity, always turn it into food, it is as if she wanted to return, unconsciously, to the moments of her childhood when the mother's arms gave her everything.

"Basically I'm anxious and I want to hide"

"I feel a great emptiness inside me and much anguish, so as to fill the void, which is never crowded"

"Nobody understands me, I feel lonely"

"I'm afraid not have the affection of others".

Conflict with sexuality: "Sexuality frightens me, I do not want to talk about it"

Recommendations to recover physical, emotional and spiritual health:

In times of crisis the bulimic has to be aware that it aims to correct the imbalance between the need for her mother, the fear of being abandoned and reject that.

They have consciously leave behind childhood and youth and become adults. But fundamentally they need to accept their feminine principle and accept it as being sexual. Love and unconditional acceptance are essential.

BURNOUT: (See Nervous Asthenia)

Long period of stress in the body that degenerates into chronic fatigue and difficult to recover.

Forced stop of the machines.

Conflict related to the escape of a strong emotion lived in a work or activity environment.

BURNS:

Related to anger boiling inside us or towards a person or an event.

"I am boiling with rage". "I am full of hate" "I hate that person"

The more severe the injury, the greater the guilt.

Who or what burns us to the point of making us feel guilty? Instead of locking both at trial, we need to be more flexible, more tolerant towards ourselves and towards others.

BUST OR CHEST: (See breasts)

BUTTOCKS:

Fleshy parts located in the lower and back of the back before the beginning of the leg.

Conflict of the throne. I cannot control everything from where I sit.

The buttocks are the fleshy part of the body on which I feel, it takes place, "my place" (the power).

The pain in the buttocks is related to the fact of not being able to control a situation or to a person, preferably related to matters of material order like the money, the work or the plans for the future. These are people who do not accept not being the protagonists of the events. They want to control everything.

Also direct conflict with the contact with the buttocks.

Conflict of blows or caresses (intimate).

Conflict of devaluation, impotence and maternity.

Minor Gluteus: Regarding pregnancy (real or symbolic) and carrying the baby.

Medium Gluteus: Devaluation for a sexual or reproductive issue (maternity).

Major Gluteus: Sexual devaluation with opposition (sexual harassment).

Conflict with the upbringing of own children, others or shared.

BUZZES: (See ears)

CALLOSITIES OR CORNS:

Corns usually appear on the ground and in the toes and hands. It is a thickening of the epidermal layer which is manifested especially in the areas under continuous pressure or friction.

When corns or bunions appear, we must examine what finger is affected and analyze the meaning of the finger to understand the emotional conflict that we are living. A callus or bunion means "I protect myself.." "They force me.." "I am dominated.." It may be the mother, father or some collateral person.

When calluses appear on the feet, which are the ones who put us in touch with the outside world and the people we are related and with those who we walk through life with, we show that we have hardened to protect a person (especially the mother) or some particular relationship and we feel fear and distrust for the future. "I need to protect my mother" "My mother makes me.."

This attitude makes us hold our impulses and block our desires.

Calluses on the sole: (plant represents the mother).

"I protect my father, he dominates me, he makes me.."

Calluses on the heel:

"I protect my mother, she dominates me, she makes me.."

"I cannot say no to my mother"

If the corn is in hand, we must analyze the meaning of each finger and relate a detail of our work today; the meaning is the same, we need to protect ourselves from someone or something. For example, as the callus worker who works with his/her hands and he/she forms a hard layer, which remains there long enough to protect them from scratches caused by the effort. If the person stops working no longer need this protection, and callus disappears.

Calluses on the palm of the hand: (the palm represents the father)

We must examine the details of our work, the relationship with our father, focused on the present moment.

Generally those suffering corns or bunions are often embittered people or have great difficulties to enjoy their life experiences. They tend to hypocrisy. They are kind and loving to their loved ones, but emotionally closed and inflexible with others.

Recommendations to recover physical, emotional and spiritual health:

These people need to learn to be honest, to say "no" and not try to please everyone.

They have to stop believing that they can do what they really want and learn to be spontaneous, to develop their abilities and enjoy life.

CANCER:

The natural curation of cancer is simply ignored by dogmatic reasons in order to do cancer still ... a disease of which necessarily one dies and through which the patient remains manipulable. Hamer

Cancer, until today, is still one of the most important unfinished business for scientists. They have dedicated themselves to the study huge amounts of resources with little therapeutic results.

For now, it remains as the most important health threat of our age and the disease that causes more fear to us.

But what is cancer?

Cancer begins in cells, which are the basic units that make up our tissues. Tissues make up the organs of the body.

Normally, cells grow and divide to form new cells as the body needs them. When cells grow old, they die, and new cells take their place. Now this division of cells is a process that our body usually keeps very well controlled and regulated so that cells divide only when needed.

Sometimes, this orderly process goes wrong. At one point the body sees as its cells in ever greater numbers, they change their minds and alter their behaviour. They give the activity they were assigned to service a particular organ as finished and therefore the service of a larger organism (body) and begin to develop their own goals. Uncontrolled cell growth makes a more or less compact cell mass is formed, this is called tumour mass.

When cells that constitute the tumour do not possess the ability to invade and destroy other organs, we speak of benign tumours. But when these cells grow uncontrollably in addition to suffer new changes and acquire the ability to invade surrounding tissues and organs is called malignant tumour or cancer.

Therefore, cancer is the name given to the overgrowth of a group of cells as a result of having lost its normal control mechanisms.

Cancer arises as a result of a personal tragedy, from an emotional trauma or emotional high intensity that has caught the person completely off guard and, moreover, their education, their fears, their beliefs, etc. rather, it lives in isolation inside, keep it within himself/herself, without sharing with people around. Such trauma will affect, gradually, the whole psychological structure of the individuals and impair their ability to experience the joy of living. Cancer therefore represents the destruction of our inner equilibrium structure. Obviously, all this psychological process is unconscious, buried and painless,

at least initially. In the early stages, the patient does not notice anything because they do not feel any pain that gives the alert. The feeling that pervades it is sadness that slowly and quietly, it will undermine and destroy the consciousness and the body, but not seen from outside. The worse it is the general state of the person can be more easily affected. Therefore, to cancer formation occurs, giving have three causes:

- a) Having previously experienced a strong conflict-separation of the couple, death of a loved one, unexpected job layoff, accident, etc.
- b) That the immune system does not function properly.
- c) He/she has lived in solitude.

The nature of emotional conflict determines the location of the cancer:

- a) Stomach cancer: Something cannot be accepted or digested. The patient feels sad, bitter, anxious and loses interest in life because he/she feels that people hurt.
- b) Cancer of the cervix: Important sexual conflicts with the couple.
- c) Breast cancer: Conflict of emotional break with the couple, with a child or someone who is considered as such.
- d) Bone Cancer: Conflict of self-devaluation, etc.

The time development of cancer according to Dr. Hamer:

- a) Bronchial cancer: approximately 18 months
- b) Cancer of the cervix: 12 months
- c) Ovarian cancer: 5-8 months
- d) Cancer of the uterine corpus: 5-7 months
- e) Breast cancer: 2-3 months
- f) Lung cancer: 7 months

After these periods, cancer can be detected in the body.

In summary we could say that cancer is caused by a blockage of the body's own defences as a result of a psychic conflict. Cancer develops as long as the emotional conflict. So when the person can fully resolve the conflict, whether he/she has been aware of the correlation as if he/she has not been, cancer remains inactive and the person regains his/her health. Otherwise, the body cannot complete their work of self-healing.

Emotional and psychological characteristics of cancer patients:

The cancer patient suffered in childhood lack of love and security. He/she remained difficult relations with one parent or both. He/she saves in the depths of the guts a painful secret that corrodes him/her, a deep wound he/she suffered in his/her childhood in isolation (emotional deprivation or rejection)

and cannot or will not heal. He/she lives accompanied by a great feeling of guilt for having harboured thoughts of hatred and revenge ideas and unable to forgive and forgive. Unconsciously repressed aggressiveness; finds undue hardship to unleash his/her creative energy to develop and maintain meaningful and lasting relationships.

Tends to develop feelings of loneliness as a result of which believes that his/her life is affection.

He/she often feels unable to resolve deep-seated emotional problems. He/she prefers not to be aware of his/her existence.

Feels fear. He/she is deeply scared of negative events. When faced with an unexpected traumatic experience, it reacts adversely and cannot face it.

He/she has difficulty expressing their inner pain. He/she tends to suffer in silence, so does not get relief from their situation. He/she has the feeling that there is no outlet to heal the pain he/she is feeling.

Lives lost in a permanent state of despair, sadness, grief, anger and hostility; though outwardly others consider him/her charming, sedate, pleasant, helpful and so nice people.

His/her deepest conflict is his/her lack of identity. "I'm not who I want to be" So is the need to always make the best impression to others. For him/her the appearance is more important than the Self.

Therefore he/she cannot be denied, does not know how to say "no", obeys without question and follows the rules and standards established totally.

The one affected of cancer cannot be considered as a religious person in a profound sense, even though many cling to customs or religious traditions, and may even criticize and reject God for what he/she lived.

He/she does not accept his/her illness and confronts it from a spiritual point of view; rather feeling despair, helplessness and self-pity to living with resignation. Others are preparing to combat it and cooperate with their doctors, undergoing them, many times, hard and dangerous treatments, relying on their will to live.

Due to the lack of faith that he/she has of himself/herself, he/she establishes dependency relationships with other people or things, a job, a marriage, a house, a significant role, etc.

If for any reason -death, retirement, separation, transfer- this relationship breaks down, the patient feels helpless, surrenders and sees himself/herself as a victim. What is what he/she does not want to see die? (Old age, work ...)

Unable to face such a conflict enters a state of despair that makes him/her

lose consciousness and connection with life, making fertile ground for the tumour.

Cancer is like a self-punishment that seems definitive, unconscious of his/her failure in life test.

Recommendations to recover physical, emotional and spiritual health:

This is not about to start a war against cancer, but rather we must understand, become aware of the conflict that triggered the disease and cope creatively, taking responsibility for our healing. The cancer patient needs to get moving, change dramatically, grow and promote his/her development. He/she needs to assume his/her own responsibility, take charge and not allow the others to be the ones who make decisions for him/her. However, it is necessary to continue to maintain contact with others. In times of distress and discouragement it is very important for the patient to feel the emotional and psychological support from family and their environment.

You need to learn to defend yourself, to say "no" to rebel against the entrenched rules, skip the barriers and limits that imprison and suffocate. Must live life fully, accepting and expressing the polarity of existence in all things.

On the other hand, he/she needs to externalize his/her aggressiveness and stimulate his/her vitality and creativity. He/she has to find again the taste for life, the joy of living. Besides, he/she has to get rid of what has caused sadness and regain the enthusiasm for life.

But first he/she must pass through the stage of acceptance, an acceptance based on confidence in himself/herself and in existence. He/she is discovering the meaning of life, feeling the oneness with all that exists, learning to question our desire to differentiate from each other and learning to live as part of life and feeling that the good of existence and our good, is the same.

The bridge that leads us to feel this way of life is love. Love heals because it saves all barriers and leads to Unity. The means to achieve excellence is forgiveness. Forgive others and forgive the child who lives in us, who lived in silence and felt rage and anger in solitude, without having someone at his/her side to support and understand him/her.

Questions to ponder: What aspects did I fail in? What is what I blame so deeply? Why do I punish and condemn myself? How and why I stopped growing my way?

CARIES: (See teeth, molars)

CATARACTS OR BLURRED VISION: (See eyes)

This eye condition is manifested by a loss of transparency (total or partial opacity) in the eye lens.

The person has the impression that there is a veil covering the eye and therefore has a veiled perception of what happens around him/her.

Loss of sight involves removal of energy from the eye ... an inner desire not to see what lies ahead.

Cataracts occur when the environment around us, city, home, personal, family, etc., are not what we wanted. Therefore, we do not like to "see".

Conflict of not accommodating myself to what I see.

"I refuse to see what is in front of my eyes, but I see it"

"I see what you do not want to see".

"I do not want to see what happens to me"

In the elderly years, those who are most likely to develop this condition, usually are linked to a growing fear of aging, fear of the future.

Or they can also occur as a result of an old unresolved anger. The patient has been suffering a trauma that has caused much fear and feel unable to look forward with joy. These are usually individuals who cannot put into question the position itself, always want to be right, since they consider their view immovable. This attitude makes their eyes also solidify and end up losing their ability to see "clarity".

Recommendations to recover physical, emotional and spiritual health:

What are we afraid to lose?

Are we afraid that something ends?

Are we covering our eyes not to see our failures?

We must stop damaging our eyes by circumstances that we cannot change.

We need to be optimistic and learn to find joy in our lives.

CAVUM (Nasopharynx):

The cavum or nasopharynx is the upper part of the pharynx, and is located just behind the nose and above the soft palate.

The principle is similar to the tonsils, but instead developing in the digestive field, it is in the olfactory and respiratory systems.

Children communicate with the mother through smell:

"I want to go through the nose, smell, to find again my mother, to touch her".

Conflict is created because the person wants to own something, but cannot get it.

"I want to get the smell of my mother"

"I do not get caught the smell of my mother's breast, which represents security"

"I do not get closer to my partner, who has moved from my place".

CELIAC DISEASE, GLUTEN ALLERGY AND INTOLERANCE:

Gluten is a protein found in many seed grains, especially wheat, needed to make bread, sweets and pasta. Therefore, gluten allergy is a food intolerance. Some people are allergic to gluten intolerance and some have other with celiac disease, an autoimmune disease, so in all cases have to make gluten-free diets. That is, they want to remove the allergen, but this measure involves a very big stress because they have to be constantly monitoring where there is or there is no gluten and also, why not get rid of their intolerance.

Bread is the universal archetype that represents the family gathering around the table, family environment. People who suffer from gluten intolerance have become aware that their real problem is not gluten, but the bread. The bread symbolically represents the family, the family environment and more specifically the family head, the father. Celiac disease translates a family conflict, a story, in most cases related to the householder (alcoholism, absent father, death, etc.) that caused an unstable, harmful, dangerous family environment, a lack of family cohesion has occurred. From that moment you cannot tolerate gluten, bread, because their unconscious, symbolically, it relates to a negative, dangerous experience.

"Unable to assimilate the parent". Why did I choose this father for my children?

Actual conflict of separation from family or parents without the consent of the affected. For example, it is having been admitted to a boarding school, day care, pension, etc. or have been in the care of a family, because parents cannot help you.

Conflict of abstinence, having been deprived of something so drastic, radical. Example: a woman who during pregnancy makes the decision to stop smoking suddenly.

During breastfeeding, if the mother has a problem and stops feeding the baby prematurely natural form, it can be cause for subsequently the child from getting celiac disease.

-Intolerance to everything that resembles gluten.

Gluten allergy: "I have been kicked out of my family"

CELLULITE:

Diffuse inflammation of subcutaneous connective tissues (fatty tissue cells). The adipose tissue accumulates in certain areas of the body forming dimples and fat nodules that modify and alter the cutaneous and subcutaneous tissue.

Cellulite manifests more in women than in men because, for them, the physical aspect is very important. From a very young age they begin to worry about their appearance, for their silhouette that they want to be perfect, according to the norms of society.

Conflict of aesthetic devaluation with regard to a part of the body judged as not aesthetic by oneself.

This aesthetic devaluation almost always has its origin in situations of the past that were lived as tort or humiliation. The biological response is to increase in size to look for strength and security, although, at the same time and paradoxically, one hates her own appearance when looking in the mirror. Thus, the silhouette conflict generates devaluation, pessimism and low self-esteem.

Other times, cellulite reveals situations and experiences of fear of abandonment or rejection lived in the past, mainly during breastfeeding or childhood.

When we feel abandoned (real or symbolic) we are helpless and invaded by the feeling of being in danger, so that the person (biologically and unconsciously) begins to generate food reserves and store fats (reserves) because he/she does not know when he/she will eat again.

After these experiences of abandonment or rejection, these people, unconsciously, have difficulty getting engaged with other people, for fear of being repeated.

On the other hand, cellulite is also related to repressed emotions, regrets and resentments that the person retains within himself/herself.

Cellulite usually affects people who are contained, who do not trust themselves, and who worry too much about others' opinions about their physical appearance.

Thigh fat: Grease bags in the form of pads located on the buttocks, hips and inner side of the knees. Much more common in women than in men.

They serve to protect the area where they appear.

Conflict of protection of femininity, as a woman (sexual) or as a mother.

Storage of lactation in case of pregnancy.

Someone in their ancestors lacked breast milk and could not feed their son.

Aesthetic conflict in that part of the body.

Sometimes they are linked to abortions that the person has suffered. The relationship will be as many kilos increased as the fetus had months when it was lost.

CEREBELLUM:

Part of the brain at the back of the skull between the brain and the bulb. It controls all our learned movements, such as walking or cycling movements; We initiate moving voluntarily from the cerebral cortex, but then the control changes to the cerebellum.

Conflict of being attacked. Violation of the physical or moral integrity.

I have to protect my offspring, adults, grandparents and myself.

CERVICITIS: (See uterus)

CERVIX OR NECK OF THE UTERUS: (See uterus)

CHICKEN POX:

Classical childhood disease (more dangerous in adults). It presents flu-like symptoms, plus lesions of the dermis (vesicles and scabs).

The mission of viruses is to clean and change the patterns and meanings (DNA) of the cells where they reproduce. As it is the skin (epidermis) that is affected it is indicating to us that they are conflicts of contact and separation.

Conflict of separation of the mother, in an environment of change. The relationship of the mother (real or symbolic) with the child changes and is experienced as a conflict of separation by the child.

Need to distance from maternal overprotection.

"I want to put distance between a contact or separation that hurts me".

CHILBLAINS:

Subcutaneous inflammation due to prolonged contact with cold. They usually appear on the fingers and toes and produce pain and itching.

In severe cold, the blood is removed from the fingers, to warm and carry nutrients to other parts of the body that need it most.

Conflict of extreme coldness (physical and symbolic in some relationship in the family).

Conflict of withdrawal from the family, the family departs from us and we feel unable to act at a certain level (taking into account the affected fingers).

CHIN:

Lower face. Out of the jaw under the mouth.

The chin is the seat of emotion. The emotion is marked by the trembling of the chin.

Conflicts where there are lies.

Conflict of not being able to express the emotions.

Linked to a definitive separation because of a lie.

CHLAMYDIA:

Bacteria that causes eye, respiratory and genital infections. It is considered the leading cause of blindness and female sterility.

Very deep conflict of sex and/or incestuous abuses, with or without penetration, lived with guilt.

Loss of faith in the religious teachings of the church.

It is necessary to repair the contact avoiding it and "clean" guilt.

CHLOASMA or pregnancy mask:

Chloasmas, also known as melasma or "pregnancy mask", are dark, brown or grayish spots that appear on the face especially during pregnancy. They usually appear on the cheeks, forehead, nose and upper lip, and less commonly, around the eyes.

Skin darkens to protect against sun contact. Symbolically the sun is associated with the father, the skin on contact and the face in our image. Therefore it is an attempt to avoid contact with the father, which affects our image.

Father conflict, contact and stain. The spots appear in areas where they give the sun (father) and mostly in pregnant women.

What conflict of contact do I have with my father or the father of my son, or with me as a father?

The conflict must be related to the contact, by excess, defect, nonexistent or by bad contact.

CHOLESTEROL: (See arteriosclerosis)

Cholesterol is a lipid (a type of natural fat) present in all parts of the body. The body needs a certain amount of cholesterol to function properly. But too much cholesterol in the blood, combined with other substances, can adhere to the walls of the arteries. This is called plaque. Plaques can narrow the arteries or even block them.

Lipids, and especially phospholipids, collaborate to create cellular architecture, particularly the membrane of all body cells. Cholesterol is one of the most important ingredients in the "production" of those phospholipids. Therefore, in a symbolic or psychosomatic level, cholesterol refers to the notion of "personality construction, construction of the Self. We talk about a problem of construction of the own personality or of a member of their immediate environment.

This is a task that takes the human being throughout his/her whole life. And depending on the personal work we make, we can speak of a strong self when an individual is balanced and responsible in their actions and a weak one, if it is unstable, indecisive or weak.

The person who has cholesterol feels unable to do things alone, always ask for help or depends on others to "be" or to "live". They may even have the feeling that they do not care to others and therefore must face it alone.

"I can only count on myself to build myself, physically and especially morally"

When I want to do a project, build or create something that I particularly desire, I cannot get help from anyone. "I do not receive the support of my family, no one has helped me get where I came" I can only, therefore, count on myself to ensure my survival and this affects me a lot"

"I am the only one who builds myself"

It may present a high level of cholesterol, sympathy, when someone unconsciously, is very concerned about somewhere close to that actually or symbolically familiar, is not mature enough and responsible and needs to be very aware of him/her for help.

The person suffering from an excess of cholesterol has a tendency to excessive self-control. Feel great distrust, he/she does not know surrender nor is able to open and receive. Considers life as a constant struggle, with little time for relaxation or enjoyment. Undoubtedly, it is someone who has not felt loved and protected in its infancy.

These people have to deal with themselves as to focus on the pleasure of

living itself and not on the rack up achievements to prove his/her greatness and seek some recognition to their parents.

Triglycerides, resenting: "I count on others to help me survive and I did not bring anything".

CHRONIC DISEASE:

In a chronic disease there are persistent physical problems that make relapse. That is, the symptoms recur, especially during vulnerable periods in which we lose touch with our inner being. It occurs when by fear and insecurity we refuse to change, because adapting is hard for us and we lack the necessary strength to move forward.

Most of these diseases are usually described, by conventional medicine, which only has 300 years of experience and is seated on a purely mechanistic bases, as "incurable". In traditional medicines such as traditional Chinese medicine, etc., that have thousands of years of experience and who understand the human being as a unit, (body-soul-spirit), there is no concept of incurable disease. The diseases are distinguished easy or difficult to heal, depending on whether their causes are external or internal. Of course, they are caused by external causes: blows, fractures, nutritional deficiencies, etc., they are easier to cure because to find, treat and remove the causes that have led the body easily recovered balance. However, it is necessary to discover the emotional conflict that was behind these symptoms and integrate it to prevent further relapses.

However, the most difficult to heal they are those of internal origin, as awareness, for healing to occur is necessary, by the patient, their mental and emotional aspects of their deepest desires and purpose of his/her life, to change the conditions that have arisen and that is a task that involves the whole being of the patient.

Conflict adaptation. No acceptance of repairing the conflict. It exists in the unconscious a chronic contradiction too.

Chronicity implies rejection of change, fear of the future and a tremendous sense of insecurity. The message of an incurable disease is very simple: The cure to this conflict going to accept the situation experienced physically. Those affected always seems like a big contradiction.

Recommendations to recover physical, emotional and spiritual health:

People with chronic diseases have to face a big task, confront the fears that arise in the context of their illness and deal with idealized images of how to do what they have entrusted.

Life is rhythm, constantly changing. We must accept insecurity of life and discard the anxiety that can cause us abandoning old habits.

We have to learn to be vulnerable to all the possibilities that present themselves in life.

CIRRHOSIS: (See liver)

CLAUSTROPHOBIA:

Fear, panic to stay indoors or very close (elevators, tunnels, small and dark rooms...) places. The feeling of loss control (no power out) and choking (unable to breathe or fear that the oxygen runs out) occurs.

Conflict: Memory of fear for any conflict situation in the womb or at birth: Unable to leave, caesarean section, dangerous labour, or asphyxiation round cord.

"I am not well in the womb of my mother and I cannot escape. There is danger, I'm afraid. "

You need to talk to the mother about what situation was living. You may wish, for some reason, want to abort.

On the other hand, we must search the ancestors memories of fears regarding death confinement, or no possibility of escape (concentration camps or extermination) or fear of being buried alive. I also fear not being able to escape from a confined space being attacked (as I hear as bombs fall, for example).

CLAVICLE: (See bones)

The clavicle is a long bone, with the shape of the "S", extends from the sternum to the shoulder blade. It is considered the only means of connection between the upper limb and chest.

The pains in the collarbone tell us about our difficulty to act.

The symbol of union with our father and, more specifically, with the support we have or not, from him.

Conflict of Hercules: "I can with everything"

"I could not lean on my father"

"I need to lean on him to grow"

Acromial tip: "Notion of separation" Devaluation not to alienate someone or something.

Possible problems related to "keys".

Sternal tip: "Notion of realization".

Devaluation cannot approach a loved one.

Acromion: Great devaluation. We have been victims of something that is not accepted in the family and we felt with cut legs ... This is a structural done fact, in which we have no time to change things. "I'm worthless", about myself or others in the clan. "I have no right to participate in the opinions of the clan.

"Go ... but stay".

Clavicle fractures may be the consequence of a feeling of rebellion that has not been expressed. "No words. Acts!".

Recommendations to recover physical, emotional and spiritual health:

We must dare to express what we feel and ask for what we need and not allow others to order like when we were kids.

COCCYX:

Coccyx is the small bone at the bottom tip of the spine, under the sacrum. At a muscular level, it is closely related to the anus and rectum.

The coccyx conditions are directly related to conflicts of identity, our place in the family or with memories of rape or sodomy, real or symbolic.

Who am I? Am I a woman or a man?

What is my place in my family, in the clan?

Have I been excluded from my family?

So, where do I sit, where do I support my ass?

Think. Is it vital for me to continue seeking recognition and affection of my family?

COLD OR CATARRH:

It is an inflammation of the nasal mucosa. It is manifested by nasal obstruction, sneezing with acute or have irritated nose runny nose and watery eyes.

Cold expresses a difficulty of social adaptation, it manifests itself most often in times in which we live with people more closely, that is, at those seasons where people are more at home. It is young professionals, brief and violent, repetitive, most often expressed in the form of disputes and generally linked to the territory, conflicts of threats by family conflicts or territory.

There is something that displeases me much or have a tense relationship with someone.

"There is menace in the air" "Smelly around here"

The cold is the means by which we release a great deal of sadness that we have accumulated in us. It may appear after having suffered some disappointment or as a result of repentance for not having said or done something. Or after an experience in which our feelings have been hurt and have felt heat and lack of support.

"I want to be separated from the smell to rediscover the touch with myself"

It can also manifest a cold when there is too much activity on the mental plane and we feel confused, worried, not knowing where to start. We are tired, "sick to death" of a situation, of ourselves, of others, etc.

"Something upsets me a lot, or someone, I'm cold"

There are also other causes based on popular beliefs that can lead to a cold, for example, believe that occurred after a 'cooling' or put ourselves in an "airstream" We will catch a cold; we believe that we can "catch a cold from someone else"; or we believe in the "three colds every winter", etc.

This is manifested only in those who think so. The more widespread is a belief, the greater its influence on society.

Recommendations to recover physical, emotional and spiritual health:

The cold is the perfect reason unconsciously provoke, to escape a situation (conflict) that overwhelms us, but we are unwilling to acknowledge and express.

However, if our nose is blocked, if we cry eyes, if we cannot hardly speak for the sore throat or for a cough and even our sneezes become the best weapon, "do not go near that I'm cold," it allows us to achieve our goal of away from the annoying situation without conflict and also with benevolence and understanding around the world. Now we can focus a little more on us.

The cold is considered by naturopathy as a crisis of detoxification of the body. Through it the physical toxins (poor diet, sedentary lifestyle, medications, etc.) or mental (emotional problems) are removed and the body and soul are freed from the substances that intoxicate.

The education we receive is that we must be prepared to face the conflicts that we face our relationships, accepting that project onto others who reject so that we can see, recognize and integrate within us.

COLD BRITTLENESS: (See temperature)

COLIBACILLOSIS: (See intestines)

COLIC (babies):

Pain in the baby that is noticeable by excessive crying. Apparently there is no reason.

The pain is a warning sign. The mother often overfeeds the baby who cries excessively and the baby has to "swallow and digest" too much (this way the fear of the mother is transmitted to the child). The baby resents a conflict of his/her mother.

Conflict of impotence. It is the mother's fear of not being able to take proper care of her child.

Lack of vital communication (contact) between mother and baby.

COLITIS: (See diarrhea, constipation, intestines)

Colitis is an inflammation of the colon. All abdomen pain actually occurs in the large intestine, because the slim has no nerve endings.

If I have nervous colitis is primarily due to I am a very apprehensive person who does not know how to "let things flow". I allow that "everything affects me", and what is worse, I assume that "I am well" and more that I travel repairing each of the conflicts affecting me, every day I let myself be affected by others and this is a story of "never-ending".

I'm an insecure person. I do not feel able to overcome this. Everything upsets me. Everything worries me. I am unable to forget what happens to me.

Conflict of suffering indigestible things repeatedly. We solve and we start.

Any fact that makes us angry, worried, distressed, with envy, etc. may cause colitis to us.

The dirty plays that they make me at work, at school, at home, etc.

Colitis is as an anger that is difficult to express to the family or to the authority, for fear to affirm our position.

Blood and mucus are essential substances that symbolize family life itself and its origins. Those sick of colitis could say it is sacrificing parts of yourself or your soul for the sake of the environment: "He/she wants to offer his/her person to the other, and that is willing to sacrifice"

But it is not love for the family what causes this reaction; what the patient is expressing fear is, to assert what it is, facing each other, to avoid the risk of falling into solitude. Because living life from a personality and from an individual opinion would be required to be confronted firmly to other opinions. This is what is lacking in the individual suffering from colitis, so he/she prefers to submit and abandon his/her position to avoid conflicts.

Recommendations to recover physical, emotional and spiritual health:

I realize that nothing external can affect me. I realize that I live for myself and I am happy, not to please others. I become aware, that while I live quiet, nothing will change. I love myself enough to learn to say "no". I stop living to get along with everyone.

I must learn to impose, maintain reasoned points of view to defend them calmly and firmly. I develop and strengthen the ability to communicate clearly and openly.

Ulcerative colitis and hemorrhagic colitis: (bloody diarrhea stool)

It manifests itself after a indigestible conflict and disgruntled trick.

Someone has betrayed me and I do not forgive him/her, I cannot "get it out"

from my head.

Dirty plays my family did to me + liquid (issues with alcohol or water).

I must forgive. I release myself and accept myself. I continue with my life.

COLON: (See appendix, intestines, constipation)

The colon is part of the digestive tract. It is the area where we finally absorb and integrate what we have eaten from outside. After waste (materials) is transported and disposed outward to prevent the body from clogging and contamination. Its mission is to evacuate what the body considers useless, superfluous, and dirty.

This people must do the same with our experiences: ingest, assimilate, accept, remove the teaching and move on.

Tensions and disease in this body are manifested in people who have difficulty taking away, and forget to heal certain wounds, to evacuate and move on.

The problems in the large intestine or colon speak of a dirty experience (filth, dirt, meanness, treachery, etc.) that has been assimilated, in principle, but it costs us to digest, to advance and evacuate.

According to the site:

-Ascending colon: "Dirty play" made by a member of the family who is above oneself, as parents, grandparents, uncle, godfather, etc. or symbolically, the Treasury Department.

-Transversal colon: "Dirty play" by any side, couple, sisters, brothers, cousins, etc.

Descending colon: "Dirty play" from a son, nephew, grandchild, godchild, etc.

Lower Colon: Conflict of identity or lack of recognition.

"I have no room in my territory"

"I'm not recognized in my family"

"I do not know who I am within this family, this house, clan".

"I do not know where my place is"

Colonic polyps are like knots of sorrow and anger (filth) that we have achieved completely untie.

Conflict of "small nasty things".

Irritable bowel syndrome: Chronic digestive disease with abdominal pain with changes in bowel rhythm, whether due to constipation or diarrhea.

It expresses the "slugs", "crap" that we experience on a regular basis, one after another.

Conflict of submission, at the mercy of a ruler who directs me as if I were his/her horse (in a context of a "dirty play" and real or symbolic family).

People who "irritate" the family environment. Immigrants, people with

different customs or behaviours that we do not want, we know or can assimilate.

Attempt to regain Mom's love.

The cancer usually develops over a polyp degenerates, occurs after a conflict (often related to family) caused by a vile, low action, offensive, one “dirty play”; an issue too "unpleasant" to be "digested" something that cannot be "evacuated".

Sometimes you can also get this disease if you feel "dirty" for being involved in an issue of "possession" (a fight over money or property) that makes you feel guilty.

Recommendations to recover physical, emotional and spiritual health:

We must allow the old in us to leave and make room for the new. Life always goes forward.

When we live in the past, thinking how good or bad things were, feeling attachment to people or past situations, we are avoiding the present. This is a form of self-rejection because it prevents us to face our true feelings.

COLOR BLINDNESS:

It is a defect that causes difficulty distinguishing colours. It can happen that are only accurate colours that cannot be seen. In this case it is a lived situation with immense stress and referring to this colour or that these colours cannot discern. For example, woman who cannot see the colour red. Wanting to get pregnant and do not want to see their periods, blood (red) associated with a high level of stress and symbolizing that she has not gotten pregnant. Unconsciously away from her vision of red.

Meaning of the colours:

Blue: The royalty, nobility, freedom, water, sea, thirst ...

Yellow: sun, father, wisdom, dirt, gold, confessors ...

Brown: The penalty, penance, dirt, "shit", sickness, wood, autumn, earth ...

Green: Hope, healing, honour, courtesy, civility, nature ...

Red: The blood, wine, fire, passion, courage, love, courage, anger, cruelty, repressor communism ...

Orange: Instability, hypocrisy, dissimulation, lying, instincts, tenderness, warmth, healing ...

dark blue, purple or dark gray: In relation to storms.

CONCUSSION:

A condition that is caused by a trauma to the head and which disrupts the normal function of the brain.

The sense of a concussion is to make a sudden stop, stop in the dry. Disconnection of the intellectual process due to an accumulation or the same phenomenon that produces the trauma (accident).

Conflict of devaluation with respect to the father or the intellectuality.

To have gone too far. Disconnection or bad connection, between emotions and reason.

CONGENITAL DISEASE OR DISORDER:

It is very hard and unacceptable to the mind of man found with a baby who has come into the world with a serious illness or a physical defect. Especially for the child's parents that aside, feeling great pain in their hearts, also can feel invaded by a deep sense of guilt.

What is this about? What mistake have we committed? Why have we been punished in this way? Isn't God just and merciful and treat all their children equally? Although from the plane of the ego this reaction is normal and understandable, since it is not a cause or a rational explanation for what happened; It is not the same if we interpret the situation from the point of view of the evolution of consciousness.

For me, Reincarnation and the Law of Karma is the only possible hypothesis that can explain enigmatic and incoherent in appearance phenomena.

With regard to the etymology of the word indicates reincarnation retaking flesh, re-incarnate (in a new body). This implies, of course, the existence of a relatively permanent enters and inhabits these transitional wraps.

Then, life after life remains immortal, and that is not subject to changes in the physical body or its final decomposition when physical death occurs, the Soul. The real man is the soul and not the body. The man before birth already existed and continue to exist and when I die when I born again I will still exist.

When a soul borns in the body of a baby, is not a stranger, a newcomer to the ground. It brings experience and knowledge from previous experiences. Soul changes only its vibratory field, its interior remains unchanged, as the shift to a still immature physical body does not negate the wisdom accumulated in previous existences.

For the soul, every terrestrial life is like a day in the life of a person. Every day we continue the project we started yesterday. If a person gets sick and is not restored completely that day, he/she will wake up the next day with that illness, to be followed by curing.

When a person is born with a congenital disease with a physical defect it indicates that the soul that is embodied brings something not resolved in a previous life. The pains of this life are the fruits of undue causes sown by each in their previous lives and now, in the present, come to producing its due effect, natural fruit, since it is harvested only what you sow, not nothing different. On the physical plane it is exactly the same, who sow lettuce cannot expect to pick tomatoes. But we must be careful with the concept of karma

and not arbitrarily associate with crime and punishment. The deepest desire of our soul is to know the most and be free. From this burning desire, it sometimes takes charge of diseases and physical defects which help them achieve their goals. Sometimes the best way to obtain the release is experiencing extremely difficult circumstances within its own body.

Similarly, a congenital disease may be due to a conflict or project transgenerational sense.

Program that protects us from an alleged particular situation that caused damage to our ancestors. It also serves to liberate the parent of the burden of conflict.

Conflict shared by both parents, or just one but with a too strong shade.

CONJUNCTIVITIS OR PINK EYE: (See eyes)

Conjunctivitis is an inflammation of the conjunctiva, the membrane that lines the back of the eyelid and the front surface of the eye. The symptoms that occur are: difficulty in opening eyes to wake up, because eyelashes stick because of a discharge; eyelid swelling and redness and swelling of the eye.

We are living or have lived an emotional conflict, thanks to which we have stopped seeing something or someone important to us. We have separated to see something or someone that interested us.

"I am separated from the eyes of that person". "I've lost sight". "I don't see that what I like anymore" "I do not see the person I love"

If itching is present, loss of pleasure to see someone is added.

"I want to see him/her again, but that's not possible"

Or it may also indicate that we are seeing something in our lives that we do not like and we feel angry and frustrated. "Do not stand to see what you look at".

"I'm angry and frustrated with what I'm seeing" "Nobody protects me from what I see". "They look at me and make fun of me"

It is basically something that bothers us because it calls into question our authority. Someone has dared to discuss our "point of view" and we refuse absolutely to forgive him/her, that is, that you distrust the rightness of our position.

Pterygium: The pterygium, also known as "meatiness in the white of the eye", is a growth of fibrous and vascularised conjunctiva on the surface of the cornea.

"Nobody protects me from what I see. My eyes are put under a protective wing."

Recommendations to recover physical, emotional and spiritual health:

We must learn to see with the eyes of love and not with the eyes that judge if what they see is right or wrong.

I agree to stop seeing what I like.

I love and accept myself and love to see.

We need to develop the ability to put ourselves in the place of another, to grasp the reality of their point of view and better understand the intimate foundations of their actions.

It must face life and its conflicts. Knowing how to look reality to learn how to recognize ourselves.

CONSTIPATION: (See haemorrhoids)

It is considered constipation when stool stay too long in the intestine and the rhythm of the bowel decreases variably, with hard, dry stools and difficulty to dispose them.

The inability to have regular and spontaneous bowel movements reveals that the person is trying to "hold" events, which lives attached to their old ideas, which are stuck in the past, closely linked to their customs and traditions and that it is almost impossible to abandon.

"I want to keep..." "I do not want to forgive... I want to save myself"

"I do not know how to fix it" "I do not know how to move forward" "I do not know how to get rid of that crap, I take time to think" "I do not want to discover myself"

Constipation is accompanied by a headstrong attitude to continue clinging to a situation, despite knowing that it cannot derive any good.

"I have to keep this up, although I know that I will not like it"

"It does not get any better, but I'm not quitting"

"I should go, but I will not"

It also expresses greed and stinginess. This person has a hard time giving and tries at all costs to retain and preserve their things, cling to their material goods should it need them someday, because "a bird in the hand is worth two in the bush".

Even if you feel compelled to give something at some point, it will not feel guilty, but inside will not feel satisfied, because he/she always prefers to keep to himself/herself.

Similarly, there are other experiences that cause constipation, for example, those who are still waiting for the love of his/her mother. Lack of water (symbol of the mother) in their feces, equivalent to the desire of the mother.

"I want to keep the love of my mother, so I reabsorb water"

"I'm still waiting the love from Mom".

A mom may also suffer constipation if she feels guilty about the care of their children.

"My children are not well, my fault"

It can cause constipation by a conflict of fear of "not being able to remove the piece, the bite". Example: a house, land, car, etc., we have put on sale and cannot be sold.

Also, you can suffer from constipation after an identity conflict in the

territory or a separation conflict. Example: when someone feels isolated at work, in your community, association, etc.

Hirschsprung's disease: Congenital constipation.

"It is necessary, absolutely, to retain in my life, a very indigestible and very contemptible piece and also feel helpless and submissive"

Recommendations to recover physical, emotional and spiritual health:

The message you conveyed your Inner Master, is that you let go of your old beliefs, your worries and your fears, all that no longer serves you and allow space for the new.

You have to recognize your own inability to release and learn to accept and understand that everything in life is temporary, everything flows.

CONTUSION:

Conflict of alert. Warning sign, not paying attention to what we are doing, what we do, where we are going.

Conflict of victimhood. Whenever we suffer an injury that we can show, we will have a better relation to ... (We shall consider the symbolism of the affected part).

COR PULMONALE:

Heart and lung disease where coronary overload and right ventricular dysfunction occur due to pulmonary hypertension.

There is a difficulty for the blood to reach the lungs and be cleaned. Something does not want to be cleaned within the family.

Conflict of great contrariety regarding the vital communication of secrets in the house or the home. Secrets that should and should not come to light.

Things that need to be cleaned without anyone touching them. "I need to clean, but I do not want to clean".

COUGHING:

Sudden movement of expulsion of air from the lungs due to discomfort of the throat. The definition refers to that cough without an apparent reason that occurs at certain times of day to day or chronically (several or many times every day).

Coughing symbolizes the expression of emotions or thoughts that have been repressed.

Conflict of territory.

Separation conflict of oneself by enemies who want to own my territory or to own me.

Conflict reject something or someone.

Coughing serves to reject something that we have inside (airways and lungs, our territory), an attacker who must be expelled.

Most of the time it is related to something we have said or that we have been said and that "has angered us" because we are very irritable and very critical with ourselves, and with others. When the cough is chronic, we mean that "we are supporting" someone who constantly irritates us: our spouse, mother, father, our leader, a friend, a co-worker, etc. It can be a person who constantly mocks us and tells us what to do and how to do it, or is someone that tells you never do what they say or do as they want.

"I see or hear something that irritates me"

"The other is inside me".

"I have no right to speak firmly"

"This what they have told me has made me feel dumb"

Dry or irritating cough is a violent reaction of irritation and rejection, it is always because of external situations that have bothered us: An intruder, an unexpected visit, an order, which we refuse to do, be in a place that cannot stand, lack of space, cigarette smoke, being with people who I do not accept, etc.

It may also indicate that we are suffering a significant outside pressure and do not know how to handle that situation.

The wet or productive cough is manifested in external situations that besides bother us, make us sad, or someone who criticized us, someone who hurt us, who offended us, or something that we could not solve, etc.

It is the sign that the aggressors have been prisoners within. Or that we have accumulated many things, many critics or negative thoughts that we could not say. We spit to eject what attacks us, despair, and inner anguish, difficult

to express it.

Persistent cough crisis, it is actually a desire to bark at the world, wishes to be heard and taken into account or to shut up. It's our way of saying, "Hey, I deserve respect and attention, I am here and I am able to think and decide by myself"

Pertussis or compulsive cough: Conflict of separation and fear of death. Conflict of permanent dispute with the father because of my limits and yours. Recommendations to recover physical, emotional and spiritual health:

Whenever we cough, we need to stop for a second and see what we were thinking seconds before coughing. We have to pay attention to how many times a day we criticize or we do not accept ourselves as we are. We need to recognize who or what circumstances make us criticize. We have to become aware of emotional irritation within us and learn to be tolerant with ourselves in the same way that we want the others were.

CRAMPS: (See muscles)

A cramp is a more or less brief and painful contracture of one or more muscles. Few are the people who have not ever had a cramp in the feet or lower legs. Also, they can cause stomach cramps in the gut and even hands.

Controversy with movements.

Cramps "prevent" us from movement and forces us to stop.

What or who makes us feel limited in action?

"I need to do something, acting, playing, moving somehow, but I am being prevented".

If voluntary muscles are affected, it is due to the outside (the others) when the cramp occurs in the involuntary muscles, the impairment is due to internal (Self). The calf cramps tell us clearly what we are tense and irritated and forced to take a direction contrary to the desire we have.

"I want to be quiet but they force me to do things... fix your room, go down to the store, and anything you can think of.."

Conflict of being hyper-competent. We are living with excessive tension which we find very difficult to bear, what aspect of our life do we suffer stress in, where are we committing excesses and we want to go too fast?

We may be suffering a great feeling of helplessness that we cannot express.

What or who do we want to hold?

Recommendations to recover physical, emotional and spiritual health:

The body tells us that we stop for a moment, think about it, relax and let us return movements slowly.

We take the opportunity to find what is the "guilty" emotion that causes us these cramps. The affected body part will give us more information.

CROHN (Disease of):

Crohn's disease is a chronic autoimmune disease in which the individual's immune system attacks its own intestines causing inflammation.

Often, the affected part is the final part of the ileum or small intestine, although the disease can occur anywhere in the digestive tract.

When this symptom appears, the person is experiencing an emotional conflict in which he/she feels fear of losing their identity. This symptom is the result of very dirty situations, very low, very unpleasant, very filthy and despicable vivid for quite some time within the family (often related to the father) or job. It used to be very common in cases of school bullying and/or work. It can also be present in people who have been betrayed.

Necessarily there is a real fear to die, not being able to speak, inability to express what happens. Attached to a permanent feeling of material and emotional deprivation. If the person is young, he/she feels he/she cannot tell anyone because his/her family could blame him/her. If he/she is an old person, he/she feels he/she must endure to keep employment or economic gain.

- "I do not feel myself". - "I'm no good for anything" - "I despise myself" - "This has been usurped from me in a despicable way"

The person feels he/she cannot digest the prey, the bite and he/she does not find the exit, for crap.

This disease usually affects very stressed people, very pressured in the workplace and they must endure many orders and demands. As they do not value themselves, they are willingly dominated, but they do not know how to put themselves in the place of others, for fear of displeasing them. They are afraid of not being up to what others expect of them.

They also may suffer from ileitis those people who feel rejected by others and as rebellion they reject everything and everyone.

Recommendations to recover physical, emotional and spiritual health:

The outside world is the mirror in which we constantly look at ourselves. If we see that others reject us it is the reflection of our own rejection.

It is necessary, in any experience, to accept the feelings involved, make them ours, and feel them without blaming anyone.

It is also very interesting to learn to relax and not let us fall into the trap of stress.

It is important to stop demanding too much, both to ourselves and others. Take things more calmly.

And finally, we must always seek to put ourselves in our place and handle situations with courage, from our point of view and from what we feel and stop thinking about the expectations of others. Of those who occupy them. This behaviour is very valuable to learn to value and to love.

CRURALGIA:

The cruralgia is also called front sciatica. It is a localized pain in the thigh due to a femoral nerve involvement. This nerve controls a part of the thigh mobility and the sensitivity of some parts. Often, the person suffering from cruralgia think he/she has sciatica because both conditions often have the same causes and generate similar pains. The difference is in the location of the pain because the nerves affected are different. The cruralgia most commonly affects people of over 50 years.

Devaluation conflict: "I do not want to go" "I would go, but I cannot" (in the sense of getting something).

What am I doing here?

CUTANEOUS PAPILLOMA:

A cutaneous tumor that is generally harmless.

The papilloma usually appears after having suffered a conflict of separation by which we feel dirty or stained.

Conflict of loss of territory, loss of possibility of copulation. Usually it happens in people who go from flower to flower in the intimate relations.

Conflict of non-adaptation with respect to the situation of the couple.

CYST:

A cyst is a rounded formation containing a (typically soft) liquid substance that does not communicate with the outside, or has vascular connections. This formation can be benign or malignant.

Conflict of having our integrity attacked.

The cyst represents a regret that we accumulate, pain or grievance of the past, which occasionally comes to mind and is constantly fed.

Recommendations to recover physical, emotional and spiritual health:

You must not live encysted in the past, constantly feeding the old wound.

Instead of blaming someone who hurt you, you must accept and feel the feelings involved so that the blocked energy (anger, frustration, etc.) to flow and be transformed into love. The means par excellence is forgiveness.

The place where the cyst is, will give us a more detailed and specific information about our emotional blockage.

CYSTIC FIBROSIS:

Autosomal, chronic and hereditary disease that produces thick mucus accumulated mainly in the lungs, in addition to the pancreas, liver or intestine.

This mucus covers the lungs, causing problems to breathe and facilitating the growth of bacteria. This can lead to repeated lung infections and lung damage.

It has the function of stopping something. Mucus repairs, protects and slows down the processes.

Conflict of devaluation and fear of dying. Conflict in the clan or sense project.

"It is necessary to nail the brakes to survive".

Conflicts with things that are digestive and respiratory deadly.

Emotional conflict in which the person has come to the conviction that it is not worth living, coupled with an intense feeling of victim. I have the firm conviction that life will not go well and all the time I think: "Poor me".

"Without him it is not worth living".

"Why to live if nobody heeds me".

"Why go on if I do not care".

"I can never be alone".

In the lungs: Prevent water from entering the lungs (cap).

This symptom mainly affects people with attitude of victims. In fact they get sick to "get attention" and become dependent on others. They know that only this way "will be worth living".

Recommendations for restoring physical, emotional and spiritual health:

People with cystic fibrosis need to take control of their lives, to take responsibility for everything that concerns them, relationships, decisions, etc., and stop "becoming victims" to depend on others.

They have to realize that they do not need anyone to get ahead and enjoy life. It is necessary to look for ancestors memories of alcoholism and dead drowned, as well as in the project sense some conflict suffered by his mother or father.

CYSTITIS: (See bladder)

DANDRUFF: (See hair)

DEAFNESS: (See ears)

DEPRESSION:

Altered consciousness, perception and behaviour characterized by feelings of sadness, discouragement and apathy. It is linked to a personal drama whether it is conscious or unconscious.

Depression is often related to the fact of wanting to "take the pressure" of dramas with which we carry in our life. It is the passive manifestation of unexpressed aggression towards oneself.

Identity conflict over territory conflict, depreciation and guilt. In some women, sexual frustration conflict masked, in which sexuality is experienced as a territory, "it's mine".

It occurs when a person suffers two major conflicts. On the one hand, he/she suffers an identity conflict or non-recognition and simultaneously undergoes a conflict of annoyance on the territory. The person is stopped, immobilized by their inability to make decisions. The biological sense of depression is to remain paralyzed, waiting, giving itself time to make the decisions that needs, to meet again and take back its way. Example: Mrs. X has lost her identity as a mother to her daughters. They have rebelled, they disrespect her, do not take her into account and do not recognize her. Meanwhile, her husband, is organizing his/her territory, in all aspects and underestimates her.

Endogenous depression: Its cause can be found in stories related to the project clan or sense, unrealized duels, responsibilities on dramas not assumed. economic Economic losses, love dramas, deaths, retirements, etc.

Reactive depression: It arises from a traumatic event. People suffering from this depression devalue themselves greatly. The conflict is quite clear because the symptoms in the six months following the big shock appear.

Postpartum depression: At that time, woman becomes a mother. We lose a way of life, while we face a new task that can frighten and devalue us.

Separation conflict with our mother and conflict of feeling unprotected. We generate a fear of our new role. Surely we have something pending with our mother or against our father, who did not feel able at the time or perhaps we feel separated from them.

Similarly, the illusion for tomorrow, hope for a promising future, enthusiasm for all the great things that are yet to come ... money, power, happiness, etc; Reaching this motivates us enormously.

Present is miserable but we banish and forget about it thanks to the dreams we have deposited in the morning, all our desires will be filled in the future. But time passes and the realization of our dreams never arrives.

We are desperate and hopeless!

The illusion motivate us, but now we have run out of strength.

Depression is a state of energy depletion. We have lost the meaning of life, we do not accept the present or our living conditions; we self blame or blame something or someone, we judge and criticize.

We are motivated by negativity, which further undermines our energies.

Our ability to laugh is gone, we feel lack of love and self-esteem, have lost interest in work, relationships, food, sex, hobbies, etc; by everything around us. We cannot even sleep.

We reject our responsibilities, we hide to the duties and difficulties, because we feel powerless and unable to make decisions, to move or act and also do not want to ask for help or want help; We prefer that the circumstances or others are the ones who change. We just want to sleep and do nothing. We declare our lives on strike.

This state of despair can manifest itself in materialistic individuals who have been for most of his/her life pursuing material gains that have achieved everything attainable, but now cannot enjoy anything because the desire to hoard wealth, power, recognition, etc. have lost themselves and have no reason to live, they feel empty inside.

They may also fall into a deep depression, those who had childhood conflicts with their parent of the opposite sex. Somehow they were able to feel the rejection, abandonment, humiliation, betrayal or have been treated with indifference or lack of respect by the father or mother and still kept inside, pain, resentment and especially anger, which produced that fact.

As you feel powerless to express anger for fear of losing support and love, now it moves into this negativity and is the only alternative to project it to your spouse.

Recommendations to recover physical, emotional and spiritual health:

We must realize that the real cause of depression is the energy exhaustion. This is a consequence of self-rejection (conflict between who would want to be and who we really are) in the form of indictments, to judge, to control, fantasies (conflict between the ideal and the real) about the future or about the past and especially , to be motivated by negativity and the desire to lead a different life, although no decision to make the change.

To integrate depression, we should not fight it, or try to escape, or to compensate through other activities or depressed for being depressed.

Nor should we acknowledge our depression to events or others. On the

contrary, we need to accept it and experience it, entering fully without resistance in the depressed feeling.

By allowing from awareness that depression exists, we will begin to feel the energy recharge takes place.

If we suppress depression, exhaustion will become more intense and try to escape from it through greater stimulation or by substance abuse, thus falling into an addictive cycle that will lead to chronic depression.

Acceptance lead us to experience depression in a balanced way, becoming a time to recharge, to heal.

Deep relaxation and reconciliation with our goal is essential. Meaningless as an unattainable or live according to what they want the other ideal. We must learn to live our self, to recognize our own values and have the courage to be what we are.

Everything has an end; depression will also go.

DIABETES: (See pancreas).

Diabetes is a disease that involves the body's inability to take profit from the glucose (sugar) ingested, causing it to remain in the blood higher than normal amounts.

Eventually, blood that has a high level of glucose can lead to complications that damage different parts of our body, mainly the kidneys, eyes, nerves of the extremities, heart and blood vessels.

Diabetes is therefore in elevation of the amount of glucose in the blood and occurs because the body of the person decreases or does not have any secretion of insulin, a hormone produced by the pancreas, and is responsible to absorb glucose in the blood and put it in the cells; in turn they use it as an energy source.

With no insulin, glucose cannot enter cells and stay in the bloodstream, later it is eliminated in the urine. Excess of sugar in blood causes excess of sugar in the urine, leading to a sense of inner bitterness as sweetness that is eliminated.

Sugar symbolically represents the sweetness, gift, kindness, proof of love and recognition, has a maternal bond.

The presence of excessive sugar in blood indicates that we have difficulty in managing, to live or to obtain sweetness in our lives.

Diabetes expresses an emotional conflict of resistance (withstand or endure a situation or a person for a long time) and combat readiness. The person is often facing a danger and therefore must be ready for combat and for the flight, taking sugar in the blood ready to be used by the muscles when some of these options.

"I must resist because there is a danger" "I refuse to act" "I'm afraid to take action" "I think about it so much than, in the end, I do nothing".

The patient is ready for action, but fails to perform the act.

Conflict of fear more resistance to the look of someone or something that makes us feel fear, rejection, disappointment, injustice, etc.

Fear that something happens to us that we want to resist (a surgery, an abortion, to feel pushed to do something horrible to see ourselves forced to do something against our will, etc).

What does a diabetic resist to?

To permanent annoyance, to the disgusting, to injustice, rejection (as occurs migrants), unemployment, bankruptcy of a business, violence, unrequited love, etc.

The feeling of being watched and persecuted is commonly found in some diabetics, either because it is actually happening or because they imagine that happening.

There diabetics who are unconsciously obese, and they are made to create protection against attacks that are receiving or received, or to be free from desire, sexual abuse or suffered rape, "better get my body ugly so that others do not like me and do not violate me... I refuse. "

Moreover, the word diabetes comes from the Greek dia "through" and betes "run", "run through" referring to the abundant urine that occurs in diabetics, driven by the sugar.

But its other meaning is: day: "cut in two". Beth: "house", "the house is divided into two", there has been a separation conflict in the family:

"I resist separation and rejection, it is unfair"

"I feel excluded affectively, separated from the house (work, family, etc.)"

"It's unfair, I'm on the outside and the sweetness is inside".

"It's disgusting what they have done to me, the others stay at home"

"My body is my home. My country and my land is an extension of my body. When people come into my house, I do not tolerate them or they do not tolerate me, I isolate myself. Then: I RESIST "

"My partner does not want me, but I refuse to leave"

"I am excluded from the inheritance"

Conflict of "The sweetness is over!"

Insulin represents authority. Conflict or active resistance to abusive authority making nasty things. There is some notion of muscular or psychological impotence because there is a confrontation with an authority (country, police, parent ...) that "I refuse"

"I want sweetness but I receive torture"

"I face authority, I cannot resist"

Sugar symbolizes sweetness, tenderness, love.

"Tenderness is dangerous for me"

"I do not want that love inside me".

"Love is toxic, dangerous (may have suffered sexual touching, or experiences with friends who love you, but mistreat you physically or psychologically, etc.)".

Inspidus diabetes (eliminating hazardous liquid): In a survival situation linked to the mother (or female part), you have to get rid of a real or symbolic "poison" inoculated in us (very harsh words that stain in a memory or conflict

of clan).

The diabetic is a person who generally had a difficult childhood with parents or at least with some of them.

It may be a parent who showed with excessive authority (excessive rules and standards) and, consequently, devoid of sweetness. He/she rejected all ideas or desires and had to act according to what he/she ordered. These experiences have caused him/her enormous resentment and, above all, have hurt so much the fact of not being recognized.

Such lack experiences of love, tenderness, determined a sad and bitter behaviour that sometimes is hiding behind an exaggerated sense of humour.

People with diabetes have a loving realization of unrecognized desire.

Diabetic delivered a hard time, is unable to accept, to assimilate and open to pleasure and love, because they do not believe worthy.

You may think you do not want anyone, which could lead to anger and resentment.

He/she would you like to receive love, but he/she is not allowed to show his/her needs, he/she does not dare to actively seek:

"No, thanks, I should not take sugar"

Love and sweetness have a close relationship.

You may be drowning in a sea of sweetness, convinced that it is unable to take advantage of the lower part of the sugar it contains.

They do not feel valued or appreciated. They are very emotional people, hardworking and helpful, but with many expectations: they are always expecting something in return for what they do; waiting to receive.

They host many desires and not only for themselves but also for their loved ones. However, they can get very jealous when someone has more than them or feel guilty if what you want for others it does not manifest.

Recommendations to recover physical, emotional and spiritual health:

If diabetes is resistance to something or someone, the opponent would accept. But acceptance does not mean that we will stay in that situation of danger, heartbreak, and frustration. Acceptance means to realize what is happening, then the first step to take action and make a change in life.

The diabetic needs to work on emotional memory that caused a deep sorrow for the energy to dissolve and can access live the present moment. They have to break free of the past and recognize that love, joy, fun and affection are fundamental bases of life.

Only after curing the past it is possible to move towards the future.

They need to learn to let go and allow things to happen instead of wanting to control everything. This equates to develop trust in the Universe.

They must learn to appreciate and enjoy the sweetness of life at all times, giving thanks for what they have earned and not be swayed by the desires of the mind preparing the morning.

They have to free the desire to wait for an imaginary ideal partner and open the doors of your heart so that love can reach everywhere.

They also need to learn to give, to accept and give love without expecting anything in return.

The laws of spiritual growth tells us that we must grow giving, because we will be happier giving than collecting. But to give, we have to possess it in abundance, so, the diabetic needs to accept and love himself/herself unconditionally and understand that he/she cannot be responsible for the happiness of others.

DIAPHRAGM:

Membrane of musculotendinous tissue that separates the thoracic cavity (the thorax) from the abdominal cavity (the abdomen). It also has the function of facilitating breathing, since the lungs do not have their own musculature.

Conflict of impotence to relate my inner and outer world. Or between father and mother, or between heaven (above) and earth (below) or between the spiritual and the physical. Fear. Separation between my inner and outer world. I am unable to move the diaphragm when I become paralyzed as my inner world contacts the outside world.

"I have received a terrible blow not to be confronted".

DIARRHEA: (See Crohn)

Defecating in an increased frequency with liquid or semi-liquid stools.

The sense of suffering from diarrhea is to quickly eliminate wastes, leftovers, "dirty plays".

Water is always related to our "referents" and "Mom".

Conflict of small "dirty play" that must be eliminated urgently.

Conflict of minimums, lack of kindness.

On the physical plane, diarrhea occurs because the body rejects the food before you can digest what you need and what is good for you.

In the mental and emotional plane of the affected ones, is the same. It is very difficult to assimilate and accept what comes from the outside by having an excessively critical spirit. The affected is very saturated with information, data, experiences, but not entertained to study analytically, to assimilate, to extract the useful, but (he/she) rejects undigested, like food; As the food came out.

If I cannot say "enough", if I cannot say "no", reject, reaffirm, when I give information, order, a meal ... the guts refuse to digest everything that enters.

"I cannot say NO to what angers me"

Diarrhea is a way of not integrating the reality that is taking place, a desire to escape, to avoid a situation (wish it was over even before it started) a refusal to assimilate a toxic considered experience, "a trick" and whether out of fear or because it is totally unacceptable.

"I do not accept the unacceptable". "I've swallowed something bad that I do not want to digest". "I've eaten some crap".

Someone or something that have hurt our feelings (lack of kindness conflict) and we are angry and outraged. We detest and punish ourselves for not being able to deal with things and overcome the problems that arise.

Instead, we prefer to retire (escape) to a quiet and lonely place (bathroom) to make things happen, to run their course.

Often, this condition can also occur in people who feel going through "crush" who are afraid of poverty and worry about everything. "Conflict of visceral fear"

They feel that life requires them too much and they feel afraid not to keep up, not being able to do well and therefore, to be rejected.

"I have fear in the guts".

If it affects the thyroid (loose stools) diarrhea also expresses an eagerness, a desire to kill something about life itself: (acceleration of peristalsis). Desire to

speed things up.

"I want to end once and for all that"

"I must have it all finished before to start"

Diarrhea in babies: "The food is toxic".

This type of diarrhea occurs when the baby perceives a bad relationship with the mother. An altered, angry, upset mother, who rejects, etc. And therefore she does not give the child the love that he/she requires at that time. It's not the food, it is the attitude of the mother.

Diarrhea of the traveller: Conflict of wanting to be cleaned of the new thing by being too clinging to its territory and way of life.

Diarrhea in children: "I am afraid".

This type of diarrhea is common prior to this examination, a vacation, an artistic presentation, etc. In most cases we should analyse the activity that made the child the next day or after hours, always a child's fear appears to fail, to lose, to not do well, etc.

Diarrhea is a process of healing emotional conflict of disgust, fear, anger.

Symbolically, he/she wants to express: "At last I get crap out from my body"

Recommendations to recover physical, emotional and spiritual health:

By diarrhea we must become aware of our lack of self-esteem. We must learn to nurture good thoughts, to love and to feel worthy of all good. We must become aware of our fault finding and learn to observe things without prejudice.

We must recover the flexibility to watch the events, hear what is said to us before answering, and take time to absorb the benefits of a situation and allow things that should happen actually to happen.

DUPUYTREN DISEASE:

Dupuytren deviation is a condition of the hand characterized by a bending of certain fingers toward the palm. Fingers are generally involved little finger and ring finger, but all can be affected individually or together and this permanently. This disease denotes a "tension" in my attitudes, leaving betray a close against my spouse or my children.

I am interested in becoming more flexible and better expressing my moods.

Although affects the fingers, first, keep in mind that the hand as a whole represents the father. Secondly we have to inquire about the work that I do, what I do with my fingers in my work.

Recalling that:

The thumb symbolizes the emotional nutrition. It is the finger that "sucks" the baby.

The index finger represents the paternal role, authority.

The middle finger or heart finger is related to sexuality.

The ring finger represents commitment, partnership or contracts.

The pinkie finger or headset is related to love and family harmony as it is linked to heart. Secrets in the family.

DYSMENORRHEA: (Painful periods)

Normally, dysmenorrhoea is associated with acne (androgen production). It manifests itself in girls whose mothers have fervently desired to have a male and have mismanaged male hormones.

Conflict with authority, standards and rules in the family. Painful menstruation is indicative of what hurts a woman, that there is a rejection of the feminine condition whose main characteristic is the responsiveness and deliverability. It may be a reaction to the mother, who was the first woman model. This does not mean she is not feminine, but she finds unattractive the role of woman, "submissive" or that has too many "rules".

In this house rules are harsh.

"I hate authority, I do not want them to give me orders"

"Do not do this, do not do that, you must do so, we must do this otherwise"

"I have no right to exist, but on condition to do what they tell me" "I need freedom to do what I want, when I want and who I want with"

"This family is not normal, one aspect of my family hurts me"

Similarly, dysmenorrhoea may be the result of a feeling of resentment toward a man (father or other) or to men in general.

You can also hurt the period demanding women who want to be free and independent and requiring the same way that others are rigorous in meeting their commitments. They cannot stand the lack of fulfilment of obligations or deadlines.

Likewise menstrual disorders may also be an expression of the inability of women to "let go" to give up or give in relationships with loved ones, and on issues related to motherhood.

It is also possible that cramps come from an erroneous "education", popular beliefs transmitted by family.

Did you learn that it was normal to have problems during menstruation?

Did they make you believe, when you were a kid, that menstruating was shameful, sinful or dirty?

In addition, the period can also be painful when a contradiction occurs in the way of valuing sexuality, when it is considered dirty and sinful, but at the same time, essential.

"It invades my sexual level".

There is another aspect in women that can also cause discomfort and pain in the period as is the choice of having a child or not. When a child is desired, the onset of menstruation is like a missed opportunity, again states that "could

not be" so that pain can express the disappointment of not getting pregnant. When the period is abundant, it may indicate a loss of joy of living because of a toxic relationship with a member of the family.

"I want someone to leave my family"

"I want to leave this family"

"I'm afraid that my partner dumps me".

Having painful periods the first day of menstruation can mean, "I feel shame"

Recommendations to recover physical, emotional and spiritual health:

The women with problems in their periods need to let go of his/her tendency to want to hold and retain --the fact of wanting to retain, to keep, is evident in her body during premenstruation: breast swell a little, there is a slight weight gaining because of water retention, and heaviness in the womb-- Learn to let it go.

Think. The relationship with the mother and femininity, is it painful? Have you inherited from your mother negative images of femininity which you do not accept?

Accept femininity and develop deliverability.

Reconciled with yourself and understand sexual role menstruation as a ritual of purification.

DYSURIA: (See bladder)

EARLY PUBERTY:

It is considered when puberty begins before the age of 12-13 years old.

The sense of this symptom is to grow rapidly, due to a memory of danger with childhood.

Conflict of Danger: It is necessary to grow as soon as possible, because it is dangerous to be a child.

It is necessary to look in the family history if there have been hard conflicts in the childhood of some member.

EARS, (problems):

It is the organ of the sense of hearing. They are the representation of our ability to listen, to grasp, of receptivity and acceptance of what comes from the outside.

The ability to hear is bodily expression of obedience and humility, "listen to someone", "lend an ear", etc.

Ear problems indicate that we have difficulty in hearing what happens within ourselves or around us. Likewise they can refer to a conflict of not being able to catch the piece or bite.

Inner Ear: When present problems in the inner ear, we are living apart from someone who we like to hear or something we like to hear. It's about a separation conflict.

"I'm alone or do not want to separate myself from..".

I feel attacked.

What I am said or what I hear, agree with what I think or feel.

I want to part with these insulting words that bother me in understanding my life.

Right ear: "I do not hear something I wish to hear" (Antagonized Desire)

Left ear: "I hear something I do not want to hear" (Counteracted Action)

There are several inner ear disorders that cause dizziness or vertigo, nausea and hearing loss.

Tinnitus: The phenomenon that makes you hear sounds hiss, hum, crackle without this having any relation to my surroundings. This can be temporary or permanent and may occur with different sound intensities.

Separation conflict: lack of enough kind words, explanations or silence or "I'm separated from the sound of someone".

Too much silence: "Silence is unbearable" "Create noise in the head for not being silent"

Conflict of aggression: too many noises, hearing loss; conflict not want to hear. Built a wall of silence, hiding inside a shell. Because the fact of hearing whistling or buzzing tells me these perhaps there is something you no longer want to hear these sounds and will "drown" to prevent this from reaching my ears.

This is not what I wanted to hear. I cannot stand to hear unpleasant things, it may be words or noises that exceed our ability to reason.

"I do as I please," I refuse to hear certain words that I find unpleasant. I resist because I'm afraid to know the truth, to be aware of a situation or even to

eventually make a decision.

Conflict of territory. I cannot bear to have lost its own territory or hear how my opponent penetrates it.

What sound am I hearing? I accept my inner ears open more to get my inner voice. "I eliminate outside noise to hear the inner sounds".

Hardness of hearing: We are inflexible, intransigent and intolerant. We refuse to listen to any kind of recrimination. We feel superior and we think we do everything better than others.

Otosclerosis: It can manifest after we have felt in danger of death because of a "big noise" that leaves us breathless.

Meniere's syndrome: It is an increase in fluid pressure in the inner ear. The same resentires of hearing loss, tinnitus and dizziness.

Seasickness in transport: Disagreements between two sources of information. Examples: Between the inner and outer world. Between what I can control and what you cannot. Between mom and dad.

Middle Ear: The middle ear is filled with the first link with the mother, her voice.

It is a feeling of not being able to fish the information that interests me.

Conflict of lack of emotional nourishment.

"I could not capture the information by ear".

In children: "I cannot get what I want". "I do not want what they give me that way" "I cannot get to hear what I mean"

It may be that I as a child, do not get the love, the love of my mother, I do not "hear" about me. You might not buy me a toy I have asked for a long time, therefore "I hear that they will hear me"

Conflict refers to a lack of food or forced excess.

"Having to eat too much at one time" "Not being able to eat when hungry"

"Moving from breast to bottle, eat with a spoon and pour it, eat with the nanny, etc"

Conflict of not being able to catch something "not be able to capture important information by ear".

Right ear: conflict of fear of not able to catch the piece, the love of the mother, the mother.

Left ear: be flooded with information that you have to listen.

"I do not get to swallow the vital nutritional information"

Ear ossicles: The ossicles are the first bones to ossify completely during development and at birth are almost mature. Among the functions of the

ossicles, we have: To transmit and amplify sound, are the link between air and liquid. Like all conditions related to bones, we speak of an "impairment in hearing something we hear"

Otitis (Earache) .The Otitis is an inflammation of the ear, usually due to an infectious cause. An aggressive conflict, anger. I wish not to listen or obey.

In children especially when they do not want to hear any more how their parents fight or they do not support the tendency to squeal with any of them or when they are sick of hearing criticism, recriminations and reprimands adults.

In young children it manifests when they want to catch a toy, but they are not allowed; They do nothing but hear no! do not!

Exudative serous otitis: It is the presence of thick or sticky fluid behind the eardrum in the middle ear, but there is no ear infection. This is very common in winter or early spring, but can occur at any time of year. It can affect people of any age, although it occurs most often in children under 2 years. Unlike children with an ear infection, children with serous otitis not act as sick. Often, this ear condition has no clear symptoms. Older children and adults often complain of a feeling of fullness in the ear. Young children can surprise them because they try to turn up the television volume due to hearing loss.

The ear is covered to reduce hearing.

"I do not want to hear".

"I do not want to hear, I want to return to my mother's womb, the amniotic fluid, aqueous recover those noises"

Cholesteatoma: It can be defined as growth in the middle epithelial ear, the tissue grows and gradually accumulate, as it is destroying the surrounding bone. Although growth is slow, if not treated in time it can completely destroy the structures of the middle ear and the inner ear. The early symptoms are very mild even nonexistent. The most common symptom is the discharge from the ear, usually foul-smelling, but painless and occasionally with otic bleeding. "Impairment in hearing listening for something" Example: Every time a teenager asks something to his/her mother, she always refuted, she undermined his/her confidence, she rebuked them, etc. until he/she stopped listening for being unable to endure the devaluation.

Deafness: "I feel attacked for something they tell me" Rejection, stubbornness, isolation, "do not disturb me"

What we do not want to hear? About all that can affect and to stagger the

kind of life we live, because we do not want to change. We prefer to get stuck into the advice of others and only act at will.

It is people who always live on the defensive and cannot stand to hear criticism.

I accept that listening is a blessing.

I understand that listening can help me more than annoy me.

I love myself and learn to express my true feelings.

Eustachian tube mucosa: These are small passages that connect the upper part of the throat (pharynx) to the middle ear. It is normally closed, but opens when a person yawns or swallows, thus protecting the delicate parts of the ear from sudden changes in air pressure.

"I do not want to change the atmosphere" "I reject conflicts, disputes"

"I cannot stand the storm, discussions"

Muscular Fallopian tube: "I suffer for my middle ear and so it may contain, so keep it closed"

Conflict of being afraid to hurt someone we perceive by the ear, the voice of mom.

"I do not want anything bad happen; she is sick; Dad yells, hits her; I want to protect her. "

"When I approached my mother, I have fear; I fear I protect my mother, who wants to protect me. "

Tympanum: "Catch the necessary information" "Separation by sound". Lack of auditory contact.

It depends if the condition is located in the left ear our problem is with the male symbol, paternal, or "something you do not want to lose", referring to a "piece", and if the right, with the female symbol, maternal or on "I want to catch something," may be the bite, the mother, etc.

Recommendations to recover physical, emotional and spiritual health:

The ears are to hear both what we like and what we dislike. Learn to obey the inner voice itself and also to external.

Listen with the ears of the heart.

What do I not want to hear? "He/she does not want to hear" leads to "not hearing".

Why do I refuse to listen to a certain person? Actually what bothers you is not what they say, but your perception of what they say.

Why do they do "deaf ears"? To avoid having to obey or not to listen to the problems of your loved ones?

EARWAX:

Accumulated wax in the ear canals that form a plug.

Conflict of closing to what one hears (real or symbolic).

Is there a feeling that no one deals of oneself or that they deal too much?

Or a problem that one has to take care of someone?

ECCHYMOSIS: (See Bruises)

Conflict of alert. If the red mark is visible we must add the concept of family and if there is inflammation we must add anger, frustration.

ECZEMA OR ATOPIC DERMATITIS: (See skin)

Eczema or eczematous dermatitis is a group of dermatological conditions (skin), characterized by having various inflammatory lesions such as erythema, vesicles, papules and exudation.

It is a condition of the surface layer of the skin (epidermis) that can occur in adults as in children and is manifested by a reddening of the area, itching and flaking.

It affects to hypersensitive people who did not learn to love and live so much in terms of what others expect of them.

Eczema appears after a breaking contact situation, more or less intense. This separation may refer to a loved one, family, a pet, an object, an idea, etc.

Here are some situations of life in which the notion of separation is present: accident, divorce, remoteness, rupture, separation, isolation, death, etc.

"Conflict of simple separation".

"Conflict of fear of being alone"

"Separation of father, mother, brother or another person, an animal or an object (bed, sofa, etc.)".

The place where the eczema is revealed explicitly depends on the specific content of the conflict.

If you are located in the hands we can speak of the impatience we felt face the difficulties we have to act or "I feel separated from something I'm doing"

You can also show a conflict of separation from our father or our partner.

If it affects the mouth can be a conflict of separation from someone, whom we want to continue kissing.

"Now I cannot kiss him/her anymore"

If the eczema is located in the elbow crease and the hollow behind the knees, it indicates that we feel misunderstood and alone. Nobody supports us in our projects.

In the bend of the elbow can also be expressed:

"I feel separated from the embrace of someone or not I want to hug someone"

On the outside of the elbow, he/she said: "I feel separated from a job"

When an eczema is manifested in the left breast of a woman it can be related to a conflict breaking contact mother/child; if the right breast is affected, it speaks of a conflict of emotional separation (partner) or of a loved one.

When an eczema affects the head (seborrheic dermatitis) often express the disappointment we feel when we see questioned our ability to control, or not seeing recognized and accepted our ideas.

You can also express: I have to be seen and at the same time want to hide.

"I want my work to look, to be recognized, but I do not like to stand out"

If the affected is the face, it can make a big discomfort with oneself and with the image we project. We talk about the difficulties we have about our identity.

"Conflict of separation from our image"

Eczema in children is linked to security-related insecurity or fear maternal bond.

"Conflict of separation from the mother"

This is usually generalized eczema all over his/her body as a separation for a child represents a vital conflict and therefore affects the globality of being.

Recommendations to recover physical, emotional and spiritual health:

First we find a remarkable and unsettling drama occurred some time before the onset of the disease, a year earlier, approximately.

Analyze and discover who or what I am separated, isolated and reason to understand that not why I suffer from skin.

Loudly express how much I said separation hurts.

We need to accept ourselves as we are and love us.

We should not entrench ourselves in our feelings and try to express spontaneously at all times.

We must be consistent with ourselves and not be too influenced by what happens around us. We have to identify our real needs and act accordingly.

It is very important to deal with conflicts and avoid betraying consciously.

ELBOWS:

It is one of the most flexible parts of the arm. It has the ability to move anywhere, except backwards.

The elbow problems speak of a conflict related to the use of the arm.

It may be related to the professional activity. "Devaluation linked to work"
"Someone does not value me at work" "Someone does not value my work" "I do not enjoy my job"

Being unemployed or changing jobs, etc.

If it affects the skin (psoriasis, eczema), "I am separate from work"

The inside of the elbow is associated with affection, hug someone. When the elbow is well allows us to push someone strongly.

Also, elbow is related to our freedom to act and our identity ... "I open space"

Pain tells us that we lack enough space to act freely.

You can also hurt yourself when we reject or admit the *modus operandi* of someone or when we are forced to accept it. When we have to do something against our will and that we wished to avoid it or have done it differently.

We can also have problems when we keep a selfish attitude and lack of consideration or go through life "elbowed opening ourselves" in order to achieve our goals (outside).

Ulna: bone problems in this conflict speak of impairment related to a security perimeter around me.

Similarly it may be affected when we have difficulties to "share" something related to our range.

Devaluation: Conflict competition with others close to me.

Epicondylitis (tennis elbow): is an inflammation at the level of the elbow joint. Unexpressed anger.

Devaluation conflict.

Imperfect gesture in tennis. "It's my elbow that does not play well"

"I'm bound and do not feel"

Conflict by comparison: "I'm worse than the other or that one is better than me"

I become aware of why or what oppose resistance.

Epicondylitis (golfer's elbow): Related to "drop".

"I want something and I prevent it".

When it affects the outside away means I want someone on my side. If pain appears on the inside, it expresses that I want to hug someone but I deprive myself or prevent it.

Recommendations to recover physical, emotional and spiritual health:
Open and accept the changes and new experiences that life gives us. Occupy
your own space.

ECCHIMOSIS OR BRUISING: (See contusion)

Conflict alert. If the red mark is visible we add the concept of family and if there is inflammation we must add anger, frustration.

EMBOLISM:

Obstruction of an arterial vessel, for example, by a clot.

The sense of this symptom is to stop bringing blood (family) to an organ, tissue or part of the body.

I want to resist and protect myself. Fear in ...

Conflict of loss of distal territory (distant) for not having done what was expected. We must always take into account the symbolism of the affected party.

EMPHYSEMA: (See lungs)

ENDOMETRIOSIS:

It is a gynaecological condition characterized by an abnormal presence of uterine lining in places in the body where it should not be, for example, in the vagina, the fallopian tubes, in the abdominal cavity, urinary bladder.

When the endometriosis affects the bladder, it translates a conflict between her mother and her partner. He does not support her and prevents that she frequents home. Although she wants a child to please her mother, cannot have it at home, because her mother is banned and that is why, that the lining of the uterus moves to the bladder, the organ that serves to mark the territory.

"I really want to be pregnant, but I cannot accept the child in place that should, so I stay outside (the home is out, the family is disintegrated).

Impression that the house is not ours. "I'm not at home". "I am excluded from the house"

Endometriosis can also occur in women who even want a child, I cannot conceive because unconsciously they fear the consequences of childbirth (suffer greatly or die), or perhaps because they fear the child to break the harmony of the couple, or for fear in relation to the world as it is and the uncertainties of the future.

Many women suffering endometriosis have maintained a tense, difficult, painful emotional relationship and sometimes even violent with her own mother.

It is the mothers who invade the life of their daughter, who lack emotional capacity and constantly criticize and offend. As a result of this complicated relationship, women tend to physically harden and develop a masculine attitude in life, as the inclination to force things, to want to control everything, to maintain power relations or to be loaded in excess of activities.

Recommendations to recover physical, emotional and spiritual health:

Do not allow, under any circumstances, that your mother invade your Being.

Develop your femininity at all levels.

Accept fear and integrate it to satisfy your desire to be a mother.

These women must be allowed the possibility to be defeated, sometimes in their creative projects.

ENURESIS:

It is the urinary incontinence that occurs primarily at night.

"I feel good in my world (sleep) and do not want to wake up"

It affects mostly to children who feel a mixture of fear and rebellion against authority. During the day they are under severe pressure, (school, parents, etc.) and feel they are overtaxed. They have excessive ambitions of parents and may suffer, disagreements between parents on the method of education to follow.

During the day, these children cannot relax or make their own claims, cannot break free from the pressure they are being subjected.

"They invade my territory"

They feel rejected and oppressed because they have imposed a pattern of behaviour that prevents it from being as they really are.

"I am moved and I am afraid, I seek security"

Bedwetting may be the result of fear that the child feels toward his/her parents, and especially toward his/her father or toward the figure that fulfils that role (grandparent, teacher, etc.). They may be afraid to upset him/her for not obeying their wishes or fear disappoint, not keep up, or failing to meet the expectations of these.

Enuresis in girls is often related to a conflict of brutal separation linked to sexuality.

Example: after the separation or divorce of parents.

"Dad no longer takes care of me!" "I feel apart from my father!"

Recommendations to recover physical, emotional and spiritual health:

Nocturnal enuresis (conflict of marking territory) is the unconscious protest against wrong treatment; It occurs when the child has lost control over his/her conscience (territory) and is the answer to the pressure bearing during the day.

Enuresis allows relaxation of the sustained pressure and provides the opportunity to make parents, always giving example of strength, feel helpless, because what can they do?

The mission of a father or a mother is to ensure by all possible means to give freedom to their child. Because whenever someone is forced without being able to choose we are destroying his/her intelligence.

True education is not to introduce the child our own ideas or beliefs but help him/her come to light what the child has inside, allow to develop his/her

qualities, prepare to be himself/herself, because every child is unique and has never been, nor there will be no one like him/her

These children, who may even require too much of themselves, can be helped to relax by telling them they are good children, by recognizing their talents and values and by supporting and telling them that even if they make mistakes, we will still love them.

Check whether the territory problem is because of the mother.

EPIDEMIC:

A disease that affects a large number of the population during a certain time. The message and reparations are not individual or family, but collective.

Conflict: When there is an epidemic is that the conflict is in the collective unconscious, that which unites us, that is to say that many people are going through the same conflict, such as the proliferation of plagues after wars due to despair , fear and the number of dead.

EPILEPSY:

Epilepsy is a chronic nerve disorder characterized by the more or less frequent repetition of seizures. These attacks can remind earthquakes are unpredictable onset and usually last a short time. The most prominent symptoms include loss of consciousness, seizures, blood pressure raises quickly, breathing seems to stop, throw foam at the mouth and may be involuntary loss of urine or feces. Epilepsy means, be uncontrolled, be surprised.

It occurs in people who feel they have not been desired, they do not feel loved or that have been raised by overprotective mothers. As a result of these experiences the epilepsy patient has difficulties to stand, to find their place. It seems as if he/she had not found its place, not in his/her body or in his/her family.

They suffer large internal conflicts, but are repressed and are not willing to say what they think. Before they prefer to bite his/her tongue.

They are people disappointed in themselves (though they are not aware) because they are not able to decide, to act and not forgive when they make a mistake, when they are wrong. They are people prone to self-rejection because they (themselves) are considered conflicting and guilty.

This provokes a state of deep distress that sometimes discharge themselves against attacks. An epileptic seizure is a form of self-harm.

Epilepsy can also be considered as a demand for attention and affection, or to divert attention from others of a previously made error.

At unconscious level, there is a very important conflict of absolute fears, for example, death, suffering from cancer, not being able to do something right away ...

"I live an event with fear and surprise at the same time, so I cannot control what kind of movements I do"

Similarly, they may have a conflict of fear attached to a separation conflict or related to the motor.

"I want to do something but I prevent it; I want to rest or be quiet and they force me to act; so that my movements do not know what to do. "

"I do not want to go, but I have to" for example, in children, afraid to go to school.

"I'm afraid to go to school, there will not pamper me as much as in my home with my mom"

"I'm afraid to grow, I like how my father treated me"

Epileptic seizures can be considered as a mechanism distress, urgency, in a very fearful person, which is subject to heavy stress.

"I have to absolutely control everything"

The patient has to become aware of their fears and integrate them.

Recommendations to recover physical, emotional and spiritual health:

Conscious breathing exercises to practice until discharge and maintain an intense sexual life tend to be very beneficial for epileptic therapies.

They must be granted the right to make mistakes without blame and without believing that others will stop loving them. This will prevent them to still feel anger and violent feelings inside, and so may express all the pain that invades them.

We must be aware that we collect from what has been sown. To receive affection, we must have sown that affection.

EQUILIBRIUM OR BALANCE, lose one's: (See vertigo)

Fear. Loss of self-confidence. I desire to have under control our environment and finding accurate and stable support.

It has happened something (often, situations of change) in the life of the person who has moved the base and foundation where rested. The patient feels that has lost his/her reference points. His/her beliefs, his/her values and way of life have collapsed. He/she has become valueless.

He/she is not thinking properly, does not see clearly the future, and does not know where to lay his/her eyes.

"Before us it is the nothing, and we are required to move!"

We may have the feeling that a situation is evolving too fast for us and we are afraid of the changes it will bring to our lives.

Recommendations to recover physical, emotional and spiritual health:

Life is constantly flowing. Beliefs are based on the mind and many are irrational, limiting and destructive. We must accept them but be very aware not to let thoughts disperse. The most convenient, in these cases, is marked a course and follow it.

We must learn to trust ourselves and in life.

ERUCTION OR BURPING:

Burping is an audible expression of gas through the mouth that comes from the stomach.

It may be due to a sudden fear caused by an unforeseen event or a thought, a concept or an idea that costs us a lot to digest and therefore it comes back.

It can also tell us that we are impatient and we want to incorporate and assimilate everything very quickly.

Or we suffer stress because of the material, professional or financial world.

Often, they also express that suffer an accumulation of problems. Each time they solve one, another comes.

Conflict of freedom in the exchange: "I do not accept that the relationship is heavy, closed, sealed". "I lack air, lightness, freedom, in the relational exchange"

Conflict of a missing "piece" of air. Wanting to catch and retain life.

ERYTHEMA: (See eczema)

Redness of the skin due to excess blood supply.

"I am ashamed to show myself to the world".

"I cannot stand they look at me"

"I want to get rid of the judgment of others, the image I have".

"I need to hide this or that".

"I do not like my face, my appearance".

ESOPHAGUS:

The esophagus is located at the beginning of the digestive system and connects the pharynx to the stomach. It is the passage for food so that they are digested. It is a relatively passive organ.

Top part: Discomfort indicates that there is something we have "swallowed", but forced to do it.

Swallowing conflict: Something in my life "that does not happen," feeling that something is stuck in the throat.

Conflict of not willing or able to move the piece we've swallowed. "They made me swallow *toads and snakes*".

"I have no choice but to swallow something and wanted to get rid of it, I reject it. I prefer swallow something else. "

What can't I swallow or can't accept in my life?

What is he/she trying to force me to eat?

Could perhaps be the reproaches, the criticism?

Bottom part: Conflict of not being able to eat what's on the plate, "have the stomach larger than the eye" "I never have enough"

"Fear that someone we remove what we have on the plate". "The piece can still escape me"

Words cannot waste anything, we must use it all! Gluttony, large gullets, bottomless pit.

"Conflict of not enjoying the snack eaten" example: a heritage, a car, etc.

Conflict of not wanting to eat they put on us as food.

Esophageal motor skills: "I want and, while not want to swallow, to lower the piece"

Esophageal achalasia: Conflict piece or toxic bite or will not be able to digest. Piece I've swallowed without really wanting to swallow, or feeling forced to do so.

Sphincters also relate to the father: Conflict in which "the father prevents the mother feeding the child"

Conflict swallowed something by force (opinions, judgments, decisions ...). The conflict often manifests itself in a situation in which "is bad if it is not swallowed and it's bad if swallowed".

The esophagus can also be affected when the person resists or rejects new ideas, especially those that do not come from him/her. He/she has a very strong inner critical attitude that prevents it to give in and let the heart speak.

Esophageal cancer: It can manifest when we want to "swallow something", a

house, a car, etc. and, at the last moment, we cannot.

It may also appear when we've been forced to "swallow something" that we would have liked to "spit".

"We must not squander. You have to take everything. "

Recommendations to recover physical, emotional and spiritual health:

Those sick of esophagus need to become aware of their own ability to make and run their lives as they consider the best, and allow others to do the same.

EXOPHTHALMOS: (See eyes)

EYES, (problems):

They are the organs of vision. The mirror of the soul. They do not only collect impressions from the outside but also express any emotion and feeling that is experienced from the inside. Through the eyes, we recognize immediately emotions like anger, fear, or love. The eyes represent the ability that one has to approach life and see others. All eye diseases tell us of our inability to see life objectively, they highlight our view and our way of seeing things and situations as they really are.

Cornea: In the front of the eyeball there is a transparent membrane, like the glass of a watch, called the cornea. The cornea with the lens focuses the light entering the eye.

Keratitis (inflammation of the cornea), Conflict of visual separation:

"I lose eye contact with my beautiful girlfriend"

Conflict of forced contact: "I'm forced to see ... all day"

"I'm very upset, I have anger and courage for something I saw"

"I want to hit the first thing that I see".

"I want to harm..."

Herpetic keratoconjunctivitis: "What I see makes me dirty"

Keratoconus: Alteration of the curvature of the cornea, which takes a conical shape. If I have keratoconus in one or both eyes, necessarily, it means that I have lived a conflict in which I wanted or have actually achieved that people around me do not see what is inside me. I do not want to show that I am weak, vulnerable, kind, etc. Fear of being myself for fear of being rejected. Afraid to show my weaknesses. Inability to reveal my feelings.

Obsessed, I hide some of my personality. "I do not want others to see what is inside me" "What is inside should not be seen from outside".

"Nobody protects me from what I see. My eyes are put under a protective wing. "

Fear. Insecurity. Distrust. Shame.

Dry lachrymal glands: "Wanting to catch the eye". Fear of not being able to catch the moment, in the sense of not being able to see what we would like it to happen.

Conflict of inability to make one thing we like to see, that is, visually not catch/get something.

The absence of tears perhaps it may be because the person is prevented of mourning, he/she refuses to express his/her emotions.

"It is forbidden to mourn, to express feelings, to let someone else see them"

Often, these are people who try to hide their great sensitivity because they are afraid of being taken advantage of them.

It may also be of angry eyes, who refuse to forgive, to look with love.

"I see all furiously, because they are not as I want to be".

"I see all furiously, because they do what I want to do"

"I'm disappointed and hurt".

Ulcers: Severe visual separation. "Losing someone from our view"

Scleritis: The sclera protects and maintains the shape of the eye.

Conflict of protection in a visual tone. Protection from what we see.

Devaluation by a (visual) territory that we are losing and we feel powerless to defend it (intolerable).

Chalazion: Meibomian gland is a cyst in the eyelid caused by inflammation of a blocked meibomian gland, located close to the lashes, usually on the upper eyelid. It differs from a sty that they are not painful.

A meibomian gland secretes the fatty substance of the tear film, which is a protection for the eye. There has been an excess of demand for protection, and this has blocked the duct.

Conflict spot by something I see, either abroad or in myself.

Devaluation conflict: Not wanting to see more of passive, childlike way.

Conflict of blindly trusting in something or someone who failed us: "I should be alert".

Conflicts with the vision we have of religion.

Dishonour conflict and separation: "It's wrong not to see him/her again"

Stye: Conflict of separation and dishonour and something we have seen and made us feel dirty.

"I've seen one thing I did not like anything"

"I feel dirty for something disgusting that I had to see"

"I have problems in my marriage or with my partner"

"I saw something that made me angry"

"I just like to see things that interest me"

Eye pain: We will not see what is happening. Pain causes us what we're seeing.

Attempt to escape from life as we accept see how it is.

Exophthalmia or large googly eyes: The muscles around the eyes are in a permanent state of shock, reflect an expression of fear experienced as a result of childhood experiences. Conflict dam which increases their visual field to see the danger coming and escape in time. "I must catch the image of danger

as quickly as possible”

Blindness: Conflict of the ostrich. When it is afraid, an ostrich prefers not to see anything and hides its head under the sand; where everything is black, and cannot see anything, and solved, no problems!

Was it necessary to see the day?

Was it necessary to hide my presence in the mother's womb?

Because of a shock, trauma, etc., we refuse to see, in order to avoid confrontation with reality. We do not want to accept what the eyes tell us.

Eyelids: Conflict of motor function. You cannot see and not see, at the same time.

Blepharitis (inflammation of the eyelids): The eyelids are like a curtain that closes to protect from external aggression, to rest or not to see. Inflammation often comes from an anger for something that we are seeing and cause us pain. "That hurts my eyes”

Motor conflict: Related to the children, the neighbour, with our identity.

"I cannot see without being seen” "He's my son!".

There is disappointment or difficulty in something visual: "I do not want to see, I do not want to see...” related to the children or to something symbolically considered "childish" as a book, a painting, etc.

Our identity, what we want to be or what we want to and what we do not want to happen. We are not accepting some of our past and we see it again in the present. We had forgotten something, we see it again reflected in our children...

Conflict of "dirty vision" related to seduction. We want something but at the same time, we tried to stop ourselves. "I see something that stains me".

We prefer not to see the day that begins, not face life, for lack of ideas.

It can manifest itself in blepharitis those people who refuse to close the eyelids to rest or sleep, for their anxiety to see everything not granted.

Or those which, by excess of activity, and not having any help, nor have a deserved rest; which irritates them enough. We do not protect adequately against external aggression, that is to say, that we easily let ourselves be influenced by what we see.

Blepharoptosis or palpebral ptosis (drooping eyelids) is the manifestation of great sadness ... as when the curtain is lowered.

Conflict of impotence for something we see. Refusing to look at this world considered as childish and immature. Resignation.

Conflict of "danger". Not being able to see things that seem horrible, ugly or

aggressive: "I cannot go back to see my son, my country, etc".

In women, it usually appears in the left eye and speaks of apathy and sadness, in her marital relations, having chosen a husband who disappoints her. It may also indicate a problem with the child.

Similarly you can refer another person to which you want to avoid seeing.

"You can see and not see at once" "We cannot see without being seen"

Ectropion: The eyelid (most frequently, the bottom one) is folded or twisted in the opposite direction the eye surface. This causes dryness and irritation of the conjunctiva of the eyelid.

Open your eyes to maintain a vision on the environment.

Conflict of fear of being alone or abandoned by something we see or related to the vision of something.

Conflict of fear of death, what lies beyond, to sense everything (spiritual vision).

Terrible conflict and ambiguous relationship with the father or whoever performs the paternal function on us.

Entropion: It is the investment of an edge of an eyelid, causing the eyelashes to rub against the eye. In most cases it is observed in the lower eyelid.

We close our eyes to not see something unpleasant.

Separation conflict, being ignored.

Controversy vision of something that is attacking us.

Conflict of relationship with the people around me, because the people who matter most to me (parents and family) have not looked after me enough and have not put their attention on me. I have not had physical signs of affection.

Gravis: Conflict of impotence for something we see.

Trichiasis: The tabs are bent towards the eye irritating the conjunctiva.

Separation conflict and guilt.

We maintain our view of biased way, because we feel guilty of "seeing or being seen"

Conflict of the father's protection.

Amblyopia: Amblyopia, also called lazy eye, is defined as a decrease in visual acuity without there being any organic injury to justify it.

Conflict: "I want to join what I see separately"

Nystagmus or ocular parkinson: To some extent, it is a kind of parkinson disease in the eye. Controversy wipers. Nystagmus is an involuntary and uncontrolled eye movement. The movement can be horizontal, vertical, rotary, oblique or a combination of these.

Nystagmus is associated with a malfunction in brain areas that are responsible for controlling movement. Those affected with nystagmus often put their head in an abnormal position to improve their vision, annulling as possible the effect produced by the movement of the eyes.

Emotional conflict: "I cannot look straight things, the danger comes from different parts". "I do not know where to look" "Survival depends on my balance; I have to stay stable" "I must watch the entire width of my territory".

Retina: The retina is the layer of light-sensitive found in the inner back of the eye and acts like the film in a camera: images pass through the lens of the eye and are focused on the retina. The retina then converts these images into electrical signals and sends them via the optic nerve to the brain. The retina is normally red due to its rich blood supply.

Retinal detachment: Intense Conflict, visual image of stress. Example: The child falls off before our eyes. The adult feels horror at such image, but the view is protected.

The retina prints... "I do not want to print what I have seen" "Feeling of having seen something terrible" A small child who does not have this protection mechanism, remains fascinated by the horrible things he/she sees. When we are struck, the child prints the image on his/her retina. Later, with all his/her stress concentrated in vision, he/she will suffer a retinal detachment.

Fear that comes from behind. What can fall on me? "The danger is coming from behind"

Macular retinopathy: This is the alteration of the capillaries of the macula (the central retina).

Stop seeing a person or thing irreversibly.

"Seeing a family member die".

Retinitis pigmentosa: Too much pigment in the retina. Melanin accumulates in the back of the eye. It is the visual equivalent of melanoma: vision of horror, ugly, nasty, with stain vision. "I've seen my father/mother with another".

Colour blindness: It consists of not seeing a colour, the relationship with a fact that is stressful. Example: alcoholic father, addicted to red wine. Red = horror, fear.

Recommendations to recover physical, emotional and spiritual health:

What don't I want to see? Am I able to see things as they are?

Am I afraid to see things clearly? What aspect of my personality do I close

my eyes with?

We must be tolerant of what we see around us.

We must be aware that nothing will change in our lives refusing to see.

Any problem in the view is a message of our soul, which warns of an error in our learning and prevents us from realizing our life plan.

The eyes are to see both what we like what we dislike.

We must develop the ability to put ourselves in the place of another, to grasp the reality of his/her view and better understand the basics of their actions.

If the problem affects the right eye, will be related to the symbolism Yin (the mother). It represents my identity. It is the eye of recognition of emotion (which shows my affections). Memorize. Compare the known and unknown faces. It represents the recognition they give to others. It is related to our parents, our children, friends, etc.

If it is the left eye which is affected, it is related to the symbolism Yang (the father). It is the eye that directs the movement. Look at enemies. Look how far to shoot. It is the eye that warns us of any threats near and defends us from danger.

FACE:

The face is the first part of the Being that one presents to the world and according to its people will tell judgments and form impressions about what kind of person we are and even if we are pleasant or not.

Through face, we do not only show our outward appearance, but also express many feelings, through the eyes and gestures, with the word and breath we express our closed or opened behaviour, whether we are happy or sad, etc. Everything we get, what we express and the image of ourselves that we see, all is on the face.

Popular expressions show various aspects of the face as a place of identity or expression.

- "Lose face" it means losing prestige, and indicates a loss of pride or self-esteem.
- "Stand up", "to face", "deal", etc. We talk about our courage and inner strength
- "Have good face"; "Show good face" (to be kind); etc.

The problems in the face speak of the difficulties or uncertainties that a person about their identity, a difficulty in accepting the image we see or we think we have.

Face disturbances manifest the feeling of being wounded in the image. Like when someone is compromised or when he/she sees his/her image is put into question and receive a "slap in the face".

Accidents with facial injuries manifest a profound questioning of our personal image.

The forehead, symbolically reflects our way of "face", "cope" of "see" ourselves confronting a situation or to someone.

Facial paralysis, feeling of "losing face" to look ridiculous. Loss of dignity, being mocked.

Recommendations to recover physical, emotional and spiritual health:

The face reflects what we have experienced, our concerns, the way we have behaved and how we have loved. Express our happiness and misery.

We should always show our true face, our individuality to find the serenity of our soul.

FAINTS:

Fainting is a loss of consciousness, which appears suddenly and is short-lived. They manifest when we feel fear and helplessness in a situation that we cannot afford. a desire to escape, an escape to irresponsibility occurs because we are faced with something unpleasant that we do not like and we have the feeling of not being able to avoid or change.

Recommendations to recover physical, emotional and spiritual health:

Although we think that "we cannot cope" with the situation and want to escape, we must be aware, instead of becoming more unconscious, teaching that we can report our experience.

We must allow ourselves to feel the feelings and accept to connect with our inner strength.

FALLOPIAN TUBES:

They are the ones that carry the “eggs” from the ovaries to the uterus. As the meeting place of the egg (female) and sperm (male) to create a new being, if one or both tubes are obstructed means that women prevents the union between their masculine and feminine principles. This attitude negatively affect their ability to create your life as she wishes and their relationship with men.

The most common problem is the blockage of one or both tubes. Almost always related to conflicts with sexual connotation: "I do not agree to have sex". "Sex is not to my liking" "Men only want me for sex" "I will not let this man get me pregnant" "For me sex is dirty, it is a disgusting thing" "I'm not willing to enjoy sex, I call it love" "I cannot enjoy sex, I'd rather not have it" "I find it difficult to relate to men"

When problems arise in the mucosa of the tubes or in the muscle, it means that we are living or have lived some sexual level bad situation: (rape, molestation or sexual insults). "My partner forces me to get pregnant and I do not want". "I cannot accept because sex is linked to something unbearable"

Violent disagreement with someone of the other sex. Rude, lewd insults.

Similarly, it may be offenses we have suffered at a sexual level: (my best friend took me to my husband or I rise when I sleep with the boss).

Conflict of being too nasty, dirty and cruel, related to sexuality, for example, my son, my husband or my employee, is a rapist, harasses children, etc.

It is necessary to review conflicts of rape or incest in the family tree.

Salpingitis: An inflammation or infection of a trunk.

"I cannot accept a sexual relationship" "Sexuality is dirty, I feel sexually assaulted"

Feelings of repressed anger by unfulfilled desires to have children.

Feelings of guilt and anger for breaking a relationship with a man she did not feel happy but whose union was based on a family conditioning.

Recommendations to recover physical, emotional and spiritual health:

It is necessary that you become receptive to the ideas you get and you let stimulated by creative projects, taking action to freely create your own life; but at the same time being open to what man can give.

Man and woman are two parts of a whole; every man is also a woman and every woman is also a man.

When your man and your wife can meet and can melt into each other, then finally only you are one, man or woman.

To achieve give yourself the right to enjoy a shared happiness based in the heart and not on any image or preset woman model representing a family role.

Do you feel you have no right to happiness to be loved and desired by yourself?

On what principles is based your life and your relationships with men?

You have to learn to live with joy and fulfilment, enjoying the pleasures of your body and especially giving permission to fully enjoy sex. You need to understand that not only men think about sex but you can also do it.

FECALOMA: (See Constipation)

Cap that occurs in the rectum or colon, formed by dry stool.

Conflict not wanting to release a piece (forgive).

Hardening before that "shit" they did and we cannot get us off.

Conflict of who does not want to evolve, "before was better lived". These are people who are continually talking about their past.

FEET: (See toes)

They are the support on which we settle our foothold on the ground, the foundation upon which our body is held to stand, to move, to go forward. They are our contact with the earth (Mother Earth), with life, with others.

The feet, therefore, affirm and recognize represent our positions and the criteria that governs our lives, our ideals and our convictions.

Symbolizing the official role we play, our attitudes, our support in relationships, especially often linked to the mother who cares for us and that nourishes us and to our roots. Finally, they are also a symbol of freedom because they allow us movement.

The feet show us how to go through life:

Some *big feet* indicate a person who in childhood was very attached to his/her mother. You may have a tendency to materialism.

By contrast, *small feet* indicate that he/she found support in paternal and individuals may be attracted to the intellectual and spiritual.

Some *flat feet* correspond to a person who seeks the affection of the mother, when I am a child I do not want to leave my mother, I need to merge, I seek contact with my mother, I need more contact with her or "I feel oppressed by my mother and I submit myself because I cannot escape, I let myself do."

"I prevent detach and nailed me to the ground"

"I'm crushed by my mother"

Cavus Foot (with excessive plantar arch) like a person who curls up and folds back on himself/herself thus expressing their need for autonomy in relation to the mother. "I resist the burden of my mother" "I want to leave my mother"

However, people with heavy feet are firmly rooted to the ground, security. People are reliable, consistent and realistic and little given to intellectual plane.

Hot Feet: The epitome of sweetness, synonymous with being ... People who have warm feet would have liked her mother was better, sweet, warm, more loving.

Cold feet: "My mother is cold, I do not want to touch her because contact is destabilizing"

Individuals who walk on the toes have a serious problem with the mother: "I would not want to see, I do not want to touch" At the same time have little contact with reality, not take root anywhere and are possessed of great dreams, fantasies and enormous creativity.

Walking with your feet out can be a sign of openness, extroversion;

otherwise, that is, walking with your feet facing inward, we are probably talking about a shy person who is afraid to move, "I go, but I do not want to go".

Meanwhile those who walk by relying primarily on their heels, as if they were walking on eggs, tend to shy away from life as the stance they take are likely to be taken down easily to back.

Calluses on the feet express our need to protect our mother. "I need to protect my mother"

Plantar fasciitis: Cholera in relation to the mother or the maternal role. Repressed rage. "I have no right to express it"

Plantar pain, hardness: "I was kicked in the ass by others to move. I'm sick, abandoned. "

Heel: Those forced to use their "brakes".

Achilles tendonitis: It allows the propulsion of the body. "Devaluation in the lived present" real or symbolic, and sometimes is subjective.

The sole represents the mother, but on a symbolic level is the house where the mother is, the family home.

Calcaneal spur: Conflict of duty, lack of independence, against the mother and/or to the world.

Deeply incriminate oneself because of what one is.

"I have no right to leave home" or to leave the domain of my mother, to set foot on the ground to leave" "I wanted to leave, but I could not" "I think that I want to leave" "I cannot marry, I must look for my mother" "It is my duty, to keep my parents" "It's a habit, eating every Sunday with family and my parents" "My mother says I should look after her" "It's a tradition that I look after my brothers".

We need to free ourselves from the bonds and obligations that have been imposed to us to make our own life, and to raise a family.

Therefore, feet problems talk about the conflicts that each one has in relation to the mother, (can also be a symbolic mother, State Aids, etc.) and her position on the world. We suggest that we take or maintain positions lack reliability or security. It is characteristic of people who are afraid, who are afraid of expressing their own opinions, they do not feel good about themselves or do not accept the position held at the time.

They can also express the perception of no progress, of being stuck, spinning around the same, perhaps not knowing what attitude to take in front of a situation, and "not knowing where to go".

When the tension is manifested in the right foot, then you have a relationship with the feminine (or real mother) and, when present in the left foot, is related to male (or the symbolic mother).

FEMORAL HERNIA: (See hernia)

It is more common in women. It is rare before puberty, being more typical of middle aged women.

Sexual conflicts related to other than the partner, for example, with the “lover”, the mistress.

If the hernia is located on the right side, it indicates that the person would want to have sex with another person, but does not dare to carry it out.

If the hernia on the left side, it expresses that he/she has sex with the lover, but feels guilty about it.

FEVER: (See temperature)

FIBROMYALGIA: (See muscles)

From the Latin “fibra”, symbolically means "family ties". “Mio”, from the Greek, that means muscle, and “algias”, that means pain.

Fibromyalgia is considered a controversial diagnosis and some authors claim that should not be considered as a disease because among other reasons, lack of abnormalities on physical examination, laboratory tests medical studies trying to confirm the diagnosis.

It is called fibromyalgia to a group of symptoms and musculoskeletal disorders poorly understood, which is mainly characterized by extreme fatigue, persistent pain, stiffness of varying intensity of the muscles, tendons and a wide range of other psychological symptoms, such as trouble sleeping, morning stiffness, headaches and problems with thinking and memory, sometimes called "blackouts" that often prevent the functioning routine of people. It is a disorder present in approximately between 3 and 6 percent of young women, usually between 20 and 50 years old.

One thing to note, because it is a poorly understood symptom of fibromyalgia patients feel that others do not believe them because the pain is not. It is an inner suffering, it is the disease of family fibbers.

People with fibromyalgia are blocked in understanding family relationships. On the one hand they like to live with the family and be part of it, to feel loved and understood and on the other hand, feel that the family requires or prevents him/her from doing his/her life. They feel it is due to them, that they should give explanations, ask for permission, share everything with them, etc. Even, sometimes, they may feel "obligated" to someone in the family who hurts them or has hurt them in the past.

This is called the conflict of dual obligation:

"I am in a double family commitment"

"I have loyalty to my family, but this bothers me"

"I go to the person I love but at the same time, he/she is my executioner"

"I want to say something for myself but I do not grant the right, the family thinks different"

"I love this family, but this family hurts me, but I feel helpless"

Another situation that can cause fibromyalgia, is to live 4 simultaneous conflicts and all at the family level:

Conflict of direction Conflict for choosing the wrong direction, being on a bad track, whether real, imaginary or symbolic. Devaluation by not finding the right path. "The direction I'm taking in my life does not satisfy me"

"What am I doing here?" "I'm lost, out of the herd, then ... when someone is lost is best to stay still"

It affects the adrenal cortex, which stops producing cortisol to help overcome the stress that the loss caused me.

I do not know what to do, do not know where to go.

Devaluation Conflict: we have locks to convert inner impulses to outdoor activities:

"Devaluation conflict with what I do or I stop doing"

"If I move aside, I'm not good; if I move to the other, either I'm fine, therefore I do not move. "

"I cannot handle this, it is too much for me"

Contact family conflict tax: having to assume, do or be with a person or situation.

I take care of be with live

Fear of death: Another major conflict that can exist behind a fibromyalgia is the "fear of death" but not physical death, but the death of his/her own "identity" (feeling of not belonging to my royal family or I imagine it, or feel that the family does not do what I want).

"I feel I die, my family does not support me, I belong to my family"

Sufferers of fibromyalgia are exceedingly helpful and responsible people. The problem is that they hurt themselves in their eagerness to serve others (family). They are people who do favours for anyone, and are able to stop living their lives by serving other members. Even, sometimes, despite being the ones dealing perform most housework, they are slighted, criticized, etc.

Recommendations to recover physical, emotional and spiritual health:

Although, in many cases, I consider others responsible for my own locks, I realize that others do not merely reflect the fear I feel for an issue, to act, to move, to state my view; In short, the fear I feel to do what I think I do.

To regain health, those affected of fibromyalgia need to cut the relationship with those family members that cause damage to them.

FINGERS:

The fingers are the moving parts of the hands, which allow us to make many movements, manage hands, grasp and be able to act with precision.

The fingers represent the ends of our actions, help us to be precise in the details (implementation, work, action).

Whenever we cut, burn, we use a finger, not by chance, but it is the release of an internal tension.

Basically, if anything happens to me on a finger means that I feel devalued. Something or someone that makes me feel less in relation to how I do things, how to work, how I manage, etc. And this of course, the most the meaning of each finger.

The fingers generally represent emotional wounds, anger myself, mental conflict and guilt, related to my daily life, with simple and circumstantial facts.

People who have finger injuries are more often perfectionists; these figures give great importance and much cling to details.

Thumb: It is this finger the one that allows us to make things right and grab them tightly.

Problems in the thumb can express the feeling that we have lost control of events, or the pain we feel for being unable to act or take control of a situation.

The thumb on the other hand, is also a symbol of power, protection or conviction. In gladiatorial combat, the fate of these depended on the thumb of the person presiding combat. Also in the Roman circus, a thumb down meant leaving the man before the wild beast without protection or defence.

Nowadays we usually use the thumb to express a value judgment, when we want to show a satisfaction to something we lift the thumb, or down when we want to show our disapproval.

The thumb represents our will and our responsibility.

When we suffer some damage on this finger it may mean that we are concerned about something, whether related to our mother, or even something we said because we feel that someone forces us to do something we do not want.

Similarly, it may indicate that we are weak and need protection against what we consider external aggression and also we feel defeated and plunged into sadness.

The thumb also represents the mother, is related to the "emotional nutrition"

of babies that tend to insert it into their mouths and suck when the emotional nourishment from his/her mother is missing. It is related to the sense of taste.

Index: The finger showing authority, which orders and directs. The index is used to indicate, indict, scold, give orders or to try to understand something to someone, it shows "who knows".

It is the finger of our "Ego" of the we use to show our convictions, our point of view and also to issue a criticism.

"I must justify myself in my role"

This finger marks our strength, our character and our decision-making power. When we suffer some damage, it may indicate that we have had a problem of authority or, what for us means the authority. Perhaps we have lost our leadership, maybe someone before us or our independence and security stagger. We are living something that causes us fear. Someone is judging us wrong.

You can also express our difficulty saying things, to affirm our view. They can express the fear of being criticized or judged or to issue a critical lack of confidence or fear or other "they say".

It may also indicate that we are abusing certain authoritarianism in our work or in our efforts to lead others or that our authoritarian trend has been thwarted, or that we are marked by who represents the authority.

Authority of the father. Notion of control.

It is connected to the sense of smell.

The middle finger: It is the biggest and the strongest, complete the thumb in action taking.

It is the finger of the inner life, the inner government of things and also has strong ties to sexuality.

It is related to the power over the other, with pleasure and satisfaction to possess the other, with the degree of satisfaction in our sexual experiences.

It reflects the most primitive sexuality, the hidden sexual desires.

The problems in this finger may indicate dissatisfaction we feel for the way things happen at that level. Perhaps you had a problem of sexual type, either with your partner or, some sexual issue affects you. They may reflect difficulties in taking one's sexuality too because you seek perfection in this area because you feel rejected in privacy or guilt.

Moreover, this finger usually tells us when we're angry or upset with someone. It is related to the touch.

The ring finger: The commitment. The ring finger represents my

commitment, my changes. It is the finger of the union, the bond between two people. The ring marriage or union is placed on that finger.

Alliance represents, contracts, union. It relates to the signing and closing of contracts.

It also reflects moments of change in our lives, such as change of name, surname, change of home, work, etc.

It is related to the sense of sight. It represents the eyes, what we see real or symbolically. And there is some relationship with duels which we live. If someone wanted to die or something has died for us symbolically, this finger will be affected.

Tensions in this finger tell us despite our intimate life. We are suffering for something or someone. Some sentimental attachment may be about to break or, have suffered a separation. We indicate some difficulty to unite, to unify our environment, to establish an alliance.

You can also point out that something related to legal contracts not going well or that some compromise will collapse is not good for us.

You can also tell us that we want to form a couple with values, bases and different ways to how we were educated.

The little finger: Secrets. This finger is reflected in family secrets and lies. All these facts and events that have been hidden in the family, because of "what people say". It represents the dirty side of the family. The hypocritical side, surface, appearance and pretense of the family. It is related to the sense of hearing and what we hear, actually or symbolically.

When we suffer some damage on this finger, it may mean that someone in the family hides a secret to us or lied to us and vice versa, that the person has hidden a secret or lied to us.

People with this finger show a tendency to pretend, to not be shown as they are, since they are bothered what others think of them.

It also reflects our intuition, so if we harm this finger, surely our intuition failed and we feel betrayed.

Recommendations to recover physical, emotional and spiritual health:

We must not be influenced in our lives by everything that comes from others and see for ourselves.

We must rely more on us, and everything that happens to us as part of our learning as a human being.

FLATUS:

Pain produced by the rubbing of the stomach with the diaphragm that appears when performing physical exercise.

Conflict of impotence. Conflict of being making movements that do not make sense to us. We do not digest the situation (in relation to the movement).

Feeling of being defeated.

FLEAS: (See parasitic)

Small insects, external parasites, living from blood.

Conflict of dirt in the contact. "They suck my blood".

FLUID RETENTION:

It is an accumulation of fluid in the intercellular spaces.

You can indicate a devaluation conflict accompanied by a state of fear and insecurity in relation to life.

Fluid retention as indicated by the term itself, is due to an excessive desire to "hold", that is, to preserve something that should be released and fear, resentment, or some other visceral emotion cannot or do not want to let it go.

What am I afraid of losing?

Mobilization of liquid is closely related to the kidney, which is linked to the "references", particularly the loss of these references.

In some cases, fluid retention occurs after the disappearance of a family member, which was our main support.

Symbolically, it is very common that this symptom also arises when there is a shortage of money, or little economic movement, since the unconscious does this relate to "liquidity" of the person and shows us the fear and worry or stress unconscionable that this real or symbolic circumstance It causes them.

Fluid retention can be annoying but everything is linked to the image, the aesthetics of the person, to a loss of it. "I do not take care of myself, I lost my time"

"I need love, but I do not trust anyone and just tell myself"

If retention is at the ankles or feet, it is because the person concerned is in a situation where you do not know what to decide what attitude to adopt doubt due to the lack of clarity in the positions taken by others.

Recommendations to recover physical, emotional and spiritual health:

These people need to learn to let go, to release ...

They have to assimilate that life flows naturally and that gives us what we need, at all times.

They must learn to trust the natural process of life.

FOREARM:

Part of the arm that goes from the wrist to the elbow. Includes ulna and radius bones.

The function of the forearm is "to encompass in action" and the precision in the movements of the near: Work, home, family, friends, etc.

Conflict of devaluation about having someone in the arms.

Radius: Conflict of devaluation related to my "radius of action", ie what I have at hand (home, profession, family, etc.)

Diversion of the security perimeter around oneself.

"I give what I do not want to give".

"Do not give too much".

Conflict of great devaluation by sacred, spiritual and superior acts. For right-handed people (upside-down for lefties):

Right: In relation to close people (family). Wish. Affective.

Left: In relation to others. Action. Protection.

Ulna: Conflict of devaluation related to a security perimeter around us.

Conflict related to having to share some task. Example: feel compelled to share some responsibility that is only up to us.

Conflict of impotence against the work we do.

Conflict related to a cousin, neighbor, friend, etc. for material reasons.

FOREHEAD: (See face)

FRIGIDITY:

The term frigidity means the absence of pleasure in women during sex. Frigidity indicates that the person who has it has, since childhood, had difficulties to live the pleasures of life, to experience satisfaction in their relationships with others and with things.

Guilt, shame, fear not keep up, fear of losing control during arousal, both on her, as on the situation itself; considering pleasure as something frivolous against liability; stiffness causes an unsatisfactory sexual.

Recommendations to recover physical, emotional and spiritual health:

If you suffer from frigidity you are likely to have beliefs against pleasure and sexuality. If so you must accept and understand your own femininity, discover your own needs and grant the right to feel pleasure, recognizing that it is a vital right.

GALLBLADDER:

The gallbladder is a pear-shaped tank in which the bile secreted by the liver accumulates and where it is retained, to pour in digestion when necessary. It's like a load of aggressiveness that is retained for use at the right time.

Gallbladder does not only participate in physical digestion of food but also has a role in the psychological equivalent digestion of events.

In most of the symptoms associated with bladder, there is a strong feeling of resentment, because "something has happened" within our territory (home, work, city, country, etc.) in relation to how we communicate with others or vice versa and because of this, we are experiencing a great "injustice" of which we cannot defend.

It is a feeling of "I cannot hit ... (In relation to our father/mother, our boss, our partner, etc.)

Therefore, we keep, we stuck that rancour and internalize so that it is blocked, repressed.

Conflict of anger and wrath with feeling of being cheated.

Similarly, it can cause us problems in the gallbladder, the feel we have lost our identity within the territory: Conflict of not having the right to do it (to think, say, feel) what you want. I do not know who I am." "My opinion is not worthy, I am not longer taken into account".

Gallstones: Formation of accretions of solid material (stones) in the bile ducts and gallbladder.

Conflict of judgments with bitterness and repressed aggressiveness.

The meaning of a gallstone is to hold bile so it does not come out. It may be to not digest something or to curb an excess of bile (bitterness, anger, anger, rancour...) that we do not want to manifest.

Conflicting family situations of loss of territory for not taking decisions. "I do not want the other to get angry at me". "They're going to think badly about me".

Conflict of rancour with death tonality, in which we are faced with a hard opposition like a stone.

It may also indicate that we are experiencing a conflict of calculation. For example, we plan to do something and we end up doing something else, because we misjudged. We are very stubborn and we want to have everything calculated, planned and if someone deviates from our goals or we change our decision we take it very badly and we get very angry.

Obsession with planning things. Feeling frustrated if something unplanned

arises. Impossibility to evaluate other options. Judge harshly. Not being aggressive.

"I can never make decisions in life". "It did not go as I wanted". "I wanted to go there and they stopped me". "I misjudged". "This was not calculated".

It mainly affects individuals of sad and embittered character, dissatisfied with themselves, who do not feel recognized or know their "place" in life, they always have something to object and they are prone to sudden attacks of anger. "I do not want others to have anger towards me".

Mothers who, by their family obligations, have not been able to give free rein to his/her energy and keep damning judgments and resentments for their lack of freedom are strong candidates to suffer from gallstones.

Intrahepatic bile ducts: They express a sense of lack (food, money, etc.) and cholera.

Extrahepatic biliary: Strong emotion of anger.

Pancreatic ducts: We speak of a feeling of lack coupled with injustice: "The money is there, where he/she would have to go" "I feel a strong hatred..." "I'll never forgive the idiot who stole my position in the company" "I will never forget the betrayal of my partner".

People suffering from gallbladder disorders have a strong desire and a strong tendency to force, use, manipulate and direct others, but find it hard to recognize.

By the gallbladder, we express our ability to see clearly at ourselves honestly, that is, helps us to clarify and discern.

Recommendations to recover physical, emotional and spiritual health:

We must realize that we have a rigid behaviour, to get rid of it. The solution is to stop planning everything in life, let us flow and act according to our desires.

We need to learn to take life and what it offers us with joy and optimism.

Maintain a softer attitude with others.

Learn to see clearly, to discern.

Learn to assess the fairness of responsibility for taking part in a situation.

Positively express repressed moodiness.

Make very violent movements and shouting loudly relieve pain and can prevent stone formation.

Overcoming procrastination and obstacles that stand in the way.

Stop and calculate both desirable actions.

GALLSTONES: (See gallbladder)

GANGRENE: (See arteriosclerosis)

Gangrene (decay) causes death and putrefaction of tissues. Decomposition of the body. This happens when a tissue is no longer useful to us and it is preferable to continue without it. Life is removed from a particular part of the body and consciousness has departed from there.

Great conflict of spot in relation to the affected area (Example: A spot from a war). We condemn them for having done something shameful and goes against all my moral principles, in symbolic relation to the affected body part. Gangrene is the self-destruction of a very negative person who lacks joy, which is always afraid that the worst happen because they believe they deserve nothing.

This twisted mind, that stifles the joy of living, no longer wants to go further and prefer to stop in time.

Recommendations to recover physical, emotional and spiritual health:

What's rotten in my life?

You must allow that those inner subjects who have lost the “today” die.

Stop worrying about everyone and looking within yourself what you most pleased. Restores harmony and inner peace.

GASTRITIS: (See stomach)

Indigestible conflict with great irritation.

Indigestible setbacks in the territory.

We are afraid and live "bitter" because we do not want to digest what is happening to us and we see no end. Our own anger burns us.

"I cannot digest this situation, it irritates me" "I do not know how to fix this or how long it will take until I find a solution".

- Prolonged uncertainty.

- Fatalistic feeling.

- Feeling of defeat.

Recommendations to recover physical, emotional and spiritual health:

We need to realize that the things that happen around us or what do the others must not alter us.

We must realize that everything happens in due time.

We need to learn to love.

GASTROENTERITIS: (See stomach, diarrhea, vomits).

It is an inflammation of infectious origin that simultaneously affects the stomach and small intestine; It is characterized by vomiting, diarrhea and abdominal pain.

Conflict of urgency, we must eliminate a "bite" in bad state quickly and forcefully. It is a deep cleansing to release accumulated "shits" that can harm us.

"I want to cleanse and purify myself".

"I cannot digest the morsel imposed on me, I avoid it"

A dirty play conflict we have suffered.

We suffer from a feeling of anger and frustration at feeling unable to control the physical environment and, in particular professional.

"Conflict of visceral fear"

We are not able to accept, digest and assimilate a person or an event.

We are intolerant and it costs us greatly to adapt to someone or something that does not match our habits or our way of life.

Recommendations to recover physical, emotional and spiritual health:

We must transform our intention of wanting to change others or to a particular situation.

Each person has a different way of seeing life, we must learn to be tolerant and aware of our own ability to create our own.

GENITALIA: (See ovaries, testicles)

They correspond to the male principle (Yang) in man, and to the female (Yin) in women.

The genital system is composed of the sexual organs, sexual glands (testicles and ovaries) and the uterus. It is the physical system that allows reproduction and sexuality.

Without genitalia, it would be impossible for humans to perpetuate their species.

The man is able to procreate, to create life physically, but also that capability is extended to the material world in the creation of ideas, projects, etc.

Problems in the genitals may be a sign of our insecurity, guilt or anxiety related to our creative activity (children, ideas, projects, etc.). You may not feel valuable or are dissatisfied with what we do or, perhaps, did not find any sense.

Genitals also reflect the tensions that we can feel in our relationships with others (partner, parent, child) or their representations in ourselves.

In addition, conditions in the genitals express us our difficulties regarding sexuality.

Recommendations to recover physical, emotional and spiritual health:

For the growth of the Soul, first, acceptance and identification with the body's own sexuality is necessary. Having taken this part, man or woman will be prepared to include the part corresponding to the other part (Soul), the female part if we are men and the male part if we are women, to evolve, to achieve unity.

GLAUCOMA: (See eyes)

Glaucoma or ocular tension is increased intraocular pressure, due to the presence of excess fluid, aqueous humour in the anterior chamber as well as an excess of "vitreous" body, which produces lesions in the optic nerve, problems of vision and if not corrected in time, blindness. As a result of this tension, the eye "globulize"; It is what is known as a bullseye.

Excess fluid acts as a magnifying glass, so that a natural loupe effect is created. You need to bring things in time and space, as always we delay by little and with a magnifying glass effect, we will get it.

What have I lost, at an emotional level, having it in my childhood?

There is a danger behind and the target is very close; I see approaching the target.

"I want to achieve the goal, health, as quickly as possible" "There's something in my life that would bring as soon as possible". "I want to bring something to me".

"I do not want that someone close to me is away and I want to approach him/her to me" "I want this or that with me as soon as possible" "Great anxiety for the immediate future". "I want to reach the end, health as quickly as possible" "There are things that bring a sense of time or space" "I refuse to see myself grow old" "I always go a little late"

In glaucoma, there is pressure caused by unshed tears. We have difficulty accepting something we saw in the past in our emotional life.

We have felt hurt by the criticism of others and we could not forgive them.

We have lost the overview and we are seeing the world as glasses, since only perceive the focus area.

Recommendations to recover physical, emotional and spiritual health:

What you do not want to see?

You need to relax so that the internal pressure decreases.

You must feel the pressure unshed tears and consciously relive the emotional memories, such as: grief, and integrate.

You need to free yourself from the past, and the means par excellence is forgiveness. Forgiving means not blaming anyone of our projections and take responsibility ourselves.

The human being must integrate impressions collected from the outside as we project our way of being.

It is our responsibility to become aware of the truth, recognize ourselves in everything we see.

GLOSSITIS: (See tongue)

GOITER: (See thyroids)

GONORRHEA: (See sexually transmitted diseases)

GOUT:

Gout is a metabolic disease associated with increased concentration of uric acid in the blood.

It is an acute inflammation found in the joints (knees, elbows, hands) and the highest percentage of cases attacks the big toe. The problems in this finger mean that we experience tensions in our relationship with the outside world, they may be related to both materially and with the affective.

When gout occurs, it means that we are experiencing an emotional conflict related to changes of direction in life. We are dedicated to something or do something and we are seeing that no longer suits us, but we are unable to change its course.

It usually affects people very masculinised, "tired" of life, desperate, who have a conflict, a tension between pleasure and duty; that is, they must do something they do not wish to do; it may be a conflict of self-devaluation.

"I want to go and my mother forced me to stay with her"

"I do not want to miss a drop"

"I will be almost destroyed by the vital relationship"

"I quit my job because I do not earn enough, but if I leave that little will not have any money"

"I want to dump my partner but I do not want to hurt her and also I may never find someone else for me"

The gout can also express a feeling of anger, a pain to someone or to something.

Those affected are usually proud and boastful persons, with an irascible character, with great need to dominate (although the right to do so is not granted) and very impatient, which makes them always in tension.

Recommendations to recover physical, emotional and spiritual health:

You need to learn to digest what bothers you and transform aggression.

You must be consistent and show yourself as you are.

I make decisions and carry them out. I accept that I can do what I want.

I believe in myself and my abilities.

GRINDING (teeth): (See teeth)

GYNAECOLOGICAL LOSSES:

They can be odourless losses or nauseating odour losses. "There is something abnormal in my family, someone behaves strangely, outside the rules".

When it comes with a loss of blood, without having the period:

"I want to leave this family and leave home at once, flying the nest"

"I want a person to go from my house, he must disappear from my privacy".

HAEMORRHAGES:

Conflict of family disunity. We open the doors for the disintegration in relation to... (We must take into account the affected part and its meaning).

Hemorrhage in the digestive tract: In relation to a sludge that we cannot digest related to the family.

Haemorrhage in the bronchi: Something distresses and chokes me. "They prevent me from breathing in this family".

Hemorrhage on the genitals: Someone invades my sexual level. "They prevent me from living my sexuality".

Hemorrhage in the rectum: "They prevent me from being myself".

HAEMOTHORAX:

It is an accumulation of blood in the space between the chest wall and the lung (the pleural cavity). As the pleura is related to protection, it means:

"I protect myself from my family".

"I need my family, father / mother / husband / brother, etc".

"When my family is present I feel good, sure".

HAIR (problems)

Hair symbolizes freedom and power, that's why the soldiers cut their hair, a sign that they have been deprived of their freedom and power and that they have been under other authority; also the nuns and monks, when the hair is cut, is a sign that they have voluntarily submitted to a higher authority and have renounced their individuality.

The hair, the hair system in general, in all animal species and in humans, also has primarily a protective function. Protect the body from both physical shocks and heat. The fact of losing is an indication that the person gets rid of their protection.

Also, it symbolizes the vitality (Samson and Delilah), physical strength and virility in men. The more vitality a person has, the more abundant is his/her hair and faster it grows.

Likewise, it is an element of seduction and attractiveness in women. There is also a close relationship between fears and hair.

In general, hair represents the image I have of myself, the confidence I have in myself and my abilities. Every problem in the hair represents I cannot (for whatever reason) be "myself".

If I have hair losses, to the extent of causing baldness, it means I'm living a conflict of separation from my family, besides an intellectual downgrading situation.

Or a separation conflict linked to a notion of stain, waste.

An alopecia (general or partial hair loss) occurs when we are not recognized by our father (patriarch) or symbolically, "the head of the work, teacher, uncle, grandparent, guardian, etc". It often happens that the husband or wife of the person is the "double", the "copy" of the father. Or maybe friends, cousins, colleagues, etc. Then the devaluation by father is unconscious. We must find the "father" and locate the devaluation.

Or, after a separation conflict accompanied by a devaluation and a loss of protection.

Separation conflict, injustice and intellectual impairment.

Conflict of isolation and misunderstanding because we are not at the same intellectual level.

Wanting to protect, to be protected, but feel separated from protection.

"There's something or someone that horrifies me"

According to the affected areas:

Nape: Loss of protection insecurity.

Head: Separation and loss of protection in a climate of self-devaluation in relation to the father, accurate or intellectual moral or religious issue.

Similarly, "wanting to control everything to hide their own fears"

Temporo-frontal: Intellectual impairment. Mental effort to find solutions.

Alopecia areata (rounded alopecia plates): The main conflict is loss or denial of ties with someone or something. Very often in relation to the father. Separation conflict with one of devaluation conflict with loss protection and a notion of stain, shame or attack on the integrity.

Conflicts related to shame.

Conflict of not being recognized by the father (real or symbolic).

"I am concerned, I like coconut, and I think a lot..."

Feeling separate from that or that I want to protect.

Notion of feeling dirty.

Root problems.

If I'm losing a lot of hair, I analyze why I have fear of "losing something" or "someone". Necessarily it is associated with a loss of strength that I am suffering because of my fear of losing what strengthens me.

Maybe I have fear of losing my job or because I'm losing it. Maybe I have fear of losing my husband or I am already missing him. Maybe I have fear or lose my children, etc.

"I lost my roots and I suffer a lot for it"

I can be losing hair for something I did that caused me to lose someone close or something is missing. And finally, if I'm losing hair, in short, it means that I am a totally superficial person, attached to material goods and who cares much "what people say". I'm used to live from appearances.

The cause of hair loss, cannot be found at the present time. To figure it out we must go back in memory a minimum of three months ago and look it at that time.

Baldness is also often manifested in stubborn people, determined and authoritarian men who try to impose their point of view without respect and accept others. These are individuals who by their distrust, have the tendency to over control of situations and people. They may suffer from some degree of ambition that keeps them very attached to material issues, and of course, they disconnected from the divine energies.

Plucking hair: Devaluation by not being able to grasp things that pass over my head (intellectual level or in relation to the parent).

Psoriasis on the skull expresses us a separation conflict within the family.

Eczema under the hair indicates must be seen, but be discreet.

"I want my work to look, to be recognized, but I hate to draw attention"

Grey hair, dandruff, dry hair, brittle hair or split ends (stye):

If I have any of the above problems in my hair, it means that I lived or I'm living a situation of high stress, helplessness and despair regarding any circumstances of daily life.

Grey hair "I am separated from knowledge".

Dandruff: Dandruff speaks of a separation conflict, accompanied by a sense of injustice. If there is hair loss, it is that we live the conflict of the intellectual level.

Lack of recognition of the father. Absent father, hard father, indifferent father, castrating father, father cold, dry, father that devalues us.

"My father does not recognize what I do"

"To my father, I do not exist".

"My father always compares me with my brothers"

"I'm not worth as much as others, according to my father"

These are people with low self-esteem and excessive need for recognition. They depreciate against the opinions of others.

Dandruff & Hair Loss: we are living in a conflict of separation from our father because of an unfair situation.

Brittle hair: indicates that our deep internal references are not solid.

Excessively dry hair speaks of the "dryness" of our character. Similarly oily hair is what reflect that he/she chewed the cud or their ideas in excess.

In short, the hair is a projection of the individual, their roots, their ideas and their personality. It is the carrier of our memories and therefore reflects or expresses our deepest beliefs and our connection to the cosmic energy.

Recommendations to recover physical, emotional and spiritual health:

Although the material aspect is important in life, you can never be more than our being. People with hair problems must learn to connect with the Divine within themselves and develop confidence in the Universe. Gradually they will realize that life always gives us what we need at all times, without having to worry.

I am not alone. I have the company and the favour of the Universe. Nothing worries me a divine force directs everything.

Everything in my life happens for something. I trust myself all the time. I live happily.

HALITOSIS: (bad breath)

When bad breath is not from any particular disease, tooth decay, stomach problems, etc., its cause is in the emotional part.

It occurs when someone has been hurt and has a great inner pain. The bad smell is due to the accumulation of unwholesome thoughts of hatred, anger and revenge, directed towards who has caused the damage.

Halitosis expresses us that our attitudes towards others are not entirely correct. It manifests itself in people who frequently speak evil of others and not always with good intentions and they tend to think bad of all, situations, people, etc. It is individuals who easily get angry, spiteful and maintain thirst for revenge.

The fetid breath can also be the means by which a person is exhaling disgust he/she feels for some poorly digested situation, and cannot speak.

Symbolically, bad breath represents the desire to alienate others and show that we are rotting inside.

Recommendations to recover physical, emotional and spiritual health:

Every time we feel wounded, we must sit and contemplate our acceptance wound.

Do not put the attention on who offends us because only one channel is set in motion by the energy of our wound that was latent within us waiting to be able to show that we can feel and heal.

The practice of forgiveness toward those who have accused and ourselves by thoughts of revenge and separation will allow us to heal the wound but with acceptance and absolute responsibility for our feelings.

HANDS: (See wrists)

It is one of the most sensitive and “in movement” organs in the human body, extending from the wrist to the fingertips.

The hands are the means by which we express ourselves in the world, the outward manifestation of the inner capacity to handle our reality and our experiences.

No two hands are equal, hence used as individual identifying bodies: fingerprints.

Through hands we can also draw some important conclusions: warm hands give us warmth, contact.

On the contrary, cold hands reveal coldness, little desire to establish contact. It can mean a refusal to be released in an expression of love and affection.

Show open hands is a peaceful gesture of openness.

On other occasions they twitch when we are nervous.

They can also express fear or be a symbol of contact, "shaking hands"; and communication, not only dumb, but for all people, as gesticulation is very important to transmit and communicate.

The hand can be used to give; (Give is the reason for our existence) to take, "drink in hand"; to touch and feel, (it is said of them that are the extension of the heart); to protect and help "reach someone"

Also, can be used to show force, "put a hand on someone"; or to attack and hit, "clenched fist"; etc.

The hand is the channel through which an idea manifests and becomes real. It is the final support of the action and without it out could bring the performance of the act.

Problems in the hands tell us about our connection with action in the outside world. It means we have a problem in our work, our ability to do something with our precision and skill towards work, etc. They tell us that what we do with our hands, we do it for love. You may believe that we are not up to perform a certain task (feel awkward), we lack skill or we lack confidence in our actions or our desire to act for fear of making mistakes or lack of confidence in ourselves.

"I hate doing this" "They force me to do this" "This work does not please me" "This work seems tedious" "I hate this job" "I'm not good for..". "Today I do not want to come to work" "Instead of going to work I could do..".

The palm represents the father or our fitness as a parent. When we have a problem we analyze our "competition" as a parent or our working practice in

relation to our father.

Devaluation, unable to assume a role, a role, a task.

"Maybe I miss being with my children for work"

"Or maybe I do a job that my father does not like".

They can also hurt us when we do we prevent something when we do not grant ourselves permission, or when we feel unable to act because someone or something did it.

We express that we maintain a relationship of domination, of power, possession or we indicate that we want to take, push or dominate the world or people, it may be by choice or fear.

Our hands have the ability to express any emotion we have, and also have the power to implement any desire to act and we want to make.

If the pain affects the left hand, it will be related to our ability to receive.

Do you think you deserve what you get or do you think that when someone gives you something, is he/she expecting you to do the same?

Do you accept what you get with love or think you need to give something in return?

If the right hand hurts us, it will be related to our inability to give and whether is on the left, with the inability to receive.

Do we give too many expectations or we do it as a duty, because we believe we are required to do so?

Are we afraid that others abusing us taking advantage of our difficulty saying "no"?

Think. How does it really work what I do with my fingers professionally?

What reason prevents me from acting? What don't I want to accept?

If the tension is manifested in the hand or on the right wrist, it will be related to the symbolism Yin (female) and if the problem occurs in the hand or on the left wrist, it is related to the symbolism Yang (masculine).

Recommendations to recover physical, emotional and spiritual health:

Let love to be the base where all our actions are, and let the energy to manage our experiences.

HASHIMOTO DISEASE: (See thyroids)

HEAD (Headaches. See cephalaeas and migraines):

The head is the organ that most quickly reacts to pain.

When I do not accept certain thoughts, ideas or feelings that bother or distract me; when I feel upset or depressed in my family or professional world; when I'm overly concerned or stressed; all these tensions will manifest in my body through headaches or migraines.

When the pain is in the *forehead*, it indicates something of the future worries me and my impatience overwhelms me. I tend to want to control everything. It also expresses that I am a person who "usually" play dumb. I have a hard time understanding things, I have little concentration and total indifference to learn, grow, change. I repeat all the time that's not for me, that I would never be able to do this or that, I'm stupid, I'm slow, etc. Others need to bear with me, I need others to teach me at my own pace. I try too hard to understand, to capture all possible information without giving me time to reflect and assimilate. I am an intelligent person, but I boycott myself.

"I, as silly as ever" "That does not fit me, I do not understand" "The computer is not my thing" "I think whatever you think". "Let's do what you say".

Pain in the *neck or nape* tells us that we are unable to manifest our desires, ideas, concepts, etc .; we have many difficulties to transform them into action.

This part of the head can also appear when I find myself living in a situation that leads me to strong pressure. It happens to brain, rational people, with a desire for power, which only give importance to the intellect.

At the same time there may be muscle tension in any part of the body; shoulders, neck and spine. Headache in the neck can also appear when I am in a conflict or uncomfortable situation and I will not point at it directly.

Headaches *at the top of the head* appear as a self-punishment when we are angry with ourselves for not having to rise to our own requirements. Something happened where I could not or have not been myself, I could not decide or I have acted differently as I usually act. We devalue and accuse ourselves of not being smart enough.

"What I said was not right" "As much as I turn, I cannot find the right answer" "I'm distracted, I do not know where is my head" "I am very stubborn".

Headache with prickling or exploding feeling: It means I'm a spiteful person, I live hiding others what I really feel, I think I will. I live in a constant fear that others judge me or criticize me. I never want to seem less, look silly,

look poor, seem loose. Live feigning what I am not afraid not to accept or love me as I am.

"They will realize". "I must show myself as strong and serene" "I am very calm".

Recommendations to recover physical, emotional and spiritual health:

Every time I suffer a headache, I analyze what it is preventing me from doing (that pain), and then find out something related in my life.

What does my headache prevent me from seeing, hearing, smelling, etc.?

Does it prevent me to do something related to my work, studies, reading, attending somewhere, enjoying something or someone?

I manage to find the real reason for my headache, because it necessarily is sending me a message that I understand.

I think, I reason and decide correctly.

I live relaxed.

I love and approve myself as I am.

HEART: (See blood)

The heart is the main organ of the circulatory system. It is a muscle that works without involving our conscious will, in fact, the heart can beat brainless.

It is like a "bomb" that strongly pushes blood to all parts of the body, however, is not in our power to control the force (palpitations) or speed (arrhythmia, tachycardia).

Symbolically, it is considered the "family home", of which carry the same blood. At a metaphysical level, heart is considered the center of love and is associated with the full range of feelings, from affection, compassion and tenderness, to grief, loss and fear. There are many popular expressions related to this topic:

- "Have a big heart," "give something wholeheartedly" (being generous);
- "Heartless", "have a heart of stone" (insensitive);
- "Breaking one's heart" (feel a great pity);
- "Open one's heart to someone", "speak to the heart in hand" (honest with someone), etc.

So, what do heart diseases transmit to us?

Disorders of the heart and circulatory system are related to the way how we relate and feel about ourselves, if we are able to feel love and express it to others. They can also be associated with the opposite, with hostility and rejection.

When we present a heart problem, it means that we are experiencing a devaluation conflict by failing to defend our territory (real or symbolic): Home, family, couples, children, work, pet, money, salary, friends, etc.

"My ex-wife is taking my house with divorce"

"My children left me"

"I advanced my date of retirement"

"I want to go home to my mother or leave the door open to return to my mother"

Myocardial Infarction: When we present any symptoms in the myocardium, it means that we are experiencing a devaluation conflict regarding our cardiac capacity. We are or have been an athlete and we are no longer active, we have always considered not to have a strong heart.

Devaluation conflict self regards the efficiency of the heart.

"I do not get it; my heart is not strong enough."

Biological conflict of the territory. Refers to the situation of the individual

who has lost his/her scope at the core of the family, business, work, home, his/her car, etc. That is, it is always the place where the individual feels comfortable and at ease. It may be a militant attack on his/her "territory" or he/she can refer to the frustrated desire to direct "his/her" territory or perhaps direct loss of it.

"I lost my business, my house, my partner, etc"

"What the hell! I am at home..."

"I want to be the boss!"

Why have you done this without consulting me?

In the case that an affected person is a biological left-handed, the source may be in a conflict of sexual frustration.

Angina: It appears when the person has suffered a conflict in "his/her" territory, as in the case of heart attacks, but he/she does not try to solve it, he/she adapts to the conflict.

Pericardium (membrane that protects the heart):

If we the pericardium hurts, it means that we are experiencing a devaluation conflict because we live with the constant fear of a heart attack or a family member suffers a heart attack.

"We must be very careful with my heart"

"Fear of having a seizure"

Conflict of fear related to the heart himself/herself or others.

"I will not tell anything to my mother, I sure caused a heart attack"

Endocardium: "They have broken my heart"

Mitral valve: "I feel unprotected by my partner".

"No male stands up for me"

"I have no one to defend me"

The woman has to assume that the lack of a man beside you will not make her weaker and can move forward without a partner.

Arrhythmia: Altering the normal rhythm of the heartbeat. When bradycardia and tachycardia slows down when we are accelerating.

Healing phase of a conflict of territory and home.

Something important in my life invades my intimate territory "house" or escapes from it. Experience of oppression in relation to orders received from the authority, executed against our desire or will.

The metronome of life is spoiled. Metronome = Metro (as) no (negation) and homo (man). The man does not measure, does not control. Lack of measures, limits, references, father.

Tachycardia: emotional conflict by "false security" of not getting enough love. We are living an experience that makes us think that in the future we will not receive enough love, that we will die soon.

"My kids do not call me often"

"Nobody hugs me"

"Nobody loves me".

"You do not love me".

"They do not love me as before"

When it occurs in women with active sex life, tachycardia may indicate that she does not practice sex enough, "I do not love enough"

Bradycardia: Heart rate is too slow (below 60 beats per minute)

Healing phase of a conflict of territory.

Transgenerational conflict.

It produces a slowdown in the pace in general and within the heart in particular (house, home), so we did not notice too much and go unnoticed.

Conflict of keeping a dead (transgenerational, ghost) within us for being their heirs and guardians.

Conflict with the father.

Ventricular bradycardia: "You have to be dosed, reduce love" It may relate to the need to keep certain family secrets indoors.

Flutters: Heart rhythm disorder. Arrhythmia caused by rapid contractions of the atria. It is a type of tachycardia.

Conflict of direction and security in the house itself.

Competing round and not find a way out. Abnormal rhythms and disorders that prevent me feel safe in my own home.

Ventricles: "I have no room in my house (heart) to meet my father"

Veins of the heart: I have a problem in the coronary veins states that are suffering or have suffered a significant loss of territory and specifically in any "heart" matter.

It may also indicate a biological conflict of sexual frustration, due to the absence of relations or not belong to any man sexually.

"I want to remove (my partner, my family, life ...) anything improper"

"I see myself deprived of carnal knowledge"

"My partner left me"

Recommendations to recover physical, emotional and spiritual health:

Have the freedom to express the tender side, the feelings and emotions.

To prevent possible heart disease, these affected people need to change the

system of values underpinning. They should stop pursuing external validations, such as money, power, recognition, etc., to enhance the value themselves and their self-esteem. And devote more attention to what they have in closer family, the expression of love and the feeling of joy. In short, the most significant and important aspects of life.

They need to learn to develop love for themselves, accepting, and focusing on their own uniqueness as unique spiritual beings.

They should change their idea of love, how they express it and how others express it.

They should not have expectations about love and enjoy their surroundings without fatalistic exaggerations.

HEART ATTACK: (See heart)

HEMATURIA: (See bladder)

HEMITHORAX:

It is an accumulation of blood in the space between the chest wall and the lung (the pleural cavity). As the pleura is related to the protection it means:

"I protect myself and my family"

"I need my family, father/mother/husband/brother, etc.

"When my family is present, I feel good, safe"

HEMORRHOIDS: (See constipation)

They are the effects of dilated veins in the rectum and anus. They are often associated with constipation.

They indicate a pressure created by emotional states and fears that we do not want to display or of which we speak. Haemorrhoids tell us about what one is "forced" in a situation, as has to be forced to pass stool. We feel obliged to do something we cannot deliver, such as accepting a situation that displeases us, strive to do a job we do not like, etc. We demand too much and force ourselves to finish what we do, because of material insecurity and difficulty making decisions.

When we are under a great pressure, under excessive commitments that we do not know how to "deny" and we are so overloaded that we can no longer bear; we are exposed to "explode" at any time.

At the biological level, we know for example that the first thing many animals do when they find is smell each other's anus. This is no accident, since with this act animals know each other's identity, gender, hormonal status, etc.

Conflicts within the territory of identity: Who am I? "I do not know what identity I have" "My family does not recognize me" "Others leave me aside" "Nobody cares about me"

Conflict of separation and loss within the family itself.

"I do not know what is my role in this family, in this house, in this clan. "

Conflict of rancor within the territory by a dirty play someone made us but we cannot forget nor forgive. We can normally live in the present, pretending that experience was forgotten, but something keeps us within us, live with it, we cannot forget it.

"I do not want to forgive, I keep it"

On the other hand, we know that stool is a way of marking territory in the animal kingdom (defecate marks in a territory), and for humans, unconsciously, is too.

Where is my place? "I find my place, I'm in". "I need to score, find my site, have roots and not swim between two waters". "I'm on the edge, my place is not within this territory" "I do not know where is my place" "I am separated from my site" "I am forced to put my ass in another seat"

Fear of being abandoned by the mother or not done mourning for the mother. I do not want to go home (blood family), it sucks to get home and...

Internal haemorrhoids: "Here I cannot let go of the piece (the dirty play that

someone made me and I still feel), it is not my territory".

Haemorrhoids in pregnant women: What will be my place now that my son/daughter is coming to the world?

What will be my identity?

Do I continue being the wife of my husband or mother of my child?

The mother needs to adapt her life to this new situation and stress manifests itself in this way in some cases.

Another resenting can be: "I give a place to this new identity"

Haemorrhoids are usually manifested in insecure people suffering from distrust and anxiety about the future and, therefore, generate the tendency to "keep things"; They want to ensure to the maximum, so it can happen.

Recommendations to recover physical, emotional and spiritual health:

The stronger our inner attitude of insecurity is, more suffer from haemorrhoids we have. To alleviate this uncertainty, we should force ourselves to "do" in order to "have".

We must find ways to relax, to feel safer in relation to our material life and learn to trust the abundance of existence. We need to start to "drop", to let go of everything and "no good" to trust in us and express what we feel, giving us every right to be afraid in the material aspect and concentrate all our energy in advance in the life.

HEPATITIS: (See liver)

Hepatitis is an inflammatory condition of the liver caused by an infectious agent and affects the entire body with fatigue, weakness, jaundice, loss of appetite, fever and abdominal discomfort.

Hepatitis means that someone who has lived a conflict which has felt threatened by someone or something. Feel fear of an outside poison that can be real (pesticides, chemotherapy, medication, etc.) or symbolic (infected information, slander, etc.).

"It seems to be swallowing a poisonous information".

"I have the impression that someone wants to poison me".

Example: A man working in a multinational company feels infected by several of his/her comrades who spread false information about an act that he/she has not and, therefore, their bosses threatened to fire him/her.

Conflict threats.

Conflict trap or spit out the piece.

Concern and fear have lack of something.

I am in a state of survival.

Hepatitis A: "I know this toxicity," I know what it is and where it comes from. Conflict of rancor in relation to a real or imagined lack vital.

Hepatitis B: "I feel that something is toxic, I'm aware that something is infecting me, but I cannot know where it comes from"

Conflict regarding our belonging to the family and the group of relatives. "I feel like a stranger, misunderstood and rejected by my peers"

Hepatitis C: "They are poisoning me". Rancor related to the unknown, the indefinable. "I do not know against who I am resentful; I'm resentful against everybody" "I'm afraid of the unknown"

"I must learn to define who I am; the stranger, basically me"

Think: What or who is poisoning my existence?

"I must clear my mind of toxic thoughts"

"I stop feeling threatened by something outside"

"I must live in peace and love".

HEREDITARY DISEASE:

A hereditary or congenital disease may be due to a conflict or project transgenerational sense.

Program that protects us from an alleged particular situation that caused damage to our ancestors. It also serves to liberate the parent of the burden of conflict.

Conflict shared by both parents, or just one but with a shade too strong.

From a holistic point of view when a person has, what scientific medicine qualifies as a "hereditary disease", it is because this individual has the same way of thinking and living that his/her father and unborn chose him/her because they both need learn the same lesson.

As this is not consciously assumed mutual rejection of situation occurs; the child often accuse the father and tries to do everything possible to not be like him/her and the parent, apart from feeling uncomfortable, you may experience guilt.

Therefore, the first thing that you should be affected by a "hereditary" disease person is responsible and accept his/her choice, because his/her BEING provides an opportunity to take a big leap in his/her spiritual evolution.

Until acceptance is not made in LOVE, the disease will be transmitted from one generation to another.

HERNIA:

It is the abnormal exit of viscera or a part of the cavity that contains it.

It is the manifestation of the end of a family, professional, social relations, etc. The affected one wants to go out of a situation in which he/she feels cornered, where he/she can't find the solution for his/her problems or see no solution to what worries or distress him/her. He/she would go through a breakup, a separation, but he/she is afraid to lack some material element.

"I wanted him/her to open up a little more" (That would have more options).

It may appear after an experience of a sexual nature, perhaps the person is attracted to someone who is not his/her partner and would like to have her as a lover.

They can also occur in women who have lived difficult births and who are tired of Caesarean sections or labour pains.

You can also suffer from a hernia if you are forced to perform an activity which feeds you up.

On the left side: "I would, but I dare not" (antagonized desire).

On the right side: "I've done it, and I regret it, I feel guilty" (upset action).

Recommendations to recover physical, emotional and spiritual health:

To leave the situation you need to be absolutely clear what you want and then do whatever it takes to get it.

You need to trust the commitments and establish courageous connections.

HERNIATED DISK: (See hernia)

An intervertebral disc is a flat, round structure that is located between each pair of vertebrae of the spine and surrounding a gelatinous substance. The intervertebral discs are structures having flexibility and allow movements of the spine. In a herniated disc, the "pressure" of the vertebrae is transmitted over the gelatine and part of it is poured, which reduces the damping effect and causes quite severe pain in the immediate nerves forcing, in many cases, the affected to stay at rest and still.

Psychologically the person may also feel "pressure" exerted by herself, in an attempt to do or be something more than it is; or you can come from something or someone outside of us, trying to instill the feeling that we should try to live according to something. In this case the hernia could express our desire to "break" with that rule or rebelling against that structure. This symptom occurs in those individuals that give many turns to an issue, because they have difficulty making decisions. They crave out of a situation, but cannot find the exit. They are "stuck", "detainees", "paralyzed" because they feel unable to decide and move forward. They are waiting for help, but they feel not receive any support life, or others.

What is my life? What will I do with it?

Address conflict: What I want to do ...?

Behind a herniated disc always a conflict of depreciation corresponding to the emotional problems of two vertebrae involved is found.

Am I not powerful from the sexual point of view? Am I a bad sexual partner?

Do I feel up to the job?

Can I support myself? I love me?

What makes me prisoner? What is the situation I feel "stuck"?

Should I act as a buffer between two loved ones discussing?

Recommendations to recover physical, emotional and spiritual health:

In life we always have to be making decisions and there are always two possibilities to choose from; it is impossible to circumvent the decision as "not decide" is a decision against the decision.

Ideally, before any decision is not being drawn into doubt, or fear of being wrong, but things always do the best we can. To develop confidence in ourselves, we must acquire the habit of deciding more quickly and not be expecting support from others or all circumstances are safe and perfect. As Albert Einstein said: A person who never made a mistake, never tried anything new.

To recognize the true path, we must walk before unsafe or wrong paths, if not, how we would know what the right?

There are no mistakes or problems, what they really are different situations; but in reality, all they contribute to our growth.

HERPES: (See zoster)

Herpes is a skin infection caused by a virus.

This virus lives in people in a dormant state and is manifested in certain circumstances.

Its main symptoms are itching and small blisters that produce burning. These later become yellowish crusts.

Usually, herpes manifests around the mouth or genitals, at the boundary between the skin and mucosa, that is, between the exterior and interior. In herpes we can find a conflict related to the skin, mucosa or the nerve.

The epidermis leads us to a separation conflict or lack of contact, which can refer to the parent or husband.

The mucosa is something internal, intimate.

Nerves tell us about a conflict related to a desire, with a project. For example: "I'm waiting for my partner to give me a kiss, but he/she has not decided yet"

Cold Sores: it is commonly called "fire", or sore fever. It is a condition caused by a virus. Vesicles on the lips accompanied by pain that cause tension, pulling, tingling or burning are formed.

It is the physical manifestation of an inner contradiction. You want something that attracts us but at the same time, we are afraid of it.

This "fire" on the lips can be caused by a harsh judgment against someone of the opposite sex that has not been expressed, at the last moment, we have retained it on the lips, in our expression.

Herpes can also manifest when we consider that someone or something is disgusting. Repulsive vesicles represent disgust that we can externalize.

Similarly, herpes can be the perfect excuse for not kiss others or a particular person, with whom we are angry, because she made us feel humiliated.

Conversely, cold sores can say that the person has not received enough kisses:

"We don't have our dose of kisses".

"I'm waiting for a kiss, but it never comes"

"I would have liked to kiss her, but it is no longer possible"

Dirt + separation conflict: "I feel dirty or sullied because they have not kissed me" "So much sweetness makes me sick"

What contradiction causes me suffering? What difficult situation does not dare to attack, but tries to do so? What gives me this disgusting feeling? What disgusts me? Have we said something that has burned us? Who wants to kiss

us? Who would not want to kiss us?

Who do we refuse to be kissed by?

Genital herpes or buttocks herpes: Its main feature is that it can only be seen by the most intimate people. It can occur in people who have received in their childhood a puritanical and repressive education.

It is an indication that there is dissatisfaction or sexual guilt with many regrets.

"I cheated on my wife, but I love her"

"I kissed the neighbour but I don't know how to tell my boyfriend".

Dirt + separation conflict: "I want to distance myself from this separation, that I live as dirty".

Recommendations to recover physical, emotional and spiritual health:

Open sexually exciting experiences and integrate the shadow elements that appear in consciousness.

Realize own pleasures and dirty desires without resistance, accepting sensitivity.

Express things at the time and the way it should, rather than hold them and then say them in situations of obfuscation.

HICCUP:

The hiccup is an involuntary spasm of the diaphragm which causes, several times per minute, a short, and sharp inhalation. It is generally a mild and transient problem, usually lasts only a few minutes, although in some cases, it can last for days or weeks.

Hiccups express us that a minute before, we just experienced a fact that we do not want to stop.

Hiccups are mainly manifested in people who have difficulty stopping something, to stop doing something. We want to stop time, for example:

My boss entered and I had to stop laughing.

They knocked on the door and I had to stop eating.

"I have the right to live on condition that the time goes slower"

"Everything is going very fast" "Wait wait, I do not understand". "How do I stop it?" "I was going very well"

Similarly, we can suffer hiccups in contradictory situations, when we do not know what to choose, when I see two options, when one of them gives us a certain distaste... etc.

Hiccups also speak of mental agitation, unconfessed sobs, contained laughter, hurt feelings by desires or ideas that we have not been able to do, etc.

The next time you have hiccups, you can start by observing your thoughts: What do you find hard to stop at that time?

What confuses you? Are you judging yourself? Do you feel at a crossroads?

If thoughts stop, if mental agitation subsides, hiccups disappear naturally.

HOARSENESS OR APHONIA: (See larynx).

This is a temporary loss of voice or sounds.

It manifests when we dare not to express what we think or feel, most of the time, for fear of the consequences or because the other impresses us.

"The message does not pass, and you have to let it pass"

Hoarseness is a good excuse to not speak.

It can also occur after having said something, which we have then repented.

"Criticize that you have errors while talking"

"Fear of saying something silly and feeling judged"

Or it may indicate that the person feels helpless and believes that no longer has anything to say or think he/she cannot resolve the conflict.

Recommendations to recover physical, emotional and spiritual health:

Raise your voice. Express aloud all the demands.

What don't you admit or say? It will be much better if you express only true and full of love words.

HYPERACTIVITY:

Excessive activity and impulsivity. It is part of the so-called Attention Deficit with Hyperactivity Disorder or ADHD.

I must move because if I stop, I die. If we have the responsibility to replace a "forgotten dead" (ghost syndrome), we need to move to stay alive.

Transgenerational, ghostly conflict. Need to bring life to a deceased.

If I sit and don't move, I die. If I stay in one place, I die. I must move in order not to be reached (at a perceptual and mainly auditory level).

Conflict during pregnancy. The fetus must move to indicate that it is alive. "If I do not move, I die for Mom." Sometimes it may be the mother who could not move during pregnancy and the child repairs.

Constellation of two conflicts of separation (one in each hemisphere).

I must comply with several orders at once. Everyone orders me something different.

Stress for something we could not hear. Example: during pregnancy too many tips on how to raise the baby, given to the mother.

Recommendations for restoring physical, emotional and spiritual health:

It is necessary to check the dates, both birth and death, names, to find out who the deceased accompanies the person.

HYPERHIDROSIS, EXCESSIVE SWEATING:

This can affect the whole body, armpits, palms or soles of the feet. When sweating is excessive, greasy and is associated with a more or less strong odour, it is a sign of intense elimination of toxins, dirt, rather mental than real. On an emotional level, this means that the person lives in a climate of fear, instability, danger-consciously or unconsciously, a sense of having fallen into a trap of being in a network unable to leave. The viscous secretion is a biological reaction of survival, like fish out of water, to fend off his/her opponent or predator.

Palmar hyperhidrosis may be related to issues stains of dishonour, of dirt, of misconduct, deceit, lies, which can sometimes be related to an ancestor (incest, rape, etc.) which must be washed, cleansed and purified.

"I feel like I was caught in a trap"

"I do not want anyone to catch me, or I can handle, I'm in a situation of fear" (conflict of carp that secretes a viscous substance to avoid getting caught).

Wet hands: liquid conflict + separation conflict.

Afraid to express emotions, to be judged by others, who see what is not there.

In children, when you cannot count on your mother.

"I'm afraid that Mom touches me; if she does it, it will be to hurt me".

Plantar hyperhidrosis is linked symbolically with the mother and the maternal role. We talk about problems of listening, of fear or fear of being trapped, unable to leave their claws.

"You have to run, because this is going too fast".

Body odour can be related to two questions of archaic survival. The first concerns a repulsive function, as some animals to ward off the enemy, the enemy.

The second one concerns the biological function of marking territory.

HYPEROPIA OR FARSIGHTEDNESS:

Hyperopia is a vision problem that prevents us from seeing the next sufficiently sharp objects, but we can see more clearly over long distances. In hyperopia, the visual image is focused behind the retina, rather than directly on it, this physical phenomenon can be of physiological origin because the eye is too short.

You need to see well from afar. The farsighted is the watchman. The eye accommodates to see in the distance.

"Fear, anxiety, to future events" "The danger comes from afar".

"Fear of not knowing where it comes from"

"I refuse to see what's next to me"

Wanting to escape a part of reality.

Right eye = "I worry so much for the future of my family"

Left eye = "I feel uneasy about my future"

HYPERTENSION OR HIGH BLOOD PRESSURE:

When the heart beats, it pumps blood into the arteries creating pressure which is necessary for blood to circulate throughout the body. If this pressure exceeds 140/90 mm Hg, it is considered as hypertension or high blood pressure.

As this is a malaise affecting the blood, the heart and its arteries and ventricles are talking about emotional conflicts related to the house (heart) and family (people with the same blood).

Like the rest of pathologies, where blood is present, it talks about conflicts of devaluation within the family.

If someone has hypertension, you have experienced or is experiencing a devaluation conflict regarding his/her family. This means that it is not important to the family what it does, what it is, how it is, etc.

It is a lack of recognition to him/her by his/her family.

Likewise, you may also be experiencing a situation in which it must hold that people who do not like to stay at home, come to live in your house and even your family is related to people who are not like, as couples or spouses and their children, partners of their siblings, parents, etc.

Such conflicts can live in masculine or feminine. Depending on how a person lives his/her own conflict, it affects one organ or another and show different symptoms.

Mainly, there are two types of hypertension: central and peripheral.

The central arterial hypertension in men's lives and affects the ventricles of the heart that are responsible for pumping blood hard to reach to the farthest ends of the heart. People who suffer have warm hands and somehow all the time leave the door open because "someone is gone and wants to stay or return"

Peripheral arterial hypertension in women's lives and affects the atria and the valves that regulate the entry or exit of blood from the heart. Those affected have cold hands and feet because not enough blood gets to the end of the extremities and that is why they must increase the pressure. In this case the conflict is related to restrict the entry or departure of members of the house:

"I want to drive someone out of my heart, outside the clan or outside the home" "I do not want someone to be part of my family"

"I want to close the doors to members of my family who do not love me or do not want to love me".

Keep in mind that for our unconscious that member can be ourselves. In both

cases there is always something that prevents one completely relax, be situations of sustained tension in the environment or that this tension is reflected in the interior, because people with hypertension are usually sensitive people with great mental activity and with a tendency to dramatize certain situations.

Hypertensive people are usually very emotional and are influenced by the past, which constantly revives remembering emotional wounds that have not healed or been resolved.

It has the feeling of being threatened with harm and think you have to be constantly prepared for any danger. Hypertension indicates the great tension in which he/she lives because of his/her eagerness to find solutions to his/her problems, but cannot find a way out because he/she does not dare to deal with conflict, has difficulty taking action.

One of the blockers conflicts that will prevent awareness and passage to action is precisely the notion of family loyalty: they are very concerned with the happiness of their loved ones and a "tension" created trying to find the way to provide it, making it difficult sometimes to talk about it and take action, they are afraid of hurting someone or create a conflict.

One of the fears associated with hypertension is death. Hypertensive people are afraid of not knowing how to deal with their concern, focusing all their attention on the outside world, leading a dynamic, tense and overactivity life, what causes them an "increase pressure".

Other possible emotional conflicts that can cause high blood pressure are:

- Overcrowded conflict. Too many people cohabiting under the same roof.

- Inner pain in relation to love. I've been disappointed in love and I closed my heart.

Maybe you were cheated and no longer believe in love or you maybe feel old to find a new love, but misses someone at home.

- Have lost family references (the kidneys would be affected).

I was devaluated in relation to others.

A full NO, a situation that I refuse to live.

- I resist to defend myself, I have to fight myself, I have to protect my family, my baby, etc.

Hypertension in pregnant women. "I do not want a new member to enter in my house (heart). Subconsciously, he/she feels that the arrival of the child may cause him/her problems or inconveniences in his/her life. Maybe the mother is afraid of losing a job, etc.

Despite all these facts concerning the emotional cause of hypertension, sometimes, its resolution may be complicated, because there are several bodies that may be involved, at the same time as the heart, kidney, adrenal and arteries, a more detailed study to be necessary.

Recommendations to recover physical, emotional and spiritual health:

How do we get rid of our old emotional problem?

Releasing the past, talking about what hurt us.

Expressing at all times what bothers us.

Detaching of people who do not value us.

Letting life flow and not allow more harm.

Learning to communicate; listening, rather than talking. Exit the pressure looking for the solution of conflicts. Recognizing the problem with authority.

Looking inward, toward their own feelings and deal with them, to free them and transcend them. What am I afraid of losing? What aspect do I feel threatened with? It may be the fear of losing privacy, the power, the self, success, own needs (survival-belongings-creativity-care, etc.). If we deny fear or do not give importance, if we resist or we get defensive, if we are distracted and we lie to ourselves, there will be a true and complete healing.

HYPERTHYROIDISM: (See thyroids)

HYPOGLYCEMIA: (See pancreas).

Hypoglycemia is a condition of the pancreas that occurs after an abnormal decrease in the concentration of glucose in the blood. This is the contrary case to diabetes. Symptoms that warn us of this imbalance are, desire to take sweet things, dizziness, palpitations, pallor, cold sweat, etc.

It indicates that there are difficulties of receiving, accepting the sweetness and love. There may be a feeling of not being entitled to it.

Or maybe you can express a conflict of disgust with anguish.

"I was imposed something, situation, food, affection, and I refuse to absorb the sugar"

It can manifest in children who have not been desired by the mother and at the same time, the father showed absent.

The patient defends evil against life, it is overwhelmed by the burdens. He/she cannot put the correct dose of sugar.

Hypoglycemia can also occur in people who have given so much, and have nothing left for themselves.

Recommendations to recover physical, emotional and spiritual health:

Recognizing the lack of love and sweetness and find the required dose for the heart and life.

HYPOPHYSIS or PITUITARY GLAND:

Endocrine gland located at the base of the skull behind the nose in a compartment called "Turkish saddle" in the sphenoid bone. It secretes hormones that are responsible for the regulation of other glands. She is the director of the glandular system and the link between the brain and the higher mind of the human being.

It is related to the Ajna Chakra or frontal Chakra (third eye), for this is the energy center through which we can meet our inner sage, connect with our intuitive and positive aspect, calm our mind, learn to carry a life better, healthier and with greater inner peace, since it helps regulate all the energy rhythms of our being.

Every problem in this gland indicates a blockage between the material world and the spiritual world. This occurs in the person who does not want to accept the divine part of the human being and especially his.

Since the pituitary represents the general "center of command" in the body, any conflict that represents a "lack of control" will affect it. It is a gland

highly susceptible to lack of confidence in us, in our abilities, etc.

The biological meaning of the pituitary gland will be related to the increased production of certain hormones.

It is divided into anterior and posterior pituitary.

The anterior pituitary has to do with growth hormone, which has a very important function in the regulation of minerals and nutrients and influences bone growth, formation of new tissue, when there is for example a fracture and in the cicatrization, adenocorticotrophic hormone and corticotropin that stimulate the adrenals, with thyroxine, which stimulates the thyroid, with the gonads (ovary and testis) and with prolactin that helps the production of breast milk.

The posterior pituitary is related to the antidiuretic hormone or vasopressin that regulates the body fluids and oxytocin, which is the one that allows the contractions of the matrix to start, without which it could not produce the childbirth.

If someone has any symptoms in their anterior pituitary, it means that they are experiencing an emotional conflict in which they feel incapable of "catching their prey" (goals) because they feel "small" (little thing, incapable, stupid, etc.) . It is a situation that without discussion makes you feel unable to achieve something, get something, etc.

If, on the contrary, the problem arises in the later pituitary, we must necessarily analyze the genealogical tree and look for "the dead" because we are lying.

Recommendations for restoring physical, emotional and spiritual health:

We need to increase our confidence and self-esteem. We must learn to recognize our abilities.

We love and accept ourselves.

HYPOTENSION: (See hypertension)

Commonly known also as "low pressure", hypotension is a decrease below normal blood pressure. It usually appears in people who have felt a lack of love in their infancies and is more common in women.

Devaluation conflict regarding the family.

Impairment, loss of strength, avoidance conflicts related to family or clan.

Great sense of lack of encouragement and defeatism. Fighting is of no use, better play dead.

Female conflict, loss of distal territory lived in terms of powerlessness and renunciation.

The hipotense people recoil from the difficulties due to lack of courage and courage, feel overcome by events.

If you encounter a conflict, it does not try to resist and prevail.

They shy away from any challenge, including the issue of sexuality, because they permanently live with a sense of defeat, failure and discouragement that prevent them from facing any problem.

Recommendations to recover physical, emotional and spiritual health:

What most benefits the hipotense people is to create much activity to develop and strengthen energy, sport, gym, jacuzzi...

For people who can stand it, also, drink alcohol in small quantities and coffee. It helps stimulating blood circulation and can be beneficial.

However, all these measures have a temporary effect.

For energy emanating from natural and sustained manner, the hipotense people need to make a change in attitude, a change in the inner attitude, that is, they must learn to confront their conflicts and resolve any issues actively they will face.

The hipotense people need to find their place in life, and allow themselves to flow by events.

HYPOTHYROIDISM: (See thyroids).

HIPS:

It is the fundamental joint to stand and walk. It represents the deepest beliefs about the way we understand our relationship with others and with the world and the way we live.

"Stay in your position"

When you have a hip problem, it means that you are living an emotional conflict in which it is difficult "to maintain your position" Perhaps nobody obeys, maybe your children do what they want and ignore you, no one phones or visits you, or no longer celebrate your birthday as before. You have ceased to occupy the "important" position that you formerly occupied and thus, have lost your place in the family, identity and strength.

"I am old, wanted to fight, but I better stand and give in"

"I do not want to go there, but I cannot resist ... I cannot do anything else, I cannot fight"

If it is a young person, it will be related to the conflict: Conflict of real opposition, duty against self will make someone stronger.

I want to fight for something but I cannot, I simply do not let myself, do not trust myself, but anyway I am a "feisty" person and will not let go until I do.

"I'm young, I want to fight, and I cannot, but in my attempt process".

Conflict of symbolic opposition: "I oppose, I do not have the same political ideas"

Conflict of opposition + repressed anger, resentment, injustice (bladder is affected).

If the hip hurts more when we stand, it means that we are weak to take and maintain our decisions.

If instead, the pain increases when we are sitting or lying down, wants to express that "unconsciously" do not allow us to rest because we think it will make us weak before the others.

Any symptoms in the hip, even when we fall or break a bone, we try to analyze the following conflicts:

"Someone is opposed to something I want, think or I like"

"I feel anger and anger toward someone who contradicts me"

"Conflict of sexual opposition: I have seen a (real or symbolic) incest". Most incests are symbolic, except when there is congenital hip dislocation, for example, my wife or my husband, is twice my father or my mother, or my brother or sister and at unconscious level, libido decreases, little by little.

"In my family there is a big secret," this conflict can be transformed into hip

osteoarthritis.

Osteochondritis dissecans of the hip (the same previous conflict). It commonly affects people who have the false belief that "should" take care of their parents, serve them, bathe them, feed them, etc., but internally they oppose.

"I cannot handle the burden of my mother"

Acetabulum: Conflict in relation to sexuality from a female point of view.

Great impairment due to a deep feeling of loneliness. "I do not feel accompanied, supported.." to a very important vital level. Desire or fear in relation to excesses, especially those related to alcohol and sex (orgies, for example).

Usually, people with hip problems have difficulty running what they want to do. Think about doing something different, plan, but ultimately, they have doubts, they give up because they believe that "will not succeed" and spend their lives complying with what they have.

"Fear of taking important decisions"

"Fear of changes due to lack of confidence in their own forces. Nowhere to move. "

"I must not, I have no right, do not deserve, it is useless ... forward"

Recommendations to recover physical, emotional and spiritual health:

"At any age I move through life with joy and ease"

"I trust myself. I do not beat, no one can beat me. "

"I take my changes and decide freely"

HODGKIN LYMPHOMA: (See cancer, lymph nodes)

This condition is also known as cancer of the lymphatic system (defence area of the body), it is characterized by progressive and painless increase of the quantity of lymphoid tissues.

"Conflict of very precise devaluation accompanied by a deep anguish and fear for the future"

It is a regret that we have been suffering because of an accumulation of troubles, caused by a person or a situation, which we dare not express, nor to face and we are blocking.

"I feel attacked, trapped in a corner"

"I want to defend myself or seek protection"

As a result we feel disoriented and adopt the attitude of not showing us as we are: "We do what we feel" We decided to live representing a character that does not correspond to our inner reality, renouncing our needs and intentions, because we feel that others reject us and would not love us if they happen to really know.

This attitude prevents us to connect with our own power, which left in the hands of others, what makes us lose enthusiasm and vitality.

Recommendations to recover physical, emotional and spiritual health:

In order to heal a cancer it is vital to stop all the activities we have been doing and change our life and thinking. It is essential to increase our level of awareness in all situations, both internal and external.

Against what or who do you need to defend yourself against, so vehemently?
What is the enemy?

Is it possible to make the fight against yourself? There's a part of you that do not admit that you do not accept, can you be your worthlessness?

Begin by recognizing and integrating this part within your being.

We need to learn to defend ourselves more actively, creatively and in a transgressive way and breaking the rules imposed by others and by ourselves and abide only the very highest law, that is, do what you really feel.

We need to open ourselves to our own ideas and fantasies in the area of fertility and creativity and try to find love without limits.

ICHTHYOSIS: (See skin)

ILIAC CREST:

The iliac crest is the name given to the top edge of the wing of the ilium, which extends to the margin of the greater pelvis.

Sexual conflict. "Making sex is dangerous"

Conflict of rejection and/or contempt of the couple.

"I'm not happy next to my partner"

"My partner is crap".

IMMUNE SYSTEM:

Set of organs and biological mechanisms of the body responsible to recognize and destroy harmful agents. Its mission is to protect the body. It includes the bone marrow, spleen, lymph nodes and lymph vessels, tonsils and all lymphoid cells.

Conflicts of impairment for attack and defence issues. A lowering of the immune system to defend itself indicates a disavowal to defend.

"To remain in life, I do not respond, I do not defend myself".

IMPATIENCE: (behaviour related)

Need to finish something to stop being unprotected.

Perfectionist conflict. As I will never be perfect, I must accelerate time to infinity (I will never finish).

Time conflict "I want to do better and faster to recover my time"

"I want to do better, and fast"

Impatience denotes an internal stress, insecurity and tension that makes us unbalanced. We become more irritable, more expeditious in what we have to say or do.

IMPETIGO:

Separation conflict, a spot in your integrity, depreciation and prohibition of something (talking, kissing, smelling, seeing, feeling, touching, lying...) depending on the location.

Contact conflict that threatens the integrity with a notion of separation: "It's ugly to do that".

Devaluation for failing to develop my gifts (family) next to a conflict of feeling separated.

In a child, it may appear after being assaulted.

IMPOTENCE:

It is a disorder in humans characterized by the inability to have intercourse for lack of erection.

Problems with the feminine, the mother, whom we see in our partner.

Sometimes it is women who seem overprotective, some of them tell us what to do and how we prepare our things like our mother, care for us, etc. And we do not need a mother, we need a sexual partner, so we need to clarify this situation with her.

Maybe my partner is very hard, it looks like my mother, and I will not sleep with my mother.

"I'm afraid of my mother" (Analyze if the couple is twice the mother).

"I cannot have sex, and even less, impregnate my mother, sister, aunt, etc". (It has to analyze the pedigree)

Or perhaps, it is a new partner, but do not forget my old partner.

"I feel anger toward my former partner".

There may also be feelings of guilt against himself or against a partner, or it may be due to an unconscious way of punishing it.

"I feel anger toward my current partner".

"I feel depressed, tense".

"This relationship causes me guilt"

"I must meet sexually and do not want".

"I will not procure your pleasure, I'm not up"

Is there any current situation facing us feel helpless?

Have we received from our family some "macho" thoughts?

It is completely normal that at some point in our lives, we find it very difficult to get a powerful tool to maintain a satisfactory sexual relationship, especially if we are living a situation of excessive stress and erection is another worry. A woman, also happens the same in similar situations. We must stay calm and not feel guilty about it, because in most cases it is only a matter of time.

Recommendations to recover physical, emotional and spiritual health:

You must give yourself permission to experience pleasure, satisfaction and joy in your relationships with others and with things and let not carried away by the memory of other past experiences.

Nor is good to try to punish your partner by means of impotence, since you are also damaging, blocking your creative energy.

You need to keep away the guilt of your consciousness. You are only

responsible for what happens to you.

INCONTINENCE: (See bladder)

INDIGESTION:

Abdominal discomfort that appears after meals due to various digestive problems. It has ardor and an exaggerated feeling of fullness. Digestion is stopped, slowed or altered due to the fact of identifying as toxic, dangerous or difficult digestion, something that we have eaten is real or symbolic. The digestive system reacts with the best solution for that "bite".

Conflict of visceral fear, terror and anguish in relation to something we have swallowed and we do not digest. We have suffered an indigestible situation before, during or just after the meal that has produced disgust, rage, visceral fear, terror or anguish.

I have eaten an indigestible emotion. I have eaten dirty, heavy, annoying comments.

It can also happen when we rebel against something or someone we had previously accepted. We have no choice but to vomit.

Rejection of an idea or an experience that is not compatible with our Being.

INFECTION:

It is an alteration caused by the presence of certain bacteria in the organism and immune defences that have been unable to protect.

Infection states that we have felt attacked, we have suffered an attack (real or imagined) by someone in our environment that has destabilized us. As a result, we feel irritated, angry and powerless to defend against the aggressor.

The conflict that arises between a germ and our immune defences (between an outside aggressor and us) masks a much deeper conflict between two aspects of our personality.

Immunity is conditioned by the mind. Any infection is indicative of an emotional conflict that the individual has not taken, it has not sought solution and as a result has materialized.

We could describe the infection as a conflict of physical appearance, but emotional nature.

Although there are millions of germs and bacteria in the air at all times, they cannot enter us, nor develop in certain parts of our body, if there is a predisposition.

Each part and every organ of the body where the infection is located, speaks a clear language and inform us about the nature of the conflict.

Recommendations to recover physical, emotional and spiritual health:

What conflict in my life is that one I shun or I refuse to recognize?

What irritates me?

In the body, it cannot solve any issue, no problem.

It would be like trying to put out a fire shining directly into the smoke. The smoke is only the effect of fire, the target.

The same applies to the symptoms. They reflect the effect of a cause that is inside, in the consciousness of man.

We must open ourselves to infection and cope with emotional conflict without blame or hold anyone but ourselves and take the necessary decisions.

Infectious diseases, as happens to children, help us mature and grow, both physically and psychologically. We are all immersed in duality. The conflict is a necessary step, but not without pain, that two opposite poles are integrated into the unit.

INFERTILITY:

Infertility is the inability to procreate. When though unwillingly, the woman does not become pregnant, it is a clear indication that there is an unconscious rejection may be due to different negative attitudes: fear of childbirth, the responsibility of being a parent, fear of losing her appeal, fear of losing her partner, etc.

The woman who has an infertility problem by no organic cause can be due to an unconscious reaction to the image she has of her own mother or relationship difficulties (lack of warmth and motherly love) she had with her.

A woman may have difficulties getting pregnant when her desire is based on a misleading motivation and a sense of guilt arises for her as, for example, when a child is desired, but not for herself but for other reasons as wanting to retain her partner "throw the noose boyfriend", or attempt to conceal, through a son, a crisis in their relationship.

They may also suffer from infertility women who have a great desire to dominate the world, very active women and always hurry for everything ... even to have a child, which in many cases it makes it even slower.

Her attitude leads them to choose weak or doubtful of themselves, their ideas or their ability men.

Man can also manifest sterile, when he is afraid to feel tied down or to take psychologically the father role and the responsibility that the child generates in his life.

Infertility can occur in people who are accused of being unproductive, they do not get the positive results they want, because they are considered useless.

In many cases the cause of not being able to have children is to be found in programs inherited by the clan, as a result of traumatic experiences of our ancestors (rape, incest, wars, abortions, etc.)

Recommendations to recover physical, emotional and spiritual health:

There are people who have not come into this life to have children and that is the experience that you must live and accept.

Just keep in mind that, before any experience, the most important is the development of our individuality.

We must reconcile ourselves to accept our present moment and clarify our priorities, what takes precedence desire to have a child, work, career?

We should decide to have a child when we feel ready to receive it.

If we are aware of traumatic experiences that occurred in the family, it is necessary to "cut" the connection with these programs consciously, to free us

and allow our individuality is expressed.

INFLUENZA OR FLU:

Influenza is a respiratory disease caused by a virus, which presents the following symptoms: colds, fever, muscle aches, headache, cough, aches and tiredness.

Flu expresses our difficulty socializing. It is the means we use to protect ourselves from outside and to release stored tension. In most cases, the affected person has no choice but to rest for several days to recover properly. Influenza occurs when we have been hurt by words or "very cold, icy" silences.

"It's as if I have received a bucket of cold water" "I do not give more"

Fever, aches and fatigue force us to relax and allow us to isolate and disconnect us from our surroundings for a while.

It is, in most cases, people who have difficulty expressing their desires and express their needs.

Recommendations to recover physical, emotional and spiritual health:

Instead of wanting to run away from a situation or someone, try to transform your inner attitude; your sense of victim does not benefit you, however, it is blocking your center of power.

INJURIES: (See accidents)

We are angry with ourselves. We feel guilty because we believe we have not done well.

Recommendations to recover physical, emotional and spiritual health:

Did you had the intention to harm? If not, you should stop.

Each person collects what he/she has sown previously.

The place where the injury occurred will provide more specific information.

INSOMNIA:

Difficulty falling asleep or waking up frequently or early. It usually negatively affects the performance of the affected in their daily life.

The sense of suffering this symptom is to remain on alert due to an unresolved danger (often at the mental level).

Conflict of the controller and the perfectionist. Fear of losing control of a situation. The impossibility of sleeping expresses a deep fear of loss of control, of abandoning oneself.

"When I lose control danger comes".

"I have to control everything".

Persistent daily insomnia expresses a severe lack of confidence; when we have little faith in life, when we lack confidence and try to keep everything controlled, directed, verified and mastered and we do not know how to delegate to others, the thought never stops and makes the person wakes up frequently during the night.

Conflict of urgent need to guard and defend the clan. Who are we watching?

Examples: A person who is alone and is afraid that something will happen to him. "I run the risk of hurting myself or something terrible happens to me while I sleep".

A lady who has the responsibility of caring for a physically and psychologically diminished family member and has to be constantly watching over her.

Conflict and need to watch over a dead person. When insomnia begins at a very young age or with no verifiable reason, the genealogical tree must be reviewed, because there may be a command to "watch over the dead", real or symbolic. Watching for a dead person may actually be because there was one dead in the family who could not watch over or mourn.

The "dead" can also be the altercation of today in the work, the discussion with my partner, the problems of our son, etc.

Conflict of fear, guilt, anguish, negative thoughts, surrender ... Nervous depression concealed or patent. Insomnia can be strongly related to conscious or unconscious guilt. For one reason or another, we may have the feeling that "we do not deserve to rest". Maybe because we feel guilty about not being successful in life, not doing everything we need to take care of our children, our parents, etc.

Conflict and difficulty making decisions. I do not accept things as they are and I need to change them, act now, without delay. In this case the mental

process is activated and prevents rest. If we do not find the source of the conflict, we can hardly command our mind to stop, so we must find our negative thoughts and solve them (during the day) and with that satisfaction go to bed.

Conflict of fear of death. During sleep we are in a state of vulnerability and abandonment; we feel as if our ego and our survival are threatened. The person who is afraid of death will also be afraid of the night, since sleep is the younger brother of death, forcing us to abandon ourselves to the unknown.

Recommendations for restoring physical, emotional and spiritual health:

Are you one of those who believe that the night will bring you the solution to your problems and you can not sleep until you find it? We cannot turn the bed into a place of conflict resolution, for we will accustom our minds to being alert to it instead of resting.

Better stop thinking and sleep. Things look different when we are relaxed.

Who suffers from insomnia should learn to release the pressure, to abandon, to relax.

You should practice surrender, get rid of perfectionism, let go through life, accepting that you cannot control everything and deepen the sense of trust in life and meditate on death.

We can be helpful to move from the active side of the mind (male) to passive (female), practicing a ritual goodnight, prayer, meditation, mantras, observation of breathing, listening to relaxing music , etc.

If you suffer from insomnia because of you could not say goodbye to a loved one who has died, it is necessary to hold a symbolic duel.

INTERMITTENT CLAUDICATION:

Muscle pain in the leg due to chronic arterial obstruction. It occurs during the performance of exercise and disappears while resting.

Devaluation. Fear of not being strong enough to face the unknown dangers in motion.

Requirement with regard to masculinity.

"I cannot commute much", "I cannot go far from my heart, from what I know".

INTESTINAL GASSES OR FLATULENCES:

When we have aerophagy or expel a lot of farts all the time, our body tells us that we live in a permanent state of anxiety. We fervently "suck" life (air). It is the consequence of continually swallow our negative emotions because we have a deep fear of not achieving what we aspire to in life, our dreams, our goals, etc.

So, our unconscious makes us produce gases, to help push down the dirt and remove it. "I want to evacuate, to get my all this shit around me, to feel free". People suffering these symptoms appear to live in peace and calm, but all of them cause terror and fear and cannot swallow, do not digest that. Always afraid of losing your job, fear of not having enough money, fear of not succeeding, fear of suffering from some disease, fear that our partner is not indicated, that is, fear, fear and fear.

Therefore, we live complaining about everything, climate, food, wages, etc. Nothing is perfect, because as we are afraid to lose, to feel better we criticize we do not care, but our anguish continues.

Gases can also manifest when we are under pressure, when we are stressed because of the material financial world, professionally, etc.

"I am under pressure, I suffer and I need a relief"

The gases also express our fear of losing something, which gives us much concern.

Recommendations to recover physical, emotional and spiritual health:

Relax would be the appropriate remedy. From a state of relaxation it is all more clearly and be able to discern and assimilate consciously. Digest all the new experiences in peace and joy.

I breathe life and enjoy it. I love and live quiet and peaceful.

INTESTINES: (See colon, diarrhea)

Small intestine. That one sick of the small intestine is usually a distrustful person who analyzes everything in an exaggerated manner, able to perform a fine analysis of "detail" and which has a highly developed critical sense, "always has something to say"

Disorders of the small intestine tell us about the difficulty a person has to absorb and assimilate the experience that is living.

I do not assimilate the good aspects of my life. I do not appreciate the good things around me. I always see the bad in every situation.

When we have the desire to escape, to avoid a situation that we have to spend, but which we would like to see ourselves free as soon as possible, diarrhea occurs, "I will eliminate what does not satisfy me"

Diarrhea is not a way to integrate the reality, not to accept, absorb and assimilate an experience, either out of fear or because we consider it unacceptable. "I do not want to assimilate that" "I'm not accepted in my family, integrated". "I cannot continue to assimilate that information" "I cannot see the good side of this" "This is not how I dreamed it" "Everything is wrong".

Diarrhea in school children wants to express: "I have not assimilated enough knowledge"

Conflict of inability to assimilate the piece.

Conflict of inability to digest the piece, "indigestible disgruntled" derived from fear of "lack" to starve.

Conflict of not being able to digest a bit too large, as an indigestible vexation, an insult, an impertinence, injustice, etc.

Small intestine cancer: Inability to digest the good life, to digest my life.

"I do not know where to go". "I do not know where my life is going" "I do not know what is my place in the family" "I do not know what position to take.."

Crohn disease: Conflict of material and emotional deprivation, "This has been usurping me in a despicable way"

"Fear of losing their identity"

"I despise" "I'm no good"

Dirty play conflict of indigestible evil.

Ileal: "I cannot take the result of the lessons of the past"

Jejunum: Problem of choice, of indecision.

Intestinal parasites, "Someone is imposed on my table" "I cannot stand the

fact of eating at the bar, at the table of another”

"I impose a belief system”

What element, what is a foreign body doing inside me?

"I let myself to be invaded".

Tapeworm: "I feel parasitized by a strange idea”

Large intestine. It is a part of the digestive system, consisting of the cecum, colon, rectum and anal canal. It is the area where we finally absorb and integrate what we have eaten outside. After waste (materials) are transported and disposed outward to prevent the body from clogging and contamination. Its mission is to evacuate what the body considers useless, superfluous, dirty. This people must do the same with our experiences: ingest, assimilate, accept, remove the teaching and move on.

Tensions and disease in this body are manifested in people who have difficulty taking away, and forget to heal certain wounds, to evacuate and move on.

The problems in the large intestine speak of a dirty experience (filth, dirt, meanness, treachery, bad play, etc.) that has been assimilated, in principle, but it costs us to digest, to advance and evacuate.

According to the site:

Ascending colon: "filth" made by parents or symbolic, hacienda.

Transverse colon: "filth" made by collateral, couple, sisters, brothers, cousins, etc.

Descending colon: "filth" made by children, nephews, grandchildren.

Colonic polyps are like knots of sorrow and anger (small filth) that we have achieved completely untie.

Diverticulum: Feeling of having suffered a great betrayal. People suffering it sometimes deny shit (feces) problems. Everything is going well! "The dirt has to stay home” "I feel powerless to evacuate one dirty play".

The cancer usually develops over a polyp degenerates, occurs after a conflict (often related to family) caused by a vile, low action, offensive; an issue too "unpleasant" to be "digested" something that cannot "evacuate".

Sometimes you can also get this disease someone who feels "dirty" for being involved in an issue of "possession" (a fight over money or property) that makes you feel guilty.

Colitis: "I give affection intermittently". Affection, sometimes is and sometimes is not, when the pain is not displayed.

The person repeatedly supports stodge. It solves and another begins. Because

of this no tumour occurs.

Ulcerative colitis: This is a conflict of indigestible extreme disappointment and annoyance. Dispute relating to the bloodline "crap in the clan, in the family".

"I want to leave this family or want someone to go to my family"

"I have been scammed and also blame myself, it is unfair" "I have taken a value, something".

Irritable bowel syndrome: "Frequent regular trash," one after another.

Superior Rectum: Disgruntled that we did not evacuate, expel. Often it relates to the family. Conflict caused by an even more vulgar than the colon action.

Lower rectum/anus: Conflicts of identity within the territory. "My place where I feel". "I'm on the edge, my place is not within this territory" Conflict of separation and loss within the family itself: "I do not know what I paint in this family, in this house," in this clan. " "In my family, they do not recognize me" Conflict of rancor within the territory crap that happened long ago and I cannot let go: "I do not want to forgive, I keep it"

Anal itching: Conflict of separation from my shit, my identity.

Recommendations to recover physical, emotional and spiritual health:

The sick of the small intestine needs to learn to be flexible, to observe and assimilate the events and let them run.

Those affected large intestine must learn to extract the "purity", the positive aspects of each experience and move on, to move forward without losing time what belongs to the past.

When we live in the past, thinking how good or bad things were, feeling attachment to people or past situations, we are avoiding the present. This is a form of self-rejection because it prevents us to face our true feelings.

ITCHING: (See skin)

Itching is a feeling in the epidermis that involves scratching yourself. It is the sign of something that bites us. It indicates that there is something within us that excites us and that we have overlooked and wants to be discovered and liberated, like a burning passion, a desire.

When scratching relieves, it is indicative that the person has suffered a conflict of separation of pleasure.

"I'm frustrated, I need pleasure and when I scratch, I feel that sense of relief... it's so pleasant to receive what that person I want does not give me".

When scratching does not relieve, it talks about a general problem of breaking contact/separation.

"I feel dirty since hitting me"

What important thing happened in my life just before the appearance of the first symptoms of itching in a context of separation?

When itching appears after a problem of bilirubin in the blood: separation conflict with rancour, injustice. "I wish she had never come to me" "I'm so sorry to have met that wretch"

Itching may also appear after a change occurred in the life of a person who has made him/her break with the past (conflict of separation of pleasure) and forced him/her to seek new references, that is, to develop a new identity.

What is my new site? How should I fill it?

Itching can also occur when a person is envious of something, but does not express it for fear of hurting someone or what they might think.

JAUNDICE:

Jaundice is a yellowing of the skin and mucous membranes due to an increase in the amount of bilirubin.

It indicates a mental imbalance caused by tension, a disappointment from the outside. The person feels very intense bitter emotions of envy, disgust, frustration and much resentment.

If jaundice is of a hepatic origin, the individual is in a personal situation in which his/her environment makes him/her doubt of himself/herself.

If the origin of jaundice is biliar, the person has questions regarding his/her position.

If the cause of jaundice is in the pancreas, the person does not feel recognized by others.

It also indicates that the person represses his/her anger with someone or something, against what he/she believes he/she can do nothing, is like a dead end.

Newborn Jaundice: Conflict of "lived by the mother during pregnancy rancor". Baby in conflict resolution projects.

Another conflict that can cause jaundice is when the mother feels:

"I'm afraid that my milk is not good enough for my child"

The mother must know that the milk she always produces is modified depending on the needs of the child. That is, according to the nutrients the baby demands, your milk will provide them.

Recommendations to recover physical, emotional and spiritual health:

Learn to open up to the people around him/her because he/she has a lot to learn from them.

Allow to return tranquillity and turn attention inward.

Value participate in discussions concerning the worldview.

JAW:

The jawbone is formed by two bones (upper and lower) in which the teeth are embedded. As the jaw is necessary so that the teeth do their work, problems in it translate a repressed anger that prevents the sufferer is adequately expressed.

Devaluation linked with the word, with expression. Something that we find unbearable, something too strong.

"I feel very little because I could not express myself as it should; I should have opened my mouth when I shut up. "

"I blame not have used the right expression to protect (left side), to externalize my feelings (right)".

"Devaluation because we do not feel heard, when it is important to express themselves"

We feel that they laugh at us and we were not paying attention to what we say. You can also feel dominated and we believe that we cannot express ourselves.

As the jaws help us bite and chew, they problem indicates that the person is prevented from biting life good or give a good bite to what you want. We forbid express our own aggressiveness.

Devaluation conflict because you cannot "catch the piece", or because you cannot "hold" once we have caught. "I wanted to eat such a thing and I could not do it"

Recommendations to recover physical, emotional and spiritual health:

What makes you control and repress yourself? Now is the time to consciously deal with conflict. Express from the heart.

KIDNEYS, (problems):

The kidneys are the organs responsible for removing nitrogenous waste from the blood (urea, uric acid, etc.) and also participate actively in the evacuation of foreign substances introduced into the body (drugs, toxic substances absorbed with food etc.)

Maintain the acid-base balance and blood pH.

They form some hormones, especially renin involved in maintaining blood pressure.

Finally and especially, they regulate everything in the body is related to liquids, so one of the messages indicates a lack of balance on the emotional plane.

The kidney is the "carrier" organ of the fundamental structures of the person. The vitality, energy (physical and sexual), reflected fears. We talk about our ability to keep up, "having solid kidneys" to cope with the pressures of life, to find the balance, wisdom, to know how to choose and take appropriate decisions, to find stability in the life and relationships.

Very often linked to the father, our first reference.

For the Chinese, the kidneys are related to the ancestors, the ancestral energy. When we present any symptoms related to the kidneys, it means that we are experiencing a conflict of fear, fear of losing, fear of not feeling part of something. Generally speaking, the kidneys represent the coexistence we have with others and how we communicate with them. If we live a situation with someone for us means "a problem", we will hurt the kidneys. Conflicts with peers can cause us pain.

Collecting ducts: When present any symptoms related to the collecting ducts, it means that we are experiencing a conflict of "total loss", focused on the material or sentimental.

Loss of referents. "I have no one"

Conflict of struggle for existence. This is too much! "Everything is coming down"

Lose everything, for example, my house burned down and I lost everything.

Loss of livelihood.

Conflict of immigrants, refugees, wars, floods, etc. Conflict of being suddenly faced a social, family vacuum, etc. "The land sinks beneath my feet"

Conflict feeling abandoned, having lost roots, our references, our deepest values (after a situation of sudden separation, divorce, because the father is an

alcoholic, etc.)

"Life is too hard, this is too much, and this is not life"

Existential fear. Concern for the future.

Parenchymal kidney (nephrons):

If any symptoms related to renal parenchyma (nephrons) appear, you are living in a literal conflict with "water" (real) or other liquid and always linked to a feeling of "collapse". For example: I was about to drown myself or my house was flooded. Feeling of "I am worthless".

Conflict of fear of a liquid or related to some place where there was liquid (rain, flooding, drowning, slip, ice, milk, alcohol, chemotherapy, urine, etc.)

Glomerulus, chronic renal failure: It is based on a behavioural problem of character. Dr. Salomon Sellam called minimum repeating conversion. It is a small conflict lived amplified way, for a long time the person is faced with daily choices: Is it good for me or not? Is it right or wrong? "I have to choose between good and evil".

"I'm always asking if I said, if I did, if it was good, etc".

"I always doubt of myself"

I have moved to another city or country and I always feel "out of my element"

I always wonder: How good is my life? What am I in this life? What is my purpose in life?

"Whenever I have liquidity problems, money"

The individual spends the day having to choose between one thing or its opposite and becomes his/her private drama. It is a conflict that is living day by day and it is structuring his/her psyche until it can no longer be with him/her.

The key question at a psychosomatic level is: Is it vital for me to worry about this? Is it as important or relevant? Is it vital for me to worry about money and that a kidney affects me?

Albuminuria: Deleting, loss of internal balance.

We miss something important for our balance (references), but do not want to see it. "I did not manage to position myself in a reasonable and valid way about my great aspirations and/or values in the family clan".

Hypertension: It manifests itself after a conflict related to a liquid attached to a conflict of injustice.

"I'm disappointed of love and therefore I close my heart"

Renal calyx: Conflict of marking a distant territory.

The kidney stone: Kidney stone, or renal stone, is a piece of solid material (usually calcium) that is formed inside the kidney from substances that are in the urine. The stone can be left in the kidney or it can detach and go down through the urinary tract. The stones may become stuck in one of the ureters, bladder, or urethra, producing symptoms of pain (nephritic colic), dysuria (difficulty urinating), or haematuria (blood in the urine).

Conflict of territory or liquids.

The sense of the calculations is to put a wall before something. Prevent the output of liquids (money, referrals, emotions), or marking the territory.

"I cannot be in my territory" (Being at a family member's house, for example).

Territory in dispute. "Someone occupies my territory and, consequently, it is impossible for me to mark it, to delimit it". "This is mine but I got tired of marking it". "What I urinate more if it does not do anything". I forbid anything.

Conflict of liquids:

If someone has kidney stones can also indicate that, for a long time, he is experiencing a conflict in which he feels he is spending a lot of money, he refuses to lose more liquid (liquidity) and therefore puts a cap on the escape of money.

"I do not want to lose liquidity".

"I'm losing fluid, I have to stop it".

Most of the time it affects people with rigid behaviour and is usually related to conflicts of jealousy and envy.

These people have to learn to spend money consciously and not accidentally.

They need to learn to assume their economic responsibilities according to their income.

They also need to learn how to enjoy their expenses, especially if it comes to leisure expenses.

On the other hand, they must learn to accept that if something is not theirs, they must let it flow and go.

Renal colic: Muscle pain located in the kidneys (by the back area) associated with a nephritic or renal calculus.

Conflict of liquids and putting an obstacle.

It can also manifest itself after a ureter conflict (marking of territory).

The pain is a warning sign. We are not putting the necessary conscience in the resolution of a conflict linked to territory and liquids. It is related to

kidney stones.

In colic we resent guilt, rage or unconsciousness on the same subject.

Whenever renal calculi or nephritic colic appears, it means that we are experiencing a conflict of wanting to place a blockage on the loss of liquid (liquids can be real or symbolic: referents, alcoholics, drowning, money, emotions, losses in the pipes of the house, flood, etc.).

Liquids = Liquidity ... "Put an obstacle, a wall", so that the liquid (money) does not escape (example: a gentleman who considers high and unfair, the monthly fee to be paid to his community and does it against of his will. All months are calculated, days before the entry.

Kidney cancer: When a kidney cancer manifests itself, we have necessarily lived a very strong conflict concerning "internally feel unable to mark our territory" or related to "not know which side should get"

It may be triggered after a situation of deep fear after an existential conflict of abandonment, disappointment or betrayal. For example: my partner has never loved me like I love her, I could never feel her "mine". My brother calls me to support him in a judgment against our father, but I cannot do this to my father.

Or after a conflict of self-devaluation in water or a liquid (ice, milk, oil, urine, alcohol, oil, etc.), is present at the time of the drama.

Conflict of flood loss, bombardment, by rain, etc.

Existential conflict: "I have lost everything".

People with kidney problems demonstrate a lack of discernment or an inability to make decisions to their needs. And you are unable even feel powerless, either as proposed or in relation to others.

Often, it is emotional individuals who care too much about the others.

You may also be swayed too much about the beliefs of others and, wanting to help, they lack discernment for yourself, who cannot distinguish what is good for them and what is not.

They tend to idealize a situation or a person and become frustrated when their expectations are not met.

They easily criticize others or situations, accusing them of unfair.

"I always react as a child"

"I feel embarrassed all the time. All criticize me. "

In short, the kidney is the center of our deepest fears, but there is a difference that distinguishes it from other organs in the kidney, conflicts usually are "repetitive" (minimum repetitive conversion) when any symptoms appear, it

is because we have long been enduring the same conflicts.

Recommendations to recover physical, emotional and spiritual health:

The more serious our more urgent and important kidney problem is the message sent by our body to re-establish contact with our inner power and stop believing that we cannot face, like other people, to difficult situations we have in our lives.

It is important to stop thinking that life is unfair, as this behaviour alienates us and prevents us connect with our inner power.

It is also necessary that we stop comparing ourselves with others and abandon our tendency to criticize others.

It is therefore important that we learn to see things and people as they are, without judgment, without idealizing them, not us false expectations.

"I love and approve of myself".

"I always take the right decisions and, if necessary, I have the ability to change them".

KNEES:

Symbolically, they are considered as the door of acceptance, surrender and submission. They represent flexibility, pride, modesty and humility. Kneeling down is a manifestation of humility, subordination to the laws of life, while not wanting to bend the knees indicates a proud, inflexible attitude.

The knees represent our ability to assign, release or backward to achieve our goal.

Any symptoms in them, means I cannot be flexible, that hurt my self-esteem or I hurt my pride.

I'm living an emotional devaluation conflict about something that "I force myself to do" or "force me to do" It is a sample of my "submission". What I "weighs" to do. I feel I must compulsorily deliver results, and if I stop doing something defrauding others, I fault myself.

I complain and I can protest, demanding, I can even say or scream that no longer do more this or that, but I still do it.

Key conflict: "Submission" "I cannot do what I want" "I submit myself, I am forced to live on your knees, to kneel forever". "I feel obliged to take care of my mother or father, I cannot make my life to take care of my parents" "I refuse to leave home" "I feel obliged to take care of my children even though they are older" "I force myself to look after my grandchildren when they are not my responsibility" "I am forced to visit my mother every weekend"

The knee hurts when I'm inflexible, when I reject an experience, a feeling, a memory or an idea, someone in my environment, colliding and disturbs my own beliefs and customs. I am a stupid, stubborn person and I prefer to bow down before the pain ideas or advice from others.

Devaluation conflict. Sport no longer can do.

"I appreciate very little sportingly, I fail to use my knees as it should".

Direction conflict. A direction I do not want to take and take, forced in a climate of impairment.

"I doubt, I am undecided whether to go right or left; What direction to take?

Conflict of indecision. "I'm not going on the right track"

Synovial effusion: I create fluids to be more acceptable. When a synovial effusion exists, it means that I showed submissive and knelt before something or someone. "I agree to submit, but gently, slower ... please, a little more humanity"

Gonarthrosis or knee osteoarthritis: If I file osteoarthritis in the knee, is

because I do not respect myself enough.

Submission. "Problems related to adolescence (where authority is concentrated)"

If it affects the joint capsule whose function is to protect ... "I have no protection"

Direction: Conflicts of choice (professional, sentimental, sexual, but at the level of emotions).

Right knee: "I wanted to leave, I wanted to go but I could not"

Left knee: "I have been but sorry I left"

Meniscus: Used to adapt and cushion.

"I will not submit to the law of the father"

Problems that occur frequently in adolescence, a time when it questioned the authority, which is above me and forcing me to obey.

"I cannot adapt to the orders coming over me" "I cannot soften" "I refuse to give in, to kneel knee against someone stronger than me" "A little more flexibility, please. "

Patella: The bone future. It refers to projects concerning the professional or affective. If I feel my kneecap pain or fracture, I can feel disappointment and irritation regarding my dreams that seem to be out of range or unworkable.

Tibial Plateaus: It symbolically represents justice.

"I can... or can't .."

When a knee falters, it is due to a too flexible and impressionable character.

When we hit or hurt us in the knee, it may reflect a sense of guilt, for our pride, wanting to be always right.

It must take into account the laterality:

Right knee in a right hand person: "I wanted to leave, I wanted to leave but I could not". Wish is contradicted. What do I have to do?

Left knee on a right hand person: "I left, but I'm sorry that I left". Counteracted action What do I force myself to do?"

In a left-handed person is invested in both cases. For a left-hander, the right knee gives us an information of counteraction and the left of annoyed desire.

People who have affected knees, "always" make forced by someone else or forced themselves things.

They are people who use many words: "I have to" and "I must"

And in addition to this, a justification "for others" (because deep down, they know they are doing wrong).

Do not do things out of love, do it out of obligation, and they are so arrogant,

that first dead to "stop doing what others already know I always do"

"I have to make dinner because I've always done it"

"I have to accompany my mother to the doctor because she likes it so"

"I have to take my grandson to school because my daughter cannot, because the poor girl goes so early to work ..."

Recommendations to recover physical, emotional and spiritual health:

Flexibility and humility to give in, to accept other points of view, other arguments, other customs. I do not have to be afraid of losing control if accept new ideas from others and if I would focus my future. I have to stop thinking that bow down to new ideas, it means kneel before anyone or anything or appear as submissive.

I must act with humility but always making it clear what I want and what I do not want to do.

I need to develop the ability to adapt to any situation.

I have to learn to kneel before existence before the creative energy.

KYPHOSIS:

It is the physiological curvature of the spine in the dorsal region.

Difficulty to individualize. The person affected by this disease feels a little forced to look down, down to earth. It is well known that the earth symbolically represents the mother, Mother-Earth. Therefore, kyphosis expresses a conflict related to the mother, within a frame of pressure, subordination and obligation. "I am obliged to care or to watch my mother"

"It is the others that force me to take care of my mother"

"My mother forced me to take responsibility for ..".

Conflict: Forbidden move unhindered. "I cannot be happy" (because my mother is sick, etc.)

Inability to flow with life.

Lack of courage in their convictions. Lack of integrity.

The victim does not feel free and remains attached to his/her mother. Somehow it does not feel right to be himself/herself and prevented from advancing to meet their own autonomy.

Recommendations to recover physical, emotional and spiritual health:

I free all fears. I trust the process of life. I know life is in my favour. I stand with love to my full height.

LACHRYMAL GLANDS: (See eyes)

LARYNX:

The larynx is the part of the respiratory system that continues with the trachea and opening to the pharynx and mouth. It contains the glottis, which is the organ of phonation and epiglottis, which acts closing the glottis during swallowing and prevents the passage of solids and liquids into the airways and lungs.

A condition to the level of the larynx usually occurs after an event in which we had "cut breath". We are living a situation of fear in our territory. There is anything that we are not able to say and we need to express.

All diseases of the larynx have to do with the fear of saying something.

The message does not pass, and you have to make it happen.

I was so scared "that no sound could come out of my mouth"

I was caught by surprise, to the point I had the feeling that my life was in danger.

If the epiglottis is affected: "False routes or wrong way".

If you live in a male way = "I took the wrong way". Where am I? What do I do? Did I choose the right man/woman?

Laryngitis: An inflammation of the larynx, the essential organ of phonation, where the sound is produced by the vocal cords.

It is manifested by hoarseness with cough and sometimes can also be difficult to breath.

The larynx is inflamed when we have angry with someone. The fury and hatred prevent us from talking or yelling.

Stress phase: nervous, high cough. We are living a stressful situation for something that frightens us say.

Healing phase: hoarsely, just because we said that we were scared to say.

Communication problems. We have a terrible fear that after we talk something changes or is terminated or destroyed. It may be that we desire to say something, but we told him/her to stop, for fear of not being heard or upset someone, family, for example. "I want to say something, but I cannot because if I say the family explodes". "The word I say, causes a drama".

"I say the truth and family breaks"

Literally, we swallow the words, but they remain in the throat, ready to go; "The message does not pass go and do it" We have made mistakes reproach speaking, we feel judged and we are afraid of talking nonsense.

"I do not express for fear of ridicule"

"I suppress my transgression, I feel suffocated"

Or maybe we're afraid to disappoint someone, which for us is an authority on the subject, if we say what we have to say.

Laryngeal dyspnoea: "I want to scream, but I can't"

Laryngeal cancer: occurs after a major unexpected shock that could be related to a territorial conflict of fear (fear of losing the job, etc.).

"Better keep quiet because it would be useless to speak". "I would get angry but I dare not" "I do not feel respected for what I am"

Recommendations to recover physical, emotional and spiritual health:

What is what it hurts me to tell and I prefer to keep? We must grant ourselves the right to express freely and in our own way, without being dominated by fear.

I have to learn to take my place and express what is for me the truth. This will help me to better understand my place in my environment and the universe.

We must learn to say things, to express our feelings, which will allow this energy to move freely. If we have difficulty in expressing ourselves saying things, then we can express ourselves typing.

Have we been disappointed by something or someone and are unable to express it?

LEGS:

It extends between the knee and the ankle.

They are the ones that lead us day after day touring life, our whole life rests on the legs. They are what allow us to move, move, move forward or backward, going from one place to another, progress; and they are also approaches that allow us to go into the encounter with others.

Legs perfectly reflect our behaviour, the way that we used, both physically and emotionally.

When problems arise in the legs it tells us that we are having difficulties in our relationship with the world or with others. Perhaps we can no longer bear a particular situation or we feel unable to move. Well because we have the impression of not having the necessary means to carry out what we want, or perhaps because we feel limited or prevented in action, either by ourselves or by someone else.

Weak legs tell us about a person who sees them and wants them to support him/her, having difficulty staying on his/her legs, to be independent and walk continually seeking the support of others.

A massive, muscular legs are symptoms of an arrogant and rigid personality, it costs you much change or any activity spontaneously unstructured.

A fat and undeveloped leg points us to someone unable to move in the world, go through life dragging their feet or on eggshells, because he/she has great difficulty to advance, to make decisions.

The sinewy legs, which are thin but strong, belong to individuals who are always in motion, cannot sit still, have trouble relating and rooting.

Heavy or tired legs: They express the feeling of heavy load that means for us to do certain things. "Carrying a heavy burden" "This work seems very heavy" "My life is very heavy" "How hard is my work!" "How hard is going to school to pick up my grandchildren"

Legs tell us about our relationship with work:

"Going to work is so hard for me"

Legs, fluid retention: "I do not take care of myself and I lose time"

Cramps in the calves we express clearly what we are tense and irritated to see ourselves forced to take a direction contrary to the desire itself. Conflict of being hyper-competent.

Tibia: The tibia is related to growth and emancipation.

It represents my growth from child to adult, my emancipation, out to study, to work, to do what I like.

Devaluation conflict: difficulty to emancipate, to be oneself.

Usually affected by conflicts with the mother need your permission, your approval, to prevent my being myself.

Sometimes the mother to the subconscious can be our partner.

Shin: It represents my lifestyle, what I love doing. If we suffer any harm in it: "Broken ideals".

Fibula: The fibula is also related to growth. It represents the father or our responsibility as such: "It's not a good father"

Devaluation conflict: "I am unable to leave, to become independent, to make my own life"

The right leg is related to the feminine, and the left one with the masculine.

LEUKEMIA: (See cancer, blood)

This disease has its name from the Greek leuko (white) and heima (blood), equivalent to white blood disease or, in other words, means that there is excessive immature white cells in the blood.

Affected organ: bone marrow (where blood is made).

Conflict of complete and utter devaluation affecting the proper sense of existence. "Life no longer makes sense"

This impairment is often related to the family as it is a problem concerning the blood (blood-ties of family, clan).

When someone has leukemia has necessarily lived or are inherited (family, clan) an emotional conflict related to "no longer want to fight anymore" to get what for us represents love, happiness, what we have dreamed. It is the sign that we have surrendered to keep trying, hoping, longing, etc.

Acute leukemia can affect men and women equally. It can also occur in people of all ages, although it is more common for lymphoblastic leukemias are more frequently diagnosed among children, and myeloblastic (monocytic) among adults and the elderly.

Lymphoblastic leukemia: Global Conflict impairment for prohibition or a danger to grow.

It usually affects children because it is a global devaluation, lived by a whole family and perhaps for generations, where he/she has lived with a permanent emotional conflict prohibition to grow, to mature, to fly, to leave the nest. Where several members have lived a terrible fear to stop being children by circumstances that made them fear the future, the world out ...

"I have value if still a child" "I have no right to grow".

"I have no right to mature within the family" "I feel helpless to protect my mother" "I do not want to become greater" "I do not authorize to defend myself" "To stay alive, I do not answer, I do not defend myself" "My family has been attacked, but I say nothing"

Monocytic leukemia: We express an almost terrifying to defend ourselves and defend our fear. Usually, they are life circumstances that put us in situations where only we can help save, protect and we feel helpless. "I do not authorize to defend myself" "To stay alive, I do not answer, I do not defend myself" "My family attacked, but I say nothing"

The affected of leukemia feels debased and impotent in his/her intimate structure, as if he/she had suffered the loss of their own identity.

Some events have occurred (in young children the arrival of a brother for

whom he/she feels displaced and separated from her mother's love, death, stress, problems of adults who take away the desire to fight for life, etc. .) to hit him/her with such force that has affected the depths of their structure, their inner convictions and frustrated and "helpless". His/her desire of life has been affected and his/her attitude towards love has become distrustful and contemptuous. From that moment, he/she does not allow life to flow, it is like an abandonment of the struggle for life, has lost joy and pleasure of living; as if part of it had decided to "prevent" life. Live why? Why do I live if I am going to die? Why am I going to love if he/she is going to cheat on me? Why do I work if I am getting fired?

Why am I going to fight if I am going to lose?

When it affects children under 14 years, you necessarily need to analyze the family tree.

In the case of older people will have to detect the precise devaluation conflict so that it expresses what we have never said.

Leukemia, contrary to belief, is not cancer, is the healing phase of a bone cancer that was not manifested.

Recommendations to recover physical, emotional and spiritual health:

Do I feel tired of fighting, trying to take my place in life?

Do I feel that this fight goes beyond my strength? Do I feel that I lost?

Accept and maintain a conscious relationship with life.

Outrun the rules imposed by others or by oneself and draw attention to the higher laws, to the spiritual world.

Opening doors to love. Love has no borders. Love transforms.

LEUKORRHEA:

It is a vaginal infection that manifests itself by secreting thick, whitish, sour odour flows, and intense vaginal pain.

When a woman has a vaginal discharge, she is necessarily living an emotional conflict in which she feels powerless before men, or feel angry about her sex life. She may feel betrayed by her partner and accused of having overtaxed him/her or accused herself of not refusing.

Am I the kind of woman who would love to have control over my partner, but I can't do it?

Do I consider sexuality as something dirty or sinful and I would like to be considered innocent in sexual aspects, something that I cannot because I always give in to my partner?

Recommendations to recover physical, emotional and spiritual health:

We are sexual beings because we are born of sex; sex is the expression of life.

Sexuality is the corporal aspect of love. Sex is a means of communication and fusion with the loved one.

Guilt does not exist if there is love, because there is no right or wrong in love. You must use the sexual life to learn to let go and surrender.

LIGAMENTS:

They are usually between the bones and cartilage of our body, being responsible to unite and stabilize the anatomical structures such as joints.

Unlike the tendons that connect muscle to bone, ligaments connect bone to bone, playing a very important role in the musculoskeletal system.

In a joint, ligaments enable and facilitate the natural movement of this and prevent movements that are anatomically abnormal.

When a person's ligament is damaged, it indicates that he/she is afraid to be devalued in a future project or that someone does not assess later, it can be a company, a team, a person, etc.

"I fear a situation that will come in the future" "As much as I do not get it".

"In the future I will be stronger" "They did not elect me for the next competition" "Surely my project will not be elected" "This person is not for me".

Hypolaxity: "I feel compelled to remain in this situation" "I have no right to leave this context"

Hypermobility: "I want more freedom"

Short ligaments: "I am living a situation that I do not want". "I must stop now, I'm doing things wrong"

"Crusader" ligaments: Conflict of "Crossroads", such as crossroads, crossing iron (sword fighting), exchange of glances, crossing species etc.

LIPOMA:

It is a benign tumour of fatty or adipose tissue.

Aesthetic impairment.

"I do not like my appearance"

Conflict of feeling judged and attacked.

"I feel judged, devalued aesthetically and also I get a ball of fat so that all are set in it"

"I want that everything others say about me don't matter to me".

"I hate being so sensitive to other people's comments, criticism".

"I want to reduce the real impact of the attacks"

If given in the back: "They laugh at me behind my back"

If given in the face: "They laugh at me in the face"

You may also be due to a physical attack in the area. The lipoma appears as protection against blows.

LIPS: (See cold sore)

Lips themselves represent our way of expressing ourselves, communication we have with the people around us.

Problems on the lips, cracks: difficulty in communication. Feeling upset because what we say is not taken into account, our advice is not implemented. It seems that no one listens to our ideas and our responses, not make us care.

"I say something but they do not listen to myself" "Nobody cares what I say".

"When I say something you do not hear me, you ignore me"

So, Why am I talking? What will I force myself to open my mouth for?

Ulcers (canker sores) or sores on the lips: When these symptoms appear mean that we have recently experienced a conflict in which we felt that was irrelevant or talk or review, or give advice.

Why moving the lips? "It was not important that I spoke"

Carcinoma lips: They express that we are experiencing a conflict in which we have no confidence in what we say or fear to say something much worse. Fear of error or panic to be discovered by something we said. Or, to misinterpret it in a serious way, something we said.

"Life is hard". "It's hard to express themselves"

It manifests itself in people who lack self-confidence, always they fear the worst. Wrong verbally feel panic or be misinterpreted. "If I talk about my wishes, I risk being misunderstood"

"What I have to say does not matter"

Upper lip: Male.

Lower lip: feminine.

Cleft lip is a symptom that occurs in the womb of the mother and, therefore, we must analyze the Sense Project and the family tree.

"I wanted something that I was sure I was going to have and at the last moment I have removed from the mouth" "My mouth is not big enough to save it"

LIVER: (See jaundice, hepatitis)

It is one of the largest organs of the human body and has the characteristic that if we remove three quarters of it, we are alive and able to regenerate.

It is responsible for multiple functions, participates in digestion, in the composition of blood, produces and stores energy and acts as a detoxifier.

In traditional Chinese acupuncture it is believed that the liver is linked to anger.

The liver, symbolically, is the "pantry" of the body. It is the main organ of conservation of all foods, so when we are hungry, the liver begins to function more than usual, to take advantage of everything that is available.

The sick individual of the liver feels a deep fear of lacking the essentials, the necessary or what he considers indispensable for living (food, money (inheritance problems), family, affection, recognition, holidays, work, etc.). It is a conflict of loss, lack or hunger very ingrained.

It can also refer to a lack of faith ("was" in French), love, recognition... what we consider essential for life.

Problems related to food, with food, real or symbolic.

"Deep fear not to have enough to eat (now or in the future)".

"Fear of dying of hunger, (real or symbolic). For lack of food, money or because "nobody loves me".

"Fear of not catching the vital bit".

"Afraid that someone, whom I love, marries or lives or goes with a poor starving man".

"Someone close to me dies of hunger".

Disagreements, unresolved family conflicts due to issues of material goods, inheritance, etc. can also lead to a person suffering from liver cancer.

Another possible conflict is having a conflictive family, in which I am the savior.

"My family eats my liver".

"They have me fed up".

Toxic snack conflicts that make us swallow yes or yes. Real poisoning (chemotherapy is poisoning me) or symbolic (deceiving me, lying to me ...).

"Someone wants to poison me (real or symbolic)".

"This person next to me is killing me, intoxicating me".

Therefore, I must create "a lot of liver" to withstand difficult and everyday situations.

Liver metastases can occur from bowel cancer. When a cancer of the small

intestine or the digestive tract is manifested it is known that they will not reach so many nutrients, due to the obstruction that occurs. Then the liver has to be prepared to take full advantage of the scarcity of food that is to come. The liver is also affected when we are going through a complicated and difficult situation, of which we do not see the way out. We are afraid because we feel the sensation of being in a dead end.

Excesses can also trigger serious pathologies in the liver: excess of food, alcohol, drugs, excessive cravings for expansion, fantasies of grandeur, excessively ambitious ideals, etc.

When there is some excess it is because we have difficulties to value, what is beneficial and what is harmful?

The liver is closely related to the third chakra, which focuses on power and the recognition of one's own image and identity. The image we have of ourselves, or that which others give us back, depends fundamentally on the energy of the liver. If our image has been affected by some experience that we have lived and the outside world does not recognize us as we would wish, this apart from making us lose joy, causes us a great confusion and a lack of recognition, who really am I?

The liver also has a very important task as is the management of our feelings. The tensions of the liver can also mean that it is very difficult for us to accept our feelings, our own affections or those offered to us by others.

Sometimes we "revolve the liver" to the worries, aggressions or injustices we suffer and we react with an attitude of rebellion that prevents us from adapting to life.

Cirrhosis: Cirrhosis appears after a conflict of lack.

There is a hardening of the fabric that has been worn, to be more resistant before it continues to change and finally lose its function.

Toxic bit conflicts. Fear.

Conflict of cooling, hardening, retraction in front of the life. Need to exit.

Conflict of lack of renewal or adaptation. Lying too much to the things of the past.

"My family does not offer me enough means to achieve happiness".

"It is necessary to restructure the family home".

Fatty liver: Infiltration of fats (lipids) in liver cells.

The grease serves to protect.

Toxic bit conflict.

Afraid to drown in alcohol, "I must keep afloat".

Hepatic infarction: Obstruction of the hepatic artery that carries the blood to the liver.

Conflict of loss of distal (distant) territory in a tone of loss or lack.

Liver cancer: Conflict of absence or lack: Conflicts of hunger, money and family (inheritance).

Archaic biological fear of death by starvation, by not receiving food (food is the snack).

Conflict of not being able to feed or feed those of whom we feel responsible.

The presence of a solitary nodule carcinoma in the liver indicates a conflict of starvation by another person or animal, while multiple "round spots" express a conflict for oneself.

Recommendations for restoring physical, emotional and spiritual health:

It is necessary to search the family tree for stories of having been hungry or suffering great losses, especially those people who by dates, name, similarity, are related to the affected.

You need to learn to trust in the abundance of the Universe.

You must learn to differentiate, value and coordinate well what happens in your life. You have to find the right measure and the meaning of life.

You need to learn to express anger in a positive way, to moderate yourself, to be quiet, to abstain and to grow in the spiritual aspect.

LORDOSIS:

It is the physiological curvature of the spine in the cervical or dorsal region. Somehow the person who suffers from it is obliged to look upward at the archetypal representative of the father. Therefore, the problem is related to the father and rather to the absence of the father, which can be real (death, divorce, separation) or symbolic (depression, alcoholism, illness, etc.).

"I seek the love and recognition of my father".

It can also translate a conflict of devaluation as a man or a woman:

"I'm not good at all".

When it manifests in the lumbar vertebrae, it almost always translates into a conflict of having felt sexually rejected.

LOUSES (Pediculosis):

Small insects that attach to the scalp and hair. They feed on blood.

They often appear in children at the age they learn to read. They are therefore related to the intellectual process. According to Dr. Hamer it would be related to the stability and instability of group organization of individuals forming societies.

Intellectual Conflict. If parents believe that the pace of learning is appropriate or not. "I have to get in touch with my head".

Conflict of lack of protection. Conflicts in which the cohesion of the group is altered.

"I feel that this group (friends, partners, neighbors, relatives, etc.) is no longer as before".

"I feel that this group, no longer supports me".

"I feel rejected by my group".

"Today I could not see or go out with my group".

We also need to look for more determining separation stories such as:

"It's possible for me to divorce, things are going wrong. I am separating or divorcing".

"I stopped seeing my friends after ...".

"That passed us apart".

In short, we must look for some emotional situation, in which I felt unprotected by my group (friends, partners, neighbors, relatives, etc.).

Conflict of scrupulous hygiene of the mother and neglect of the child. It may be a compulsive and obsessive mother with regard to cleanliness.

This causes the child to "perceive" the relationship with his mother as "distant" or "cold" or "difficult", given his compulsion to cleanliness, and to make him feel that he is not clean enough to "be loved".

Conflict of lack of parental protection.

Repair phase of an emotional conflict, in which the child felt that his father did not protect him enough.

"I felt distant from my father, unprotected, but it was fixed, and everything is fine".

And the last possible cause for a child to have head lice is that their mother is going through a difficult period in their relationship.

"Things are not going well with my husband. We are fighting a lot or we do not talk".

LUMBAGO:

It is a muscle spasm, and therefore refers to a conflict of impotence.

Most emotional causes that can cause back pain are related to sexuality, sexual life or sexual desires, which are involved our side (wife, husband, friends, lovers, etc.) added to a strong sense of guilt. It is reflected especially in the left leg.

If the pain of lumbago appears just when we wake up, we analyze what sexual conflict we live last night. Perhaps we refuse to have sex with your partner, or maybe she refused to have sex with us.

"I do not want sexual relationships now" "I want sex but I have no partner".

"I do not enjoy sex with you"

It may indicate that we are in a direction conflict:

What is my life? What will I do with it? What direction do I want to take?

You can express an unconscious fear or rejection of the changes that life imposes on us, or even to those that we ourselves have adopted, especially in the family or professional, since these changes require us to rectify our habits, our footholds, a change of attitude in our relationships, which irritates us a lot and makes us quite nervous, because in the background we felt unsafe and the only thing we want is to find stability in our lives. "Maybe I have not done what I wanted" "I do not know if I'm on track"

Devaluation to feel "powerless" to a situation or person. Feeling of being the pillar of the family, the clan, the company, within a notion of responsibility, etc. It can occur when a person is overloaded and is angry because he/she believes he/she cannot cope with all their responsibilities. He/she thinks that his/her burden is too heavy, they have given too much to do and is left with only the desire to "run". "I did not finish the job I promised" "I was not as good as I thought" "I cannot with so many obligations"

Low back pain: Feelings of helplessness.

"I feel helpless and I overcame the pillars of my life"

"I'm enduring a situation without being able to intervene"

"I am living an experience I do not know how to cope".

Feelings of worthlessness.

"I cannot do anything". "I do not know how to get out of this situation"

"I have no choice, I have to endure"

Recommendations to recover physical, emotional and spiritual health:

Consciously face the feeling of helplessness, insecurity and inferiority complex.

Open to new things and accept the help that comes from outside. Move ahead in life with flexibility, with confidence, abandoning the tendency to want to control everything their own way.

LUNGS (See bronchitis, pneumonia, tuberculosis)

The lungs are the main organs of respiration. In them, it is where the gas exchange between the air and the blood is performed. This is where we get the individual life, where we inhale life.

The lungs therefore have a direct relationship with life, with the desire to live and the ability to live well. Also with death as it always lives in respiratory terms: "I breathed his/her last"

They symbolize the breath of life; fear "out of breath". Contact, freedom, sharing, living space, is "choking" one.

Communication, word space.

The joy of living; sadness, sorrows of the past.

In fact, most people with lung feel a deep sadness in the soul that cannot manifest, which takes away the breath and the word.

Lung problems express our difficulty in accepting life and inspire in us, by fear, by impediments or lack of ability to react and defend ourselves from the attacks of our environment, real or imagined. They can manifest themselves in moments of sadness, despair or discouragement by, or when we feel that something or someone choking us and prevents us aspire life as we wish.

Emphysema: Decrease or total loss of elasticity of the lung alveoli.

Impairment linked to lung capacity: "I can't, I cannot breathe"

"Fear of not being able to breathe because of a disease"

"Chronic choking situation".

"Fear of being fired, losing a job"

Pleura: Protection of lungs. Fear of an attack against the chest cavity, against the lungs, for example, "very deep fear of what happens inside me" "Fear of a stroke affecting my lungs" "Fear because of a pain in the rib cage" "Fear of breast cancer that affects the lung"

Pleural effusion: I need my own references, my values.

Inflammation of the pleura: Anger, irritation.

Pneumothorax: "I need space, freedom" "Someone attacked me" "I protect the other" "I do not feel protected by my family"

Alveoli: Conflict of fear of dying. "I'm afraid to die from asphyxiation"

"I'm afraid that someone who is close to me dies".

Cancer: some events that have shown us our whole life as a complete failure have occurred.

Is it worth living to come to this?

We have felt hurt, humiliated or disappointed and feel it is not worth to live.

It may also be related to concerns about a child or a very close person, someone who gave meaning to our life, we have delivered, body and soul, and that is causing us great grief.

Cancer alveoli and bronchial mucous glands:

"Conflict of fear of death, fear of suffocation archaic, visceral fear"

Bronchus "slanderous words that invade my space" "Conflict of fighting or invasion of the territory" "Fear lost as own territory".

Fear for yourself: many spots in the lungs (in the radiographic image can be seen as a balloon release) manifest.

Fear of another person die: a single spot appears. Example: A family member has had an accident and is in a coma. Constantly he/she thinks he/she will die.

Fear of dying with suffering: several stains occur in the upper part of the lungs that are falling down conform.

Left lung micro nodules: "I need territory for my children"

Recommendations to recover physical, emotional and spiritual health.

Think: Are we afraid of making ourselves independent, free? Do we resist the challenges of life? Is there something or someone that keeps us breathing?

What or who does not want to get in touch? Are we missing the will to live?

We must seek and aspire life fully aware that only we possess the power to transform our lives to access the happiness and the joy of living.

If the condition develops in the right lung, is commensurated with the symbolism of Yin (the maternal) and whether manifested in the left lung, it will be related to the symbolism of Yang (the father).

LUPUS:

It is an autoimmune disease that primarily affects women. It is characterized by red patches that flake and can affect any part of the body, although the most common sites are the reproductive tract, joints, skin, lungs, blood vessels, kidneys, liver and nervous system.

If I have lupus, it means I'm living or lived an emotional conflict where falsely understood not worth living. I have a very strong feeling of "not deserve to live"

Conflict of impairment of the affected part, more conflict stain. Often, conflict related to the kidneys (problem associated with liquid).

You need to look at the family tree, related stories to the mostly affected organ: kidneys, bones or muscles. To be sure that it is not the inheritance of another family member in the tree. Not because the family has suffered from lupus, but because it has led a life with these same emotions.

Competing base = "do not deserve to exist"

"I've been wrong all my life, everything bad happens to me" "I have lived all my life shortcomings, I can no more" "Something stinks in my life" "I renounce my life" "Better to die than worthlessness". "My life is worthless and nobody cares" "I am so angry that I punishment".

Lupus (Latin for wolf) indicates a deep emotional guilt, perhaps due to a shameful experience or abuse in the past, (conflict of dirt, stain). The affected person feels anger, hatred and desire for self punishment for aggressive and ferocious considered for their loved ones. Assaults attack we have not expressed ourselves and we self-destruct. We prefer death to forgive and love. We have become our own enemy.

The skin represents our border, but also symbolizes tenderness, contact with the environment.

The face symbolizes the identity, the image we see or we have of ourselves. What we express to the world is manifested.

Lupus indicates that we have renounced definitively to show ourselves as we are.

This disease shows our inability to recognize, to see or accept ourselves as we are. We project this difficulty in the world outside, we do not recognize ourselves, they do not understand us and we keep fighting with them. We consider and qualify to persons or things as good or bad, in absolute terms, without setting any nuance or any other consideration. This state of conflict and compulsive defence which leads us to destroy us remain believing

destroy the world (to defend ourselves, not to harm the world).

Recommendations to recover physical, emotional and spiritual health:

We must show our face with absolute frankness and consider our behaviour with the couple and matters of the heart.

We need to reflect deeply on what we want, make a decision and dare to achieve.

Life is always worth living fully. What we need is to change our inner attitude. We need to pay voluntarily into question their own beliefs and mental structures and deal and take responsibility for us in a combative mode, thus relieving the immune system.

LYMPH NODES: (See Hodgkin)

They are small bumps that are distributed throughout the lymphatic system. Involved in defending the body against infection. Symbolically, they can be considered as the "body police".

The lymphadenopathy (swelling of a lymph node) appears after a violent emotional reaction we have retained. We have been attacked and have the feeling of not knowing or not being able to defend ourselves. It is an accumulation of disappointments caused by a person or a situation.

"I feel attacked, trapped in a corner"

"I need to defend myself, I have to protect a strange thing"

Lymphs may indicate a personal devaluation, accompanied by a feeling of anguish, not feeling able to be opened in the relationships.

Lymphocytes: Conflict of anticipatory fear. In each area we have the conflict that protection zone added to its symbolism:

Groin: Angst by that inguinal region.

Left Armpit (right-handed people): Conflict of devaluation in the broadest sense. Conflict of the mother (or father)/child in relation to being a bad parent. "I'm a bad mother"

Inability to fight because of a large, bleeding or in relation to a blood transfusion (the unconscious does not distinguish between blood leaking by bleeding or transfusion) wound. Conflict of diagnostic of blood cancer.

Right Armpit (right-handed people): Conflict related to the couple. He/she is a bad companion, I see him/her as a threat. Conflict also being thrown out of the way, have chosen the wrong path or having bet on the wrong horse.

In left-handers, it would be the same conflicts but on the contrary.

Noble lymph nodes (glands in the neck): Conflict of fear of disease or a threat (to have the knife in the neck). Conflict of male fear, of frontal attack, where there is great difficulty in facing the danger presented.

Right-handed person:

Fear of what comes from my body. Lived in a female way, (woman or left-handed man) it would be a conflict of helpless fear of an emergency, without the right to defend themselves from attacks.

"I'm afraid of what comes from my body" (Animal bites, etc.)

Real or symbolic conflict in relation to "power not rely on our body, not to have him/her" "Symbolically, it could be the "medical staff, police, firemen, etc".

"I cannot lean on my body"

"I cannot count on my body"

Left-handed person:

"I have no right to defend myself"

"I do not accept myself / I hate my body"

"I have said something unbearable"

For identification: "Being that I want and I have to protect is sick, and that's worse than if I myself was sick".

Lymph mononucleosis: Conflict of frontal fear of imminent attack, confrontation.

Non-Hodgkin lymphoma: It is conflict global devaluation of the individual.
Frontal fear of disease.

Afraid to leave where we feel protected to face a fight.

Burkitt or Burkitt leukemia cells: mainly affects very young people.

Devaluation conflict with guilt and despair in the loving and sexual plane.

"Insecurity related to emotional fear"

Conflict of difficulty to face a situation that carries secrets.

Recommendations to recover physical, emotional and spiritual health:

What or who do you need to defend yourself against so vehemently?

What/Who is the enemy?

It is possible to make the fight against yourself. There's a part of you that do not admit that you do not accept it, can it be your worthlessness?

It begins by recognizing and integrating this part within your being.

You need to be aware that it is impossible, and it does not suit you, want to control all situations and to all other people.

To interact, the best thing is to show yourself as you are and do not want to be otherwise.

LYMPHATIC SYSTEM: (See lymphoma, lymph nodes)

It is part of the immune system. Its function is to defend the body.

Devaluation conflict in a context of deep anguish, insecurity, anticipated to be attacked, a threat to the environment fear.

LYMPHOMA: (See lymph nodes)

Malignant tumour of the lymphatic system.

Conflict of specific impairment in relation to real or symbolic function of the affected part. If I do not work and do not earn my money, I am worthless.

MEASLES:

Infectious exanthematous disease common in children, and caused by a virus. Viruses allow to modify some information inside the cells, are reconstructors and reorganizers and come to clean and change the patterns and meanings (DNA) of the cells where they reproduce.

Conflict of separation in which "something sucks".

Also next to a conflict of catching or ejecting a bite.

When it affects the larynx, we must add a conflict of surprise (terror, fear, fright, etc.).

When the lungs have been affected, to the conflict of separation we must add a conflict of territorial disputes.

MELANOMA: (See cancer, skin):

Melanoma is a malignant tumour system in the skin pigmentation. The skin is the largest organ of the body. It protects the body temperature, sunlight, wounds and infections.

It is important to note the affected part of the body, to know its correct meaning.

Biological sense of the dermis: "Protect".

"I protect myself from the sun's rays (father)".

"I protect the eyes of the father. Real or symbolic. "

Deep devaluation conflict and dishonour, stain, attack the integrity.

"I feel dirty, stained, humiliated, abused, insulted, slandered"

"I feel my integrity damaged"

"I lost my integrity"

Conflict of feeling or being disfigured, "You're a pig" or "You're a shit".

Behind a melanoma, there is a great deal of resentment.

MENINGITIS:

It is an inflammation of the meninges, the three membranes that surround and protect the brain and spinal cord.

The conflict that occurs can be: "I'm afraid of what might happen to my brain, I have to protect what's inside my head"

Examples: the fear of a neurological disease, childbirth, insanity, a tumour, a spinal problem.

In children with meningitis the problem may be related to "fear for the father.." the head of the family.

"Fear of losing your head" Children born with forceps.

Also, it may be due to a conflict of devaluation and territory.

"I'm afraid not to recognize my intelligence" "Feeling awkward in studies".

Those affected are often very sensitive people who have problems in the family (fight against female forces, mother, grandmother, etc.) and throw the support of this missing.

They struggle to adapt to life events and lack desire to win their own living space.

Recommendations to recover physical, emotional and spiritual health:

We need to understand and express our fears, anger or discomfort because they can cause death. Nothing is as important as to lose our life. We need to accept that we are well and that nothing will affect us. We need to be grateful to life and learn to appreciate it.

To treat this symptom, if not match a person born with forceps need to study the family tree, because there will always be related to stories of "madness" or family in psychiatric hospitals.

MENOPAUSE: (problems)

Menopause is the time in life of women (about fifty) when the end of menstruation comes, stops being fertile and therefore loses the ability to procreate.

This is a change, willy-nilly, a so important moment as when her first period appeared.

The problems of menopause depend largely on how women assume and accept this "loss of utility" that is intrinsic to their feminine nature and how they have experienced their sexuality, that is, if they have calmed their feminine ardor or not .

Do I accept the process of life as it is, do I complain, do I suffer and do I want it different?

Do I feel less woman, unimportant, valid and have little fear of aging?

Am I afraid of no longer being attractive and therefore cease to be desirable to the opposite sex?

The most common symptoms that women have not assumed or accepted that transition in their life are anxiety, irritability, lack of energy and other, perhaps more important, somatic character as "hot flashes", the "bleeding", bone decalcification or "osteoporosis" and tumours in the uterus.

Thoughts and affirmations of women who do not accept such a change in their life: Am I still valid? Am I right physically? Is there anything to heat? Is my husband the one who has become cold?

I run out of time, I no longer worth as a woman.

I'm not attractive, no one turns around to face me.

Recommendations to recover physical, emotional and spiritual health:

To prevent all these problems right thing is to enjoy the feminine quality fully before reaching menopause.

The woman who has fully enjoyed her sexuality will not suffer from "heat" at menopause.

The woman who has fulfilled her desire to have children, most likely, will not have to suffer a tumour in the womb symbolizing a pregnancy.

As for bone decalcification, women in ancient times did not fracture their bones, neither more nor less than at the present time, even though it is recommended to take hormones.

Women need to consciously accept the change involved in their life, menopause and take a positive attitude, considering it as a liberation, as a possibility that gives life to enjoy sexuality without risk or not to be disturbed

by its rules, ultimately, to live a second youth.

Menopause can also be considered the bridge, through which, the woman should move from a life that has been based on the outside and seek support refocused exclusively on their inner spiritual world.

MENSTRUATION OR PERIOD, (problems): (See amenorrhoea, dysmenorrhoea)

MIGRAIN: (See head and cephalaea)

A migraine is a throbbing, severe headache that usually affects one side of the head, although it may affect both. The pain begins suddenly and may be preceded or accompanied by visual, neurological or gastrointestinal symptoms (vomiting). This symptom may prevent a normal life and negatively influence the work, studies, etc.

Conflict of helplessness, of being disarmed before a problem or a danger that does not digest and wants to solve with thought, with reason.

"I devaluated intellectually" "We must be more effective, we must argue our own intellectual abilities, find a solution" "I reject frustration, I always want everything to be as it should be, I'm never satisfied" "I always lack something to be fine"

It is demanding, perfectionist, passionate people, who assume many responsibilities. They do not accept their limits and have the tendency to want to control and to always seek a mental solution to all: "I spend the day thinking, I must find a solution.."

"I look solutions to all my problems with my imagination, but they are not in my hand" "I feel guilty for not finding the right solution"

... And still mulling over and over in their head and not take action.

"Inability to fulfil what has been asked or that you have to perform"

"Aim to achieve what seems inaccessible".

Migraine can also affect those who constantly feel compelled to overcome regardless of their limitations and their actual needs. It may be individuals who have felt under restrictions, impediments or emotional or family obligations. Therefore, the right to be what they want, to follow the desired direction, is not granted. They doubt themselves and believe they "cannot" live so attached to someone, but are afraid to be handled and manipulated.

Migraine occurs when they feel terror that is found to have done something wrong, that is, living with a constant concern not to disappoint. To counter, the anguish, strive to work longer and harder than others and thus get approval.

It can also manifest in those who have difficulties in their sexual, such as repression from childhood, fear or rejection and now resurfaces life. It's like a struggle that develops between thoughts and sexuality, which goes to your head and have the feeling that this is going to explode.

Weekend migraines: "I have no right to happiness".

Premenstrual migraines: Conflict of impairment.

"I'm afraid to get pregnant". "I do not feel up to par". "I need to be very effective in what I do"

Ophthalmic or ocular migraines: They are often called "silent migraines" that can occur with or without headaches. They are characterized by disturbances in vision that occur in one eye.

The cause of this migraine is related to visual activity.

What conflict has to affect my vision? Can't I see something or someone I need to see?

"I see things I do not understand and therefore do not want to see".

Recommendations to recover physical, emotional and spiritual health:

What topic was I thinking again and again before the migraine?

Am I at the correct intellectual level, or have the feeling of being incompetent?

I learn that life is as it is and I am who must adapt.

I must learn to delegate responsibilities.

Things must change and I must be able to change them, that is, to take action.

MOLARS: (See teeth)

MONONUCLEOSIS: (See lymph nodes, liver, spleen)

Infectious mononucleosis, also known as "the kissing disease", is an infection often caused by the Epstein-Barr virus (EBV) and affects mainly young people.

If a person has the disease, he/she is experiencing a devaluation conflict. "I feel unable to face someone or something because I feel less valuable, little, unimportant, incompetent, etc".

Perhaps, a superior has not shown us any thanks or recognition even though we have exhausted our energies on our delivery, try to make things as good as we can? Or because it is an authoritarian person we perhaps fear of reprimands, to confrontation?

"I'm afraid to face a situation" "I'm afraid to confront.."

Usually, it is about emotional conflicts, a tremendous fear to confront certain person or situation of friendship or love. He/she is experiencing a situation of anger, annoyance, anger at not receiving love or appreciation.

We believe that the inability to enjoy life, not being able to feel and express it is because someone who, with their behaviour, is preventing us.

Recommendations to recover physical, emotional and spiritual health:

I find that life is easy and full of good things.

I recognize that I need to love myself to be happy.

I love, value and I care myself.

Exercise discussion and struggle with major issues of life.

MOSQUITO BITES: (See parasitic, bites)

Sting produced by a female mosquito to feed on blood.

As with the parasites, if the mosquitoes suck the blood, it is that it is available to be food for others.

Conflict of integrity attack in a context of separation. Possibly an attack on aesthetics.

Conflict of "I suck the blood".

Conflict of unpleasant separation and lack of protection.

MOUTH:

It is the face cavity communicating with the digestive tract and the respiratory tract.

The mouth is an organ of incorporation and openness, "catch the piece", "remove the bread from the mouth. It allows us to taste before swallowing or reject, eat, feed and express ourselves.

Through it, the body gets the substances it needs to function: food, water, air, etc.

And something that makes us possible to communicate with others comes out: the voice. Through this, we can express our thoughts and feelings outwardly.

With the mouth, we can kiss or spit, give words of encouragement or sow discord, manifest as soft as a stream or hard as a thunder.

Thus, it is a two-way street and the problems in this area express one or another aspect: resistance to what we, the unpleasant experiences of life "are not to our taste" and that "they leave a bitter taste in the mouth"; or a conflict with our expression and ability to say what we want (conflict to hear an insult and cannot answer).

Diseases of the mouth reveal irritation, either by what we eat that does not allow us to savor life or the way we express ourselves and therefore can mean anger toward others as to oneself.

Devaluation in relation to the word, to the expression.

Devaluation because we do not feel heard and express themselves is very important.

I cannot express a bite. For example, when we are forced to listen to a nasty remark and we were unable to respond.

Stomatitis (mouth inflammation) means unexpressed anger. We do not allow ourselves to express our aggressiveness.

Bites we do inside of the mouth or tongue tell us that what we propose or what we say does not satisfy us. They also show that we are holding back not to express something that we prefer to hide. Or we feel guilty of having said something and, that way, we're reproaching.

Gums: lining the base of the teeth and give us the contact and sensitivity to bite.

Conflict: Separation of the snack we were already touching. Understood as "bite" or "words".

Very large devaluation by the unspoken word or not achieve what you want

with what is said.

Conflict with the decisions that were not well received.

Gingivitis or inflammation of the gums: Conflict of trap or retain the bite, and bite express conflict.

Conflict with the words unsaid and unexpressed desires. Happens when someone "beyond our borders" and we are unable to respond (by not having permission, capacity or strength ...). For example, someone insults us unpleasantly and we cannot answer. "Words unsaid".

"My word does not measure".

Also the opposite conflict: When we say something important and that cannot cross the borders of the other: I said something and the other did not understand anything. "Unexpressed desires" "I cannot express myself" "If only I would have told you".

Conflict with the decisions that were not well received.

Ulceration of the gums: "If I speak, means something else. Whatever I say, they do not believe me! They treat me as a liar!

Periodontitis: Inflammation of periodontal gum area.

Inflammation involves anger and rage by piece I do not quite catch.

Conflict of not biting.

Conflict of impotence to catch the piece in the form of decision.

Fear and helplessness to make decisions.

Bleeding gums: Blood refers to family and inflammation anger.

Conflict: Snack with connotation of decision. "I had a decision and in the end I have not followed it or I could not go"

Thrush express a regret, a huff with ourselves for having spoken too, for saying something that we should not have counted. Or, they are the result of anger that ruminate internally by something we have swallowed our grief or, so we cannot say, even having him/her in the "tip of the tongue".

In adults: Conflict not able to express: "I'm not able to tell the truth, I worry what people think" "Unable to reveal a secret, I worry what people think"

Conflict of inability to catch something: "I cannot catch something, I worry what people think"

Food: Unable to eat something, when we really do (typical of people who are on a diet).

Morsel that is lost: "I want to regain the love of my partner".

Conflict of separation of the word: "It's vital for me to know what is in each other's mouths. I do not want to separate from the other what I have to say"

The words unspoken, unexpressed desires: "Listen an insult and not being able to respond" "The words have hurt me, but I have not answered"

Problem someone introvert who does not want to talk about their problems and try to minimize them, "Do not want to talk about problems, I worry what people think"

On the left cheek: Conflict related to the family.

On the right cheek: Conflict related to the profession.

On both cheeks: Can't say the truth.

In the language: I really do not mean.

On the lips: Saying the truth frightens me.

Gum: Truth about me, which irritates me.

In the throat: Truth about me, not swallowed.

In children: they express a conflict of separation, food, kiss ... are related to "inability to touch Mom's chest (Love)" by feeling separated from her (work, child care, etc.).

"Unable to eject the bite (he/she is forced to consume a food, real or symbolic)".

Recommendations to recover physical, emotional and spiritual health:

These people need to learn to accept and embrace new ideas, opinions, experiences, digest and assimilate calmly analyzing all aspects, to expand their minds and spirits.

They need to say what they have to say, without thinking that others will condemn them. "I say things without fear" "I always speak the truth".

And they need to be allowed to savor and enjoy the pleasures of life.

MOUTH SORES: (See [mouth](#))

MULTIPLE SCLEROSIS:

It is a disease that affects the female pole, the sensitive aspect of the person and usually occurs between 20 and 40 years.

The patient has had an experience (in most cases it is the parent of the same sex) in which it has been felt betrayed, locked (family fidelity) and which has suffered greatly and who refuses to accept and forgive. Sclerosis can appear between six and twelve months after the shock.

In all cases we find the devaluation, guilt, contradictions in the movement, often in verticality.

Conflict of motor + conflict of fear.

No escape (legs), not being able to push or grab something (arms).

The disease is like an internal rebellion against the fact or against the person who has caused such experience.

There is someone who puts you on edge and internally rebelling against that person. To go beyond its limits is abandoned completely and no longer know where to go. It is also said that the sclerotic person is fixed, does not evolve. You want someone take care, but tries not seem dependent. It's the kind of person who wants everything to be perfect and that is much required. Wants to please at any cost. Since he/she cannot satisfy this unrealistic dream alone, he/she becomes incapacitated in order to have an excuse for not having achieved the perfect life he/she wanted. It is also very difficult to accept that those who make less than he/she deserves, have more.

As a result, he/she feels deeply a victim and unconsciously inhibits his/her ability to act, to move (conflict of motor skills) and feeling not to suffer, thus he/she loses all sweetness that prevents him/her to adapt to a person or a situation, cutting his/her relationship with the outside world.

"In my family, they have not allowed me to have projects, have not let me be"

"It is forbidden to grow, must remain the child of dad or mom"

"I cannot comment, I cannot participate, I cannot decide, I'm immature".

"I am the arms, legs, etc. Only me can fulfil my mother or father's projects"

"I cannot move, because if I move the clan dies or gets sick"

"I want to move but I prevent myself to move" "If I move, I die, but if I do not move, I die too" "If I go home, I'm in danger" "I want to be here, but I want to be there"

In right-handed men or left-handed women: "I want to go abroad, but I cannot leave this"

In left-handed men or right-handed women: "I do not want to go out and force myself"

Right paralysis: "I undertake to move"

Left paralysis: "I want to move and I do not let myself"

In addition, there may be identification with the wishes of mom (the project meet the other).

"I'm her arms, her legs"

This disease usually affects people of uncompromising character, which have very rigid ideas and opinions.

On issues that do not even allow a discussion rather keep their rigid view and definitively, which are shown as very unsympathetic people.

This loss of sensitivity, both physical and spiritual, makes them very "hard" people, both with themselves and with others.

Sometimes individuals may seem open, friendly character, trying to please everyone, but is only appearance.

Deep, still they have a hard heart that makes them unattainable.

In short, the multiple sclerosis sufferer has fallen into a deep "isolation hardening" that prevents him/her from connecting to life.

An important fact is to discover and verify that all these symptoms are presented to "repair" a dead in the family tree.

Recommendations to recover physical, emotional and spiritual health:

Their main problem is the resistance to accept their own worth and to get success in life. "I know I am a valuable person" "I like success and I am safe in it" "Life loves me".

Practice the act of forgiveness toward himself/herself as toward being who has delved into his/her wound.

Recognize the hardness to himself/herself and others and learn to be consistent.

Accept imperfection of man and admit and acknowledge our defects.

No resistance to life, let things happen.

MUMPS:

They are caused by a virus from the salivary gland. Generally, they tend to affect children, although adults can also suffer them that still have open some wounds of their childhoods. Saliva is a symbol of sweetness and love. The animals lick their puppies so by expressing their love; while usually they use saliva to heal their wounds. But saliva can also be used to hurt, to express rejection or contempt. The person suffering inflammation of the salivary glands, somehow, has felt "spit" psychologically by someone who criticizes his/her way of being or ignoring you.

"Shut up, no more questions and eat!" "I wish things made sense, I would add something, but instead I only stand".

Sometimes, mumps are a reaction of dissatisfaction and anger toward the parent. Inside, the affected represses his/her desire to "spit" that person and the tension it causes inflation of the glands.

Separation conflict piece. Feeling slighted by not being able to get the piece. Feeling separated from that food (in food or symbolic key) we so desire. For example: child who threaten to send to boarding school (separating him/her from his/her friends). It is a digestive conflict that persists if it can affect the pancreas and even some men come to resent feeling in the testicles for neutered.

Recommendations to recover physical, emotional and spiritual health:

It is necessary to teach the child to express and cope with the conflicts that arise in life, to defend themselves, to develop their self esteem and their own power.

MUSCLES: (See cramps)

They correspond to mental energy, reflect hidden mental models.

The muscles are the engine (allow us to move), motivation, desire, physical will, the strength, the energy of realization, mobility and flexibility.

Muscles transform energy into action. Muscle problems are directly related to mental conflicts, our behaviour and our patterns of behaviour. We talk about our adaptation or not the outside world, of our resistance or acceptance of new experiences, our ability or difficulty to act, carry, bear, move, concretize, to vent our creative energy, to resist, to stand tall, to move and transform according to our ideas and interpretations.

When we encounter a problem into a muscle, necessarily it means that we are experiencing a devaluation conflict regarding our inability to perform physical activity.

Contractures, cramps, strains and muscle tears keep us moving and force us to stop.

Disgruntled conflict in motion. Do something against our will or do something and think that it will not assert or I'm not going to get any positive results in this regard.

Devaluation conflict linked to the effort, ability, performance.

The red muscles (voluntary): Devaluation about their physical powers: "I am not able to quarrel, to defend myself, running, etc"

We must also consider where you are and what it is used.

Calf: Back of the leg formed by the calf muscles and the soleus.

The calf muscles perform the function of giving momentum in a jump or in the beginning of a movement or displacement.

Conflict of impulse. Impotence for not being able to go beyond what we allow ourselves.

Impossibility of effort to leave behind our previously marked limits.

I refuse to change my mind or direction.

I would like to finish as soon as possible.

Twins: Feeling of impotence before the action of a collateral (siblings, partner, cousins, etc.).

Impotence in the first impulse. Impotence in taking a leap.

Conflict related to undertaking new missions, new challenges in which we need an initial impulse.

Devaluation in relation to a situation in which we must rise on the tips of our feet.

Hamstrings: Thigh muscles that attach to the pelvis, tibia, fibula, and femur. Important for knee flexion and hip extension.

They are the muscles responsible for the movement to climb stairs, lift, lift, etc.

Conflict of impotence before objectives.

Devaluation for sports impotence in the power effort. "I will not be able to overcome this situation."

In sportsmen: "I will never get this mark".

Conflict over losing the advantage we had. "I face or oppose the father of the woman I had relationships with".

Skeletal muscle: (Striated)

Voluntary muscles that provide mobility to the skeleton and body.

Conflict of devaluation with impotence in the movement in relation to the function of that muscle.

Avoid a fight or a fight: "Why make more muscle or keep it if I'm sure I'll lose the fight?"

Legs: Conflict of not being able to escape.

Arms: Conflict of not being able to push or grab something.

Adductors: in relation to attracting or retaining.

Biceps: in relation to attracting or lifting something.

Search the family tree for programs that you inherited from someone who actually caused, or caused, a great conflict with that movement.

Abdominal muscles: Muscles located in the abdomen.

Conflict of devaluation, impotence and movement.

Conflict of impotence with regard to projects that I am creating or realizing, with respect to myself or the people closest to me.

Abdominal straight: Impotence in relation to a dominant father (real or symbolic), in terms of straightness.

Impotence in the face of a devaluing sexual gesture.

Abdominal transverse: Devaluation and impotence for a subject of infidelity or sexual abnormality, in relation to the couple and / or children. Who prevents me from going further?

Tumour: Devaluation in relation to the power.

"We have to be stronger"

Do we have any, external or internal, estoppel which prevents us from acting?

Do we want to go too fast in a subject or are we doing too much force?

What area of our life are we suffering stress or are we forcing too much?

Are we moving too nervous and impatient?

Are we afraid to reach the goal?

Maybe, do we start very fast without preparation?

Recommendations to recover physical, emotional and spiritual health:

Broaden awareness for the body to relax.

Make correct approaches and prepare internally for actions to reach the goal, again establishing contact with our will. Finding a good reason that motivates us and we can go towards what we really want.

Stop and meditate instead of dilating both the rope.

Set in motion the internal forces and reduce outward mobility.

MYCOSIS:

Fungal infections. These feed on dead substances as cleaners...

I feel I have the role of a "cleaner" in my family. I feel I have the responsibility to solve the problems of the family (Burying the dead).

I feel like a part of me is dying or is dead.

Duel of the impossible, difficult to finish and conclude. I am unable to mourn my dreams, to live life as it wanted. The adult asks if you are living corresponds to what I expected.

I feel deceived.

I feel separate (child, ...) and I do not get to mourn.

I can present mycosis or fungi, if you are repairing the family tree of dirty, rotten or smelly situations, or if you live a lot of stress in those situations that are dirty, rotten or smelly.

What are the dead substances for the affected?

What is your relationship with death?

Search the dead, unfinished mourning.

Mycosis on feet: What a trap I've fallen in!

We need to review the meaning of the body part in which the fungal infection appears.

Recommendations to recover physical, emotional and spiritual health:

Live happy and free in the present moment.

I choose lean cheerful and loving way.

I live with my soul clean and quiet.

I go my way, without stopping at what did not seem right or fair.

MYOPIA: (See eyes)

Sight defect that only allows you to see clearly what is close and is unable to focus and perceive distant objects.

If someone has myopia, it means he/she is living with fear of approaching to danger (may be symbolic or real), a danger that the person feels that he/she comes from behind and therefore has to monitor closely, be very present.

"The danger comes from behind and do not know where"

"I must have a good eye"

The danger may be the father, mother, teacher, etc.

It usually affects those people that while trust their future, have the permanent thought that something bad can come to change their happiness and tranquillity, their present, which do enjoy.

"I have to see what's nearby, do not want to see what is far"

"Thinking about the future bothers me"

"I cannot stand that someone dear is gone away"

"I do not see what's coming"

"I flee what could happen"

When myopia, which is usually during adolescence or young adulthood occurs, it may be basically by two facts:

I feel threatened by any circumstance surrounding me.

I do not want to see (accept, tolerate, understand) what is further away.

It is normal for children and young people are afraid to face the real world, to take responsibility, to work, ultimately, to live as adults.

Strong subjectivity and introversion. "I do not see beyond his/her own nose"

The myopic sees everything from their point of view and can bother to the opinions of others, when they are different from theirs. Usually worry much about himself/herself compared to his/her concern for others, he/she lives wondering if he/she should be more sociable and caring for others, as do others.

The nearsighted can face the immediate reality and everyday life with ease, however, it is difficult to foresee new possibilities, new alternatives, conceive a vision of the future.

Recommendations to recover physical, emotional and spiritual health:

Learn to look beyond their noses own. Open to new ideas and to the opinions of others even if they are not equal to ours. Learning to see the polarity on all approaches.

Dealing with situations when they arise, setting aside fear of the future.

Develop a healthy distance between oneself and the world. Be benevolent to judge the outside world.

Live feelings different.

NAILS:

The nails represent our vitality, the state of our vital energy. They express the feeling we experience, protection against the people around us and in front of the various events of life. The nails are symbols of defence, "show nails" and attack, "scratching".

Nail biting: What can I achieve not having nails? Can I do if I have my nails? When someone bites or eats his/her nails with stepparents around them, means that he/she is holding to hurt his/her father from "scratch", to attack, to kill or to avenge his/her father, because he/she believes that he/she does not protect him/her enough, according to his/her needs.

We live with hidden hatred, but we prevent ourselves do nothing wrong because he/she is my father, because she is my mother, and I love them.

"I forbear to hurt my father"

It is people who eat away inside to not feel protected in regard to the details of his/her life. They believe they must do it all alone because they have no one to help them, especially in the details of ordinary life. Every time revives this lack of protection with that parent or indirectly with another person, nail biting, which gives security and alleviates their anguish.

"I am helpless, frustrated" "I like myself".

Biting nails can also indicate a deep insecurity of not feeling capable of being or doing what is expected of me.

When we feel frustrated or limited and life forces us to submit ourselves or when we cannot use them as we want because we are not able to defend ourselves, to express our anger and our needs demand.

In short nail biting can denote a refusal to grow and to assume their responsibilities.

To bite nails unloaded aggression but ourselves. Gnaw oneself.

Ingrown: Is a conflict related to the right to advance in life. I have no right to advance. We feel guilty, because on the one hand, know and feel that we do things and on the other, we feel it's wrong to do that or we do so.

"Feeling guilty because our progress bother or worry those around us"

"Feeling guilty for wanting to be the best or to go further".

Forbidden aggressiveness: "Do not let be aggressive, I turn my aggression against me" The person cannot defend or attack. I need weapons to protect myself.

Hands: Work, or direct conflict.

Feet: Mother, family or archaic conflict. Retain everything with me, I cannot

resist my mother, I need weapons to defend my mother.

If there is infection, dirty conflict.

On the left (or right for lefties) foot would be related to the father.

We have every right in the world to choose our own path in life. We have to be happy with our decisions.

Brittle nails: Devaluation, impotence in relation to their own aggressiveness.

"It is forbidden to remove the claws".

You can also break when we blame ourselves for having done things wrong, for not being perfect in anything we do or did.

"Feeling guilty for not being perfect"

These people need to understand that they always do the things the best they can and must learn to accept themselves as they are.

Onychomycosis (nail fungus). When nails are contaminated by fungi, they indicate that the affected person lives a "rotten" situation regarding someone around you (mother, father, brother, family, etc.) that exploits and is constantly attacking. This means that, little by little, their strength and vitality are depleted. This state of overload and abuse has occurred because the person has given rise to defend it not knowing or not being aware of the limits of his/her territory, which encourages others take advantage of him/her. It is important to see which finger or toe is affected to have additional information.

Mycosis on the nail of the big toe (right-handed, the opposite for left-handed): Right foot: Vital devaluation according to the mother. My mother did not want me or my mother does ugly things.

Left Foot: The same on a notion of symbolic mother, the feminine part of the father or protection.

It is absolutely necessary that we turn away and break the relationship with that person who constantly attacks us.

We need to understand that we are valuable and learn to love.

Recommendations to recover physical, emotional and spiritual health:

To freely express our vitality, our aggressiveness and our energy need great confidence. Learning to show nails when necessary. Learn to develop our forces without guilt or fear of punishment.

When we developed our ability to express ourselves, to ask for what we need and rely more on others, the need to bite our nails will disappear.

NARCOLEPSY:

Autoimmune disease. Characterized by the presence of moments of irresistible acute drowsiness during the day.

Run away. Response of the dam: Get killed in the presence of a danger.

Conflict of devaluation, guilt and impotence.

Fear of showing teeth, fear of aggression. Withdrawal from danger.

NAUSEA:

It is the bad feeling prior of vomiting.

Nausea that occur before vomiting is clearly a manifestation of fear and rejection of an idea or an experience.

The person feels threatened and feels repugnance toward any person or thing.

"There's something I do not accept that rejection"

"This is unacceptable, I cannot admit it, I cannot digest it"

Conflict of rejection by something imposed on me.

"I am forced to accept a situation that annoys me"

Feeling that something wrong has happened, something that feels responsible and has the desire to "give back" things to their original state, as if nothing had happened.

Their thoughts are normally: "I wish that there had never happened" or "sorry I did" or "I wish things were like at the beginning"

It is people who do not digest their "experiences"; they are unable to assimilate what happens, they find it very difficult to deal with a personal situation or material and are afraid of the negative consequences that could lead to their lives.

They usually occur in perfectionist people, they want to do many things at the same time and they are afraid not to leave them well, or not what they expect to happen.

Their tendency to mix it produces a certain disorder that makes them feel confused and saturated and prevents them to do things they wanted. The consequences of this overload is nausea.

Nausea in pregnant women: They are a biological reaction to the situation of being pregnant.

Recommendations to recover physical, emotional and spiritual health:

Perfectionism is a negative tilt as it only allows us to see what is "wrong".

We must learn to accept our mistakes, our imperfection and learn from them never to repeat them to grow.

What are we afraid of that person or that event?

Learning to be closed to outside influences.

NECK: (See torticollis and vertebrae)

It is the connecting channel between the body and the head and in the metaphysical sense, the spiritual body with the material. It is an area of great sensitivity because through it all that is essential to man passes. From head flowing thoughts, ideas, orders, desires and down the neck (nape) to the body. The body represents the action, gesture and acts. Also, from the body flowing emotions and messages that are picked up by the brain. Thus the neck refers to the two-way communication: from head to body and body to the head. The pain in this part of the body expresses our difficulties to realize our desires. That is, there is a mismatch between what I think and want and what I do with it really. For example, I think something but do exactly the opposite; I want something, but someone stops me, or it is myself who prevents me do it.

Cervical arthrosis: Conflict of disagreement between what I think and what I do. "I think one thing but then do another different".

"I do something against my beliefs"

The neck represents the flexibility, security and knowledge. The person who is willing to learn and experience and is not swayed by negative attitudes like "I cannot or do not want", not accumulate tensions and neck problems, on the contrary you will feel satisfied with his/her attitude to life and feel sure their ideas and feelings.

The individual who is held in an inflexible internal attitude that refuses to see and to recognize all aspects of a situation, to adapt or show signs of humility and is unwilling to change, will have no choice but to wear a collar.

Injustice, fear of ridicule, humiliation, to express, overload and burden, the attitude of trying to change other people, any of these erroneous behaviour will cause us pain and neck problems.

Recommendations to recover physical, emotional and spiritual health:

Flexibility, mobility and naturalness to consider other perspectives, other views, other ways of seeing and doing things; security and knowledge is what gives the neck strength and the necessary balance.

NEPHRITIC COLIC: (See kidney)

NEPHRITIS: (See kidney)

NERVOUS ASTHENIA: (See burnout)

Symptom of weakness and physical and mental tiredness produced at the mental level, that is without physical efforts. It can produce fear, sadness, remorse and bitterness.

The function of nervous asthenia is to stop at the dangers of continuing to make an effort in the same direction that we carry. It occurs at the level of the central nervous system and the mind, therefore the dangers are also lived at a mental level.

Conflict of deep devaluation of my capacities to analyze, to understand and to act before the challenges of the life.

Management conflicts + impotence + devaluation + movement conflict + conflict with liquids.

Conflict of guilt of the one who survives in front of the one who died (transgenerational).

NERVOUS BREAKDOWN:

They represent communication (news service).

Communication disorder by overload of the plant.

Conflict of fear. All fears are related to the "pre-gesture", the "what if the act occurs" and affect the nerves to prevent orders from fear gesture that reach the organ. Also, in relation to a devaluation regarding orders that wish to send.

Sensory nerves: Conflict of suffering with what we feel. Not wanting to feel.

The incoming information should be treated differently.

Engine nerves: Conflict with orders. Duties, impositions, fears...

The outgoing information must be processed otherwise.

Nervousness: Fear, anxiety. Really want to do too much and too fast, precipitation. Distrust.

Recommendations to recover physical, emotional and spiritual health:

Communicate heart to heart.

NEURALGIA:

It's a sharp pain along nerve and its ramifications.

Expresses self punishment for considering ourselves guilty, ugly.

Excess external communication and lack of internal communication, with ourselves.

Conflict not clarified. The affected person tries to escape from an experienced pain in the past.

The area where the nerve is give us more information about the conflict.

Trigeminal Neuralgia: Irritation have suffered innumerable provocations.

Aggressiveness contained. Fear of losing face (self-expression).

"I have felt a slap".

What pain is expressed in my face? Who are directed my repressed blows?

What do I have to face? Am I holding on to something that does not serve me although I know that I need to change?

Recommendations to recover physical, emotional and spiritual health:

Consciously let the mask fall. Biting and knowingly devour. Open a way when necessary.

NIGHTMARES:

Dreams that produce anguish and fear.

Dreams confront us with the problems and difficulties to see which is the best solution to take in the waking phase.

Awareness of dreams can help us a great deal to identify possible subconscious tendencies or programs that can lead to other conflicts.

NODULES: (See thyroids)

NOSE:

The nose is the organ through which the air enters, which allows us to breathe and perceive smells.

The nose analyzes the air that we inspire and informs us about the pleasant or hostile character of the environment. By smelling, we can feel and perceive beings and situations.

The nose, symbolically represents power (the ability or inability to take the lead in personal or social life), intuition (have business sense, smell a problem from afar, realize that an affair smells bad) personality (the one sample image itself) pride, sexuality, curiosity, inspiration and spirituality.

Nose, smell: As in the case with the ears, the nose also cannot close. In the animal world, smell is a crucial sense. Smells warn of the presence of dangers (predators, toxic substances, etc.). By smell, they are set to be recognized, they discover the identity, belonging to the other (body odour, flavour, etc.), detect the situation of the dam, they recognize the good and bad foods and receive sexual messages (pheromones).

Olfactory conflict:

-Of not wanting to smell. What a bad smell!

-Of pestilence: (be working in a place or with a person whose scent is awful). What a plague!

Nose, mucosa: "I want to get rid of the smell. I no longer take any more his/her smell or his/her presence!"

Conflict of anguish:

It is a conflict of fear/apprehension. "It's smelly, it's my fault"

Conflict of territory". I smell the danger, the predator" "I sense prey, hunting, good hit" "I smell ... sniff that ..." What are you up to?

Are they talking about me?

Olfactory Paranoia: I hide something, they walk with subterfuge.

Conflict of fear/distrust: The danger is ahead or around.

"I want to separate myself from the bad smell, it does not affect me"

"I want to ward off the world around me, I decreased sense of smell"

Right nostril = affectivity.

Left nostril = danger.

Nose bones: Conflict impairment respect to marking my territory. "I was unable, or I did not know how aggression smell reaches my territory"

Deviated septum: My life is built wrong. I desire to join working life with emotion, example: "I wish that everyone loves me in my work"

Nasal polyps: The polyp is a benign tumour that develops in one breast or in the corresponding nostril and having the effect of obstructing more or less completely the affected side. The presence of the polyp smell decreases.

Bad odour conflict: "It is possible that it smells so bad"

Something dirty. Perfume I do not like at all.

Nosebleeds, epistaxis: It is understood by all bleeding epistaxis originated in the nostrils. Hidden things related: "I have the feeling that something will happen"

Conflict related to fear of death (having witnessed slaughter an animal). See the blood flow itself, it reassures.

"I want to leave this family"

"I want someone in the family is gone"

Edema and nasal scabs "I want to separate myself from the outside to be at peace"

Rhinitis: Separation of great danger.

It may be a conflict with sexual subject lived outdoors. At that time a difficult incident that we did not want to take happened.

It could be when our partner informed us that we have been deceived when our girlfriend told us that our relationship was over, when our partner somehow forced us to have sex in a place that we were in danger of being seen, when our mother told us that our parents were getting divorced, etc.

But although we have repressed within, every year, when plants release their pollen, it becomes to revive our old wound.

Sinuses, Sinusitis: This sinus infection is linked to impotence against a person or situation: "I cannot smell it"

We are angry with someone very close, someone who is on our side, we cannot handle and don't want to smell him/her. This anger may be related to the difficulty and at the same time, the need to defend our position or our ideas, that is, with the fact of having to "deal" to something in a particular situation. Expresses the difficulties we have to impose our authority or to "deal" to the authority of another.

The mucosa of the sinuses is an extension of the mucosa of the nose. The function of the sinuses is:

A) Relieving the weight of the bones to which they belong.

B) Acting as a sounding board for the voice. Adapting to external barometric pressure.

Sense of danger. You may sniff advance a danger or threat. The danger may

be real or imaginary.

Bad odour conflict: I have the feeling that "something does not smell right," there is something dubious". "This thing smells bad"

Conflict front and olfactory fear. Fear of a vague threat, disguised latent". Something smells bad to me, unable to understand or foresee"

Through the different sizes and variations we can know many aspects of the human being.

"Bringing high nose" is a symbol of pride. A person with the "aquiline" nose usually has a very rigorous character and a certain hypocrisy.

A "snub" nose often said that always goes to his/her air.

The long, sharp nose has a tendency to stick their noses everywhere.

A cover nose "warts" reminds us of the image of the witch, an evil and full of danger being.

An alcoholic person will have reddish nose; while a slightly curved nose denotes elegance and a nose "enough" is synonymous with stubbornness, etc.

Runny nose, mucus (breasts): This is an inner cry because we do not value and we would like someone to protect us and help us.

Conflicts of fear.

"Something smells bad to me, this smells fishy to me".

Runny nose inward: Internal moan by a sense of victimization.

Stuffy nose: We do not appreciate, and accept ourselves as we are.

OBESITY:

The excessive accumulation of adipose tissue in the body is known as obesity.

Obesity and overweight are manifestations of our material and emotional insecurity.

Feeding represents the first link with life and love, that is, with the mother.

For babies, food is not only the satisfaction of a basic need, but also the opportunity to enjoy the care and love.

This feeling, this relationship is preserved forever.

So, if we feel unsafe or unloved at some point in our lives, the original instinct will drive us to restore food security.

But the food is only a substitute and not much to eat can never be satisfied and full. Dissatisfaction and emptiness inside still exist.

The problem of that one that is obese is almost always a lack of acceptance and love, spoiling his/her body for him/her and for others. It is a way of devaluing his/her image in order to say that is ugly, that is not attractive and that no one may love him/her.

It is a way of denigrating or self punishment. This self-hatred is as a result of the humiliation suffered by their parents, and especially by his/her mother, between two and three years old, at the stage of autonomy.

It is almost always a domineering, possessive mother, who exercised strict control about their diet, their physiological functions, thoughts, feelings and creativity.

How should react a child to avoid being humiliated? He/she did suppress his/her feelings and creativity and started living a hidden life, reserved. He/she created a huge wall around himself/herself, a great physical strength, which feels like a prison. He/she is inside, complaining, suffering, resentful with the world and others. "Being big and strong is more reassuring than being a rebel and being recognized, located and seen by family members".

Obesity is the result of this repressive state and his/her inability to leave it, to feel free.

"I'm in jeopardy of life or death"

Recommendations to recover physical, emotional and spiritual health:

You need to learn to leave the humiliation and your creativity by yourself.

You need to dare to say "no" sometimes. What do I really want? This reflection will help a lot.

You should try to lead a fulfilling sex life, without getting influenced by

beliefs contrary to nature.

You need to let life flow and take responsibility to get out of prison, to be free and to love unconditionally.

OSTEOARTHRITIS: (See articulations, arthritis)

This malaise affects the joints chronically. It is characterized by degradation and continuous wear of cartilage. The joint shows no signs of inflammation, but is bound to make some movements and could break.

Devaluation conflict of self, linked to the movement, typical of the location of cartilage tissue. "I do not appreciate anything because everyone criticizes me for my movements" "My way to move is not the most elegant in the world".

Devaluation about the gesture: What is the gesture that I cannot perform? "I want my gestures were smooth and fluid"

Devaluation conflict-related activity, sport or skill.

Grave lack of respect for self.

Conflict of "disarticulation" in the family. "There is a slurring between my parents, among my brothers or among other people I love, so I suffer for it"

It is associated with aging and people who have it suffer especially when making movements having been at rest.

The victim feels much resentment towards another person because of his/her misfortunes. Not to take their own responsibility. It is people with a rigid character, very clinging to their convictions and their beliefs and therefore are very afraid to move, to change. Hence, those affected are mainly old people, since everyone knows that, as we get older, we become less flexible.

Recommendations to recover physical, emotional and spiritual health:

Life is in constant motion. We must allow life to flow easily in us, to risk the known for the unknown to know what life is.

They have to forgive themselves and not blame others for anything that happens to them. We are responsible for everything.

OSTEOPOROSIS: (See menopause and bones)

Loss of strength, identity or female utility:

"I'm getting to an age in which I cannot afford certain luxuries". "I'm not attractive" "I never will be so pretty again" Will my husband still love me?

Bone tissue is always affected when a person experiences an unexpected loss of self-esteem. Such devaluation conflict can be triggered by an unfair remark, being slighted, "I have been attacked, have disrespected me and I have not been able to defend myself"; for failing at work, having lost our identity, "not what it was" (sexually or mother) or feel unsupported, "I do not feel supported by my family"

"Feeling powerless in their social relations"

We have the feeling of not weigh much in life and we need strength and courage to change things, to advance and to oppose, which is manifested in fractures.

Recommendations to recover physical, emotional and spiritual health:

Moving from external activity to rely on his/her inner spiritual world.

OTITIS: (See ears)

OVARIES:

They are the sex glands that secrete women female sex hormones and form eggs to be fertilized.

They represent motherhood, the desire to procreate, the vital relationship with the child, fertility, sexuality, creativity, skill in creating and femininity, by the fact of being a woman and being filled or satisfied as a woman.

When a woman has symptoms in her ovaries, it may be because she has lived or is living a situation where she has lost the basic family ties. Perhaps because her family is toxic and has been away from her. Or maybe because her father is an abuser, rapist and he has stopped talking to her. Or it may be because she is an orphan and has no mention of a familiar past, etc.

In the most serious ovaries problems, there is a difficulty with her own child, or with a family to which she is considered or treated her like a son.

Ovaries: germ cells.

Severe loss conflict. It can develop after an event in which we live the loss of a loved one. For example, the death of a son in an accident, as a result of an illness or an abortion. It may be the loss of another person, with whom I have no blood ties, but I love like a child, or perhaps you can refer to the loss of a pet, etc.

The worst that can happen to a human being, is to lose a child. The sense of loss can be experienced on a symbolic level, such as: I've lost my husband! Because he no longer pays attention to me, not talk, he is almost never home, just think of their work, etc. Therefore, I lost the man I was happy with.

Likewise, the feeling of loss can be experienced for a project she loved and which has not been carried out, it has been aborted. Example: the writer whose publication of her book, "her baby", has been frustrated or architect whose project was rejected, etc.

Ovaries: Connective tissue. Competing less serious than the conflict germ cell loss.

Conflict of loss of a possible child (abortion).

Conflict has felt belittled or hurt by a man.

Semi-genital ugly conflict, accompanied by guilt. A low blow. "Fear anticipated to lose"

Polycystic Ovary: Women "under herdomestic wolf" They are very jealous, very controlling, women with excessive responsibilities.

Weigh husbands emotionally immature.

"Seduction attracts the male" "I'm ugly, worthless and I cannot like the boys".

"My boyfriend left me for another, prettier and better than me"

Right ovary has to do with the "pull" that women exercise on a man.

Left ovary is related to own "reproduction".

Some women may experience discomfort in the ovaries when they have difficulty expressing or express their creativity, in any area of their lives.

Recommendations to recover physical, emotional and spiritual health:

Whatever the situation is, it is important to accept all the feelings that live in you, to express that your inner wound can heal and you can look to the future with a more positive and full of projects for performing look.

Contribute to life, to creation. Become aware that you can for yourself.

Express creativity in other directions.

You need to learn to trust men, to access your inner man.

OVERWEIGHT: (See obesity)

The fact of losing weight or fat has nothing to do with food. What you would have to ask yourself is why my body is not metabolizing food, that is, it is not transforming fat into energy.

Overweight is related to actual abandonment syndrome or feeling of having been abandoned in our more or less distant past by us or by a particular person, especially a parent.

"Feeling alone in this hostile world, lost in the middle of nowhere and in permanent danger" The feeling of being alone produces a deep collapse of the existence, at the biological level of renal function is requested to retain maximum water inside the body and results in fluid retention.

"Frontal Fear": The frontal fear is what puts the person in a state of constant attention and vigilance to identify the danger as soon as possible and react in time.

"Feeling lost, not knowing where to go, for fear of being in a wrong direction" The feeling of being lost, affects the adrenal glands that secrete cortisol stop, which in turn is related to the morning fatigue and the tendency to physical and mental immobility.

"Feeling that every moment we have to flee from danger" Time management is vital, so the thyroid gland metabolism, producing more tyrosine, to flee in case of aggression.

"Feelings of worthlessness, unable to do anything but endure this situation of abandonment with a sense of helplessness". Disappointed by people, no longer story or myself. The powerless to do anything but support this abandonment leads to the feeling of worthlessness that has to do with all the osteo-articular system and the blood, different tissues and fat.

"Feeling collapse of the existence and confrontation with nothing"

Conflict of aesthetics devaluation: "My silhouette is horrible" "I'm not pretty, attractive".

"Fear of poverty, that we lack something, material insecurity". Lack of food highlights the need for food supplies to hold out as long as possible, which leads me to store fat.

Other causes of overweight are boredom or lead a life full of dissatisfaction.

In many cases this syndrome abandonment occurs during childhood, because of that many overweight people have made about this conflict. They have maintained long-established beliefs that have shaped his/her personality and have marked their way of seeing the world and how they relate to others.

According to the location:

In the belly: Protection of a child (in female) or "I feel that my life is controlled by my wife (male)".

The bellies that fall covering the sex have a conflict of: "I protect my sex so that nothing happens there". "I protect my sexuality, I do not want sex". "I feel inferior sexually". "I feel my genitals will not be accepted". We must look for abortions or child deaths.

Thigh fat: Protection of sexual type. (Find abortions).

On the shoulders and upper back: Conflict of "I must be stronger to carry these charges". Abandonment by the father.

Oedemas: "Am I still valid?" in the sense of the affected party.

Fat: "I can only be with myself".

Balloon Conflict: Repetitive themes related to spirituality. My inner and superior self.

Fattening without eating: Conflict of referents (liquids). See kidney.

On the kidneys: Also a conflict of liquids. Water makes us float: Fear of sinking.

Under the arm: I feel unworthy, repellent with this obesity.

In case of loss of a loved one: The amount of kilos of overweight can indicate the age or the relation of the blockade. For example, in an abortion or a death, we increase the amount of kilos to continue feeling the pregnancy inside us.

"I miss someone, their shape, their weight in my life".

Recommendations to recover physical, emotional and spiritual health:

Overweight people affected need to have self-esteem, recognized as valuable people and learn to trust life and themselves.

They need to admit that there are people who love them. They need to learn to fully love and to love themselves.

They also need to accept sexuality and learn to fully enjoy it.

PAIN:

Sensory and emotional experience generally unpleasant, that can be experienced by the living beings that have a central nervous system.

The pain is a warning sign that tells us that there is something in us that is not going well. It is the brain's way of keeping us in absolute rest, which allows us to recover the full possession of his means in the shortest possible time.

The pain does not start in a random place. The brain has an extraordinary precision and therefore it will not be the same conflict a pain in the knee, that a pain in the shoulder. Each muscle and joint of the body has a different function, and we must analyze and find the biological meaning of inflammation at that particular point.

Pain in general is a warning sign.

Conflicts that aggravate pain: Feeling of hidden guilt that seeks self-punishment. The resistance to pain itself, its negation produces an increase in signal intensity.

Muscle pain: Opposition, incapacity or impotence regarding someone from the outside.

Neuralgic pain: Conflict related to displacement to "catch the bite". Conflict with authority and its orders to us.

PALATE:

The palate is the upper wall of the oral cavity. It is divided into two parts, the hard palate or palate in the front and the soft palate in the back. In the center and in the posterior part of the soft palate, uvula hangs.

If we have the palatal mucosa affected, it indicates that we are suffering a conflict of separation from someone or something symbolically to our unconscious, it represents a bite, some food.

Or it may be that although we are in contact with the bite (work, home, man, woman, etc.) we do not fully possess it.

In babies, palate may be affected when they suffer a breast separation from his/her mother, for example, after a premature weaning.

Palate bone is affected when we experience a conflict of impairment that prevents us access to the bite.

"I'm not able to catch the piece"

"I had the bit in my mouth and suddenly it escapes from me"

If your palate is cleft it is because we believe that we are not able to take the bite because it is a bit too big.

If the velum one of the consequences can be snoring is affected. "My word is imprisoned".

If we issue snoring when breathing in, unconsciously, it is as if we wished someone was closer to us: "Come, I need you".

If snoring occurs when breathing out, which unconsciously want is to alienate someone from our environment: "Go away, I do not need you".

PANCREAS: (See diabetes)

Pancreatic enzymes are the most powerful of all. If enzymes are missing, food sits in the stomach or intestine and is expelled again undigested, so the body does not get the necessary energy from food.

When you have any symptoms related to the pancreas, you have lived or are living a situation where someone has dishonored you.

We can find two conflicts: ignominy + resistance.

"I have made (or have) a disgrace, something detestable".

"I have lived something unacceptable by someone from my family, my work and my social life"

Conflict of lacking and ignominy.

Conflict of fear and disgruntled members of the family when "big crap" have happened to them, related to an inheritance (real or symbolic). Be fooled within your own family.

"I fight for my bite" "My brother stole my share of the inheritance" "They made me sign a paper where I renounced my inheritance, etc". "I have done something detestable"

Fear of not having. "I have to store energy for later" "We criticize the morsel eaten".

Pancreatitis: If someone has an inflammation on his/her pancreas is because he/she is denied or is objecting to a situation or a person in particular. A situation that makes you feel bitterness or discouragement.

"I see every day how my husband offends me and mocks my humble origin"

What offends me so much to be a total lack of respect that steals my joy and sweetness that I expected of him/her.

Pancreatic calculation: "I do not want the other think I'm not noble"

"I take away money disown me and I want to get something for me"

Pancreatic cancer: the most common cancer in this organ is adenocarcinoma and is due to a setback occurred, most of the time, in the family that cannot be digested (indigestible) and, almost always, is related to any economic matter (real or symbolic dispute over inheritance, distribution of money or property, etc). It can also be caused by a feeling of revulsion, "This disgusts me".

Recommendations to recover physical, emotional and spiritual health:

"I think the sweetness and joy in my life" "I love and approve of myself".

PARALYSIS:

The term refers to a deprivation paralysis or decreased sensory or motor function.

Disgruntled conflict, opposition to the movement, motor skills, lack of initiative or not knowing or not being able to find a way out.

What paralyzes me?

Many people with this disease feel well corralled by their family environment or the circumstances of life. They feel they cannot make decisions about one's life, it is not possible to go further because the circumstances or a particular person prevents it.

Things did not happen as they wish and are not able to react, rather they would like to escape without a trace. Have a conflict of lack of initiative or not find out. "I do not know where to go" "I'm paralyzed"

Paralysis may also indicate that the person does not accept their way of being, not freedom of action (arms) or motion (legs) is granted.

The part of the body is paralyzed bring us more about the existing problem.

When the engine problem occurs on the right side, the feeling is:

"I am compelled to act, but I want to be quiet and do nothing".

If the left side is affected, it corresponds to a "prevented" gesture: "I would like to do something but I prevent this, do not allow myself to"

In biological lefthanders, it would be just the opposite.

On the legs, "conflict of not being able to escape" "If not already know where to go. Not knowing where to take it"

"In the arms and hands," conflict of not being able to retain or reject"

In the back muscles and shoulders, "conflict cannot be avoided"

Cerebral Palsy: Being born with cerebral palsy or suffer at birth, indicates a warning to the mother "should not procreate". As a congenital malformation is intended to cleanse the family tree because it is a highly toxic family. The mission of the child born so is to soften and bring the family, in an act of love. "I contribute to a united family life" "Achieving a family full of love and peace".

Recommendations to recover physical, emotional and spiritual health:

Only we ourselves can only limit and everyone can handle situations that arise in life.

Although we try to flee from conflict, thus not disappear; sooner or later we must face it.

PARASITIC: (See fleas, louses)

An organism that lives in another living thing and at the expense of which it is nourished.

Parasites take advantage of the leftover energies of an organism only.

Conflict of delivery of power.

Conflict of feeling abused and parasitized by others. Feel that they live on us, or on the contrary, feel like someone's parasite.

PARKINSON'S DISEASE OR PD:

Neurons that produce dopamine die or do not function properly. Dopamine is the neurotransmitter that sends signals that help coordinate movements. Often, it is classified as a movement disorder. The characteristic symptoms are: tremor, rigidity, head leans forward, speech changes and the tone of voice is getting weaker, motor disorders occur and all acts of common life slow down.

It occurs most often in older men who have been very active, ambitious and with a deep fear of death and failure in life.

Coincides, in most cases, who have lived with women, mother-sister-wife, strong and dominant character, which have always told them what to do, how and when and instead of rebelling, have contained anger that caused this situation.

In fact these people have always tried to restrain to hide their feelings, their vulnerabilities and fears, especially when making decisions. Make plans for the future, but do not act, they do not move:

"I want to act and I do not let myself; I want to act, but do not know where"

They have always suffered from an intense desire to control everything, even his/her life and that of others; which it has caused an almost total inability to relax.

Their nervous system cannot endure much repression.

Conflict of fear of the future, not to live longer, therefore, they do not end things.

Fear of ending conflict, to drop, to end. Not to conclude an action started, you wish, but you cannot get to the end. As an attempt to hit someone, to take, manoeuvre, etc. and never get to finish. "I want to let go, but I will not let go"

"I want to move, but do not want to move"

The foot, hand, hesitates again and again for fear or impotence. The brain orders the beginning of an action but circumstances change in seconds and again change the order to reverse it:

Yes now! No, no ... not now! Not here! There! No, there! Plan to make a move that can never end. I have to adapt my behaviour to the situation: "adapt myself to control my movements"

Delaying action. "Reaching the end can be negative, dangerous"

For example: do not want to retire, do not want their children leave home, not wishing her husband travel more, etc., feel the total impotence to stop them.

"I'm losing my control over others". "I'm afraid to let them live, because that

means they'll let me"

Fear not being able to hold someone or something.

If one suffers a conflict of seeing an injured loved one and cannot find what to do, try to help him/her while hesitates... fear harm if you touch it, afraid to die if he/she does not... feel a terrible impotence, an agonizing indecision... your hands are close... away. He/she wants to do something but cannot or do not know... hesitates... Hands moving in opposite directions... the disease begins with that gesture. It is the typical disease of the elderly couple. Woman makes gesture to retain her husband when he/she is dying; He/she does not want to leave.

I trust the Universe and acknowledge that I have exaggerated my behaviour. I relax in the assurance that I am safe. Life supports me. I trust the process of life.

People suffering from this disease can bring a program of an ancestor, and look for it if he/she exists.

PELVIS: (See uterus)

The pelvis is the bony structure that is in close connection with the uterus. Therefore, pelvic problems are related to that organ.

It is related to reproduction and sexuality.

In 60% of cases there is the belief that "I am not good at sex".

In 20% of cases, there is a belief that "I cannot gestate, accept, receive, care for, protect a newborn".

In 20% of cases, there is a belief that "my sexual life is out of the norm, where it goes to my life"

Conflict of sexual impairment. Sexuality outside the norm: if at some point, we consider the sexual life as "something wrong". Whether because I consider myself a woman "and great for those things," or if I feel as "unattractive" to my husband or partner. It can also be, that my partner is younger and I feel somewhat outdated in the sexual plane.

Sexual competition: Another reason why I can present a problem in the pelvis, is the fact considered "sex" as a skills competition. I always practice sex thinking if get to the orgasm, if it's all the pleasure that I give to my partner if he/she will be satisfied, if I'm going to make him/her happy, etc. I do not feel my shape, style, etc., having sex is good. Am I good? Would I play there? Did I say that? Do I move it?

Conflict of not being able to accommodate a child or another child successfully.

They may be related to the pelvis problems: infertility, abortions, difficult births, ineffective contractions, emergency caesarean, fetal death in uterus or at birth, etc.

PENIS:

Sexual devaluation conflict with humiliation, disgrace, mortification trend...

Skin problems: Conflict in the ancestors of rape: "My grandfather was a rapist"

Phimosis: Conflict of protection. "I'm afraid to have an erection, to show my manhood, my masculinity, my aggressiveness"

"It is forbidden to have sexual pleasure"

"One of my parents preferred to have a daughter, then I hide my sex with phimosis".

Small Penis: Conflict of ancestors or project meaning in relation to sexuality. Alpha male in the family who chickened the male lineage. Conflict in which there is a great stress by pregnancy (unwanted, rape...).

Lapeyronie: Conflict of sexual impairment, "I am incapable".

incestuous conflict: My partner is a double of my mother and to my unconscious, I formed an incestuous couple with my mother and, as I have fear of incest, I should not have erections.

"I think someone else when I practice sex. My body is there, but my head is not" "I don't have the partner I want; I would be with another woman" "I would like to be with another wife"

The equivalent symptom in women is the retroverted uterus.

Too much looseness or elasticity in a "deviant" relation.

Problems in the glans: Conflicts of dirty sexuality or rejection of masculinity. Rejection of masculinity or dirty sexuality (rapist memories).

Balanitis (inflammation of the glans): Conflict of extreme action (or desire), with "too hot". Conflict of masculinity that must force yourself to be expressed or cannot be. Separation conflict in the key of "not being able to penetrate, not ejaculating, not sowing", whether by prohibition (real or symbolic castration) or to prevent overprotection sex.

PERITONEUM:

When we present any discomfort in the peritoneum is because we are living or have lived an emotional conflict related to fear. Some circumstance has made us feel panic about what happens in our belly. Someone has attacked our integrity.

"I want to protect my belly" "I want to protect my baby" "I'm afraid to get cancer"

This occurs when the affected have felt attacked or afraid of being hurt or afraid to feel pain in his/her abdominal cavity. It may arise after receiving news of a serious diagnosis or have been hurt by a bad word or an offense perceived as an abdominal blow.

Occasionally, it is necessary to review the emotional relationships of the person, because in many cases, the damage responds to a conflict of identification. The emotional conflict is not himself/herself but someone very close.

PHARINX:

When any symptom is manifested in the pharynx, we indicate that we have lived or are living an emotional conflict in which there is a "piece, a morsel" we cannot have, swallow, taste, spit, etc.

"I want to have something that we cannot have"

"I want to catch and retain the essence of my mother"

"I want to hold the piece in the throat so you do not remove it"

"I do not get to catch the love of my partner"

"I want to say something I should not say"

Generally, throat problems will be related to our inability to speak, say, accept something that desire, distrust or fear of expressing ourselves.

"I prefer swallowing it to saying it"

"I cannot express myself" "I cannot be creative" "I do not get the food they desire" "I do not accept what I am trying to swallow" "I cannot ask for help"

Sore throat: I suppress my anger. "I am unable to express myself"

Lump in my throat: "I'm scared". "Distrust in what comes next"

Pharyngitis (better known as sore throat too) Usually, problems in the pharynx, appear after an argument, a fight, a dislike of someone close, a friend or a trustful person of us", where the person was shaken in his/her sensitivity and was forced to speak, forced to say something he/she did not want to.

"To say something that I should not have said" or "not have said something that we wished to express".

"I could not defend myself, I said nothing" "I have my repressed rage and anger, I swallowed my anger" "I may not express my ideas, my creativity"

"I'm not allowed to say what I think or feel" "I refuse to be different, to act differently, to say that"

PHLEBITIS: (See blood, thrombosis, varicose veins)

PHOBIAS: (See allergies, agoraphobia)

A phobia is a sharp and persistent fear that is excessive or irrational, triggered by the presence or anticipation of a specific object or situation. When a person is facing one of their phobias, they may go into shock or panic, their blood pressure can increase to such a degree that they become faint. The reasons for phobias are sometimes unclear. In many cases they respond to some traumatic event of the past that is related to phobia.

The sense of phobia is to solve a great fear. Protect ourselves from an irrational fear, related to death, that we identify with that to which we fear. Fear may have been experienced personally, but there are many phobias that have their origin in the fears experienced by our ancestors or by the mother during the sense project.

Phobias are crystallized and automated fears. They are unconscious reactions to situations that once brought near-death conflicts.

Arachnophobia: Unconscious desire to escape, to live in the world with fear of being trapped, locked in a web by a murderous mother, suffocating, paralyzing. The meaning of spiders is "network symbolism, plot".

Fear of being poisoned within the clan.

Airplanes: Fear related to independence or to the dead.

Wasps: Conflict of violence and ambushes.

Photophobia: Conflict with light, with the father (sun).

Flies: Fear of being devoured by worms, fear of death.

Nicotrophobia: Conflict of abandonment (in the sense project). If I do not have a light I cannot guide myself and I get lost because I'm alone.

Transgenerational ghost conflict.

Conflict of fear to the own shadows that I do not want to illuminate.

Birds: Fear of flying and robbery.

Xenophobia: Distrust, fear or anger towards foreigners.

Conflict of the invader: "We invade and kill them, now they will want to do the same with us".

Or guilty for allowing himself to be invaded.

PIMPLES:

Usually, they manifest in what has been called the "awkward age" and indicate that the teen does not feel loved or valued by their parents.

And suffers from lack of self-confidence and self-esteem.

After pimples, there is a desire to hide this "ugliness" and fear of emotions.

Recommendations to recover physical, emotional and spiritual health:

The first step should be respect and love ourselves, because if we are not able to respect and love ourselves, we cannot respect or love anyone else.

PNEUMONIA: (See lungs)

It is a pulmonary condition, specifically of the alveolar spaces or the bronchi, most of the time of infectious origin.

Phase of healing of a territory conflict and / or fear of death. Fear of invasion or robbery in the territory.

It corresponds to emotional wounds that we have not been able to overcome.

We have seen a very painful attack (real or imaginary) by someone who belongs to our environment and we are destabilized, weak, defenseless, desperate, so we have lost faith and hope in life and in ourselves.

Pneumonia appears as a healing process in a conflict of territory (the territory can be a house, a job, a person, etc.) that we have suffered previously.

Example: a girl who keeps a very intense bond with an aunt who is in another country. The relationship between the two, despite the distance, is very deep. One day, her son, for reasons of jealousy prevents this relationship to continue.

Recommendations to recover physical, emotional and spiritual health:

Sincerity to the incitement of others. Breaking the barriers themselves to communication.

Contact, communication and freedom of exchange with all living beings.

POLIOMYELITIS:

It is an infectious disease caused by a virus that affects the spinal cord.

As in any inflammatory process there is a great deal of anger contained. The affected person may feel dirty inside which gives him/her a great despair.

Conflict of large devaluation in the movement or displacement under orders in which there is no alternative. Usually, it occurs at the beginning of dictatorial governments, by the feeling of "being dragged through life".

Not leaving, not resisting (impotence) when we are invaded.

There is a conflict of relationship between interior and exterior.

We have disrupted our ability to act or to go towards others, humiliation or jealousy. I want to stop someone.

We must examine their ancestors and seek memories of looting.

Recommendations to recover physical, emotional and spiritual health:

Getting rid of inhibitions, fears or anger contained. Being saved by humility.

PREGNANCY: (Problems)

A biologically pregnancy is like a tumour and at first the mother produces antibodies to deal with this foreign body. It is the only "natural growth" in the womb with cell multiplication, with the particularity that are cells from another person.

Fertilization is the realization of a project. The project of a child is a conscious part and the other unconscious. On many occasions it is totally unconscious.

Pregnancy itself may constitute a conflict, but the woman may not be aware of it. It may be an unwanted child by a failure in contraception, because it happened in an unwanted point in the life of that woman, you do not feel happy in the bosom of the new family, etc.

Conversely, pregnancy can often represent the resolution of a conflict.

For example: not being able to have children, the woman may feel worthless, or feel it lacks a proper place and therefore feel devalued.

Or you could have problems of lack of recognition of her own femininity and yet, when she became pregnant, these conflicts disappeared, no longer affected them anymore.

The resolution of these conflicts is often accompanied by physical symptoms such as edema or severe vomiting, which usually disappear after about two months of pregnancy, if they occur for longer they could affect to the normal development of the baby.

Pathologies of pregnancy and childbirth.

Ectopic or tubal pregnancy: If a fertilized egg is implanted outside the uterus, it is called ectopic or tubal pregnancy.

The conflict that can cause this type of pregnancy is that women want to get pregnant consciously, but not unconsciously.

The woman wants and does not want, at the same time. For different reasons rejects this pregnancy (concerns, financial problems, do not have time to deal with the baby, work problems, couple, etc)

So phrases that could hear a woman are: "I want to have a child and do not want it" "It is not the right time" "I cannot take responsibility for this baby in this environment. The space I have in my house is very small"

Who is the father, my husband or my lover? "It is not a proper father"

My pregnancy is out of standard, uses and customs.

Violent relationship with the couple.

Addled egg or anembryonic gestation. It is an egg fertilized by sperm but

does not start the process of cell division that leads to the formation of the baby. It is said that the egg is "empty".

"Having the desire for a child".

The mother has a great desire to have a child but without a project, without concretizing without realizing. She is pregnant with a wish.

It can also happen that the mother has a great desire to have the child and the father a great desire to not have it or vice versa.

Uterine contractions during pregnancy:

It may be due to a drama lived by the mother during pregnancy. The uterus contracts as if to remove the baby. The baby feels at some point the pain and lack of space, so the solution is to have before the birth contractions.

We can find out: What is it that the mother lived in the same month of pregnancy with her own mother?

Example: "I want to take someone from my home, my family, I go myself"

Gravidarum toxemia, eclampsia:

Toxemia: The placenta becomes toxic.

"I'm scared to death, I'm afraid to die during childbirth".

Eclampsia: The accident of acute toxemia of pregnancy consisting of a repeated convulsions followed by coma access. It is a serious problem of urgency; in partum haemorrhage, hypertension, edema, possibly epilepsy, kidney problems, etc. occur

The mother is as if the feeling or the need to:

"I want to kill someone to give life to this child (husband, father, etc)".

Edema occurs when edema in the legs or arms may be a phase resolution of an earlier conflict to the design and the notion of this resolution appears: "I lost all my references"

Bleeding: Bleeding is linked to the blood and it represents the family, therefore it is a conflict in relation to the family.

"I want to remove someone from my family"

If it is a blood clot, it can mean: "I want to eliminate the union between two people or this union is attacking me"

Anaemia may occur in highly conflictive family pictures.

"I do not want to disturb the other, do not want to take his/her place, his/her oxygen" "I'm afraid to disturb". "I have no right to be in this family" "To survive you need not to answer, not to fight. "I have no right to fight"

Haemorrhoids affect the veins around the anus therefore is a familiar theme. Who am I?

"I have no place in this family. I have no place with this new identity (Mom)".

Who am I, my husband's wife or the mother of my child?

Overproduction of milk: I'm afraid for the baby during pregnancy (example: having spent several amniocentesis).

Softening: How it affects the bones is a devaluation conflict.

What am I? I feel useless.

RH Incompatibility: "I do not want this toxic and deadly family and I must protect my son"

"I wish my child did not belong to this family"

Esophageal atresia: (The esophagus does not develop properly)

My son does not need more than me and I give it all through my blood.

Hypertension: I resist to defend myself and fight. To protect my family. (It may be that your partner does not want the baby and wants her to miscarry it).

Umbilical cord around the neck: In many cases, people who have had this problem, when adults, they may feel some pressure at a throat level.

Fluid problems (including economic liquidity).

"If I have liquid, I can die"

Mother problems with your partner.

"It is necessary to sacrifice the child in order the couple lives"

People born with the umbilical cord around his/her neck, when adults, often have difficulty making a living, to be autonomous financially, because their unconscious recorded the age of autonomy of the person, that is, the output maternal belly represents a danger of death.

Placenta previa (when the placenta is placed in the cervix and the baby cannot leave).

"I protect my child from a violation of the father or any other aggression.

My child could be attacked". (It can happen to the woman who does not want much sex during pregnancy but, however, her partner usually requests for it).

Placental abruption: "I'm afraid to be toxic and to harm my baby" (For example, in women who drink alcohol, smoke or take drugs).

"The outside world is dangerous" (It is women who are afraid to relate).

Cancer of the placenta, "I feel afraid of not being able to get along with my pregnancy"

Twins: The meaning may be linked to the loss of a previous child or other deaths of children in the family.

There may also be problems in families with hyperthyroidism, "we must make quick many children to gain time and have multiple pregnancies"

Types of births: the type of childbirth can define patterns of behaviour, which can affect people as adults.

Blocked childbirth.

Pregnancy goes well, the normal labour starts, but birth is blocked, there is a fetal distress and an emergency caesarean is practiced. They are people who develop their projects well but always find it difficult to complete them. Always something that prevents them from successfully conclude what they undertake occurs.

Very quick births, without time to reach the hospital.

"Being born quickly saved my life" Being fast is a good solution. They are people who do everything very fast, they have many ideas.

Slow births.

"Being born slowly saved my life"

They are people who are in no hurry, do everything slowly, often lazy people.

Breech birth: "I show who I am". I was expected as a male being a girl or vice versa.

"Everything outside is black, negative and want to backpedal. Fear of going forward. "

Delayed birth: Gestational age concludes and the woman does not go into labour. The baby cannot continue any longer inside.

By the child, "I do not want to go out and brake birth"

By the mother, "I want to remain a child, I do not feel prepared"

Or, "I do not feel ready to leave my son"

Caesarean birth: When there are health problems, risk to the mother or baby, twins or other multiples, is recommended in many cases to schedule a caesarean section.

In the baby caesarean sections the action of birth has been undertaken but problems arise and you need to practice this technique. In the unconscious, they have the belief that they always need help recording to perform any task in life. Sometimes they take action but after a while, they do not continue. They may have difficulty in school, work and live their responsibilities with great suffering. They feel helpless and indecisive to take things for themselves.

When emergency caesarean occurs, we can say that the woman does not want to give birth, refuses it, because she has strong conflicts with her partner.

Forceps birth: The baby born by forceps or vacuum, undergoes a painful intervention of a third party, in a situation of danger for survival. "It is thanks to the forceps that I'm still alive"

This may subsequently lead to conflicts at key moments of his/her life, as when has to "birth to something new". People born by this technique have difficulty reaching the end of their decisions for themselves, often demand always help to people, so they like to do things in groups.

They feel they are not good enough, no matter how much you do, it's never enough. They may suffer chronic lack of will.

They may fear physical contact or feel that head and heart are separated.

They are usually very intellectual people, who need to understand everything, "my head is very solid"

Recommendations to recover physical, emotional and spiritual health:

Making a duel after an abortion:

After an abortion, we must make a duel for the Self that is gone, whether for relaxation and visualization, or just writing a letter to that soul that never came to us with the following sections:

1 Putting a name.

2 Apologize, forgive their march and forgive ourselves and our ancestors who have gone through similar situations.

3 Ask if you need some more work (to be attentive to sensations).

4 Saying goodbye and drop, let go.

5 Thank experience on our behalf and that of our ancestors.

6 We can include a drawing or similar, that we associate with the baby.

7 Lastly, we deliver that letter to the land (buried), air (released with a balloon), water (sea or river), or fire (burned), and finally back to thank.

That abortion may have occurred because the woman should not be guided by family, social, religious, etc. appraisals, to make the decision to become pregnant.

The expectant mother absolutely must take responsibility when it's time or not, to have a child.

A woman should be mother knowing what she does, because giving birth to a child is one thing, any woman can do, but being a mother is a special quality because since the child is in her womb, it depends entirely on her.

Then, when the child is born, the mother also feels as if she were born again.

And when the child begins to grow, the mother also grows with it.

When the woman feels she is ready to love unconditionally that would be the

right time to get pregnant.

The solution lies in love, in delivery. In seek union with the new Being and serve selflessly. Thus, neither the fear of liability or the selfish feeling of losing freedom, would fit within women to cause abortion.

When a mother focuses on the needs of her child, the pregnancy develops harmoniously.

PREMATURE EJACULATION:

Premature ejaculation represents the unconscious fear that man has to enjoy copulating, fear of being caught or discovered by the predator. Fear when "somebody" surprises you, what bothers, interrupts you.

This conflict responds, in most cases to a tremendous fear of being "caught by the father" in the sexual act (unconscious). Most children suffer from hard, domineering parents.

This is a man whose father dies of fear (consciously or unconsciously) to feel that the child can unseat, take his place of "power" in the family. So the father stalks the son and the son just never feels peace and tranquillity to fully enjoy a sexual act.

"My father castrates me and I have no right to be a man, to express myself sexually"

"When I make love I'm in danger. It is better to get in and out fast, because there are predators (may be the father or perhaps the mother)"

"When I have sex I'm in danger"

"Hurry, they are coming to surprise you"

"Sex should be fast or they catch me"

Wish to do it all very quickly. Wanting to end before starting.

Premature ejaculation can be also linked to early sexual experiences. When I masturbate, I feel guilty because I feel like something "bad" or "sinful", "forbidden". I hurry therefore to achieve ejaculation.

I can also impose pressures on my desire to achieve optimum results. I want to prove to myself and my partner "what I'm capable of doing" This same pressure can cause "we fail" in our challenge.

Recommendations to recover physical, emotional and spiritual health:

Be aware that your father, the predator, will not come.

Strengthen your self-esteem and knowing you are able to enjoy sex.

Accept that your father or predator is not there.

Forgive your father for his character or his fears.

Mature emotionally and resume responsibility for your life.

Relax and relearn sexual pleasure linked to masturbation or with a partner, in a climate which is free from coercion and guilt.

PRESBYOPIA: (See eyes)

Presbyopia, also known as farsightedness, is a defect of the eye that does not see nearby objects clearly because of poor accommodation of the lens. Symptoms appear around the age of 45 and progress to 60 approximately.

Presbyopia translates our inability to see clearly and objectively the reality and the things around us. We have difficulties to adapt to people and circumstances that we have around us. We suffer from a lack of "accommodation" in life.

"I accommodate less easily than in other times" "I do not want to see what I have in front of me. Rejection of settle down".

Perhaps it is difficult for us seeing our current family environment or our work situation.

We do not live or enjoy our present by thinking about an uncertain future. Sometimes, it becomes apparent lack of projects for the present. It could be interpreted as a loss of enthusiasm for the present and fear, apprehension about a distressing future, both for us and for our people: "What shall we do in the future? Everything is stuck.."

Presbyopia often reflects the fear of aging. We find it difficult to look in the mirror, see how our body ages, not see us as desirable, etc.

"I'm afraid to see death, retirement, illness, old age, etc. and I know they will eventually come. "

"I will not have enough time to carry out my projects"

Recommendations to regain emotional and spiritual physical health:

We must learn to "accommodate" the circumstances and people that are present in our lives, to improve our "vision".

We must clearly see our present reality.

We must accept, confront and overcome anything that puts us life.

We need to learn to grow old with joy.

We need to divert attention from our physical part, naturally, it begins to wear, inside ourselves, so we can become aware of the strength and qualities we have acquired in the emotional and mental planes.

PROSTATE:

This small size gland secretes a liquid that is mixed with the sperm. It is specifically male and is related to sexual function in men.

It is linked to the feeling, is that of the own power and sexual ability, is the man as a social being towards life.

It is also related to parenting, that is, with the image we have as a man and as a father. The equivalent in women is the body of the uterus.

Prostate problems are much more frequent after the 50 years old, and mainly affects men who have been very active or have developed a relationship of domination in life.

The most common are inflammation (prostatitis), benign tumours (adenomas) and cancer.

Major conflicts that can affect the prostate:

A) Conflict is not found within the "sexual norm" (You can refer to other family members, children, grandchildren, nephews, etc). "I want to have sex, but I cannot" "I will not be able, I cannot satisfy her"

Dirty sexual conflict. Anogenital conflict.

B) Conflict by dramatic situations with their children, grandchildren or other close people as a result of death, accident, divorce, illness, rape, fights, infidelity, etc.

Prostate cancer can occur as a result of a serious or professional failure after retirement, especially for those who live their profession with passion and for whom work is the only thing that gives meaning to their life.

Similarly, prostate cancer can appear after a serious conflict in which his image as a man, as a parent or grandparent has been damaged. As the case of the father who suffers a great disappointment to see that his son walks along a different path to that he expected or has entered the drugs or homosexual or lesbian worlds, etc.

There are also other conflicts that can develop prostate cancer. For example, when a man is separated sharply from their grandchildren or when you think you will never be able to have grandchildren, etc.

Or, when a man has a girlfriend and someone is away from your side or when the bride dumps him for a younger man. It is experiences that plunge you into a deep sadness and before which feels helplessness and despair. Is it worth living to come to this?

Recommendations to recover physical, emotional and spiritual health:

These people have to understand that their value is not in that to which have

been delivered (profession, position, etc.), or image (as a man or father) who have forged himself throughout his life but what they really are, spiritually, in the depths of their beings.

We must not allow our essence to impregnate the activity we do or our image. The essence must take precedence over everything else.

For these people would be very important to increase body contact with the female and performed at the opposite pole.

It would also be very positive find another way to harness the energy. Create other things, using the experience and youth delegate physical effort.

Spiritual - Psychic growth.

PSORIASIS: (See skin)

Psoriasis manifests itself after a conflict of separation, you may not be in contact with something or someone because of death, separation, divorce, etc. The loss of contact, as also happens in the animal kingdom, represents a major conflict for the person who has it.

Behind psoriasis, the individual always hides a great fear to separate from what he/she loves, afraid to change direction, afraid to live apart from that which makes you feel protected. "I feel attacked in this relationship, attacked, wounded" "I feel lonely and need protection" "I need to protect myself".

But what kind of protection? The role of traditional protection is exercised by the parent or the person representing the paternal function, which in some cases may be the mother. "I need you Dad, I do not feel protected anymore, so I protect myself with increasing the thickness of my skin!"

The need for parental protection may be demonstrated when the affected is exposed to sunlight, the improvement is evident. It is well known that the Sun, to the collective unconscious, represents the father.

"The more I'm under the sun, the more I am in touch with the protective figure of my father and, therefore, I feel protected"

Similarly, it can cause psoriasis if I, as real or symbolic father, I could not "protect" someone. Example: A 10 year old boy, whose father physically abused his mother and develops this symptom when he was admitted to a boarding school, he could not protect his mother.

We can also develop psoriasis when two simultaneous separation conflicts occur because of what we feel unprotected. They will always be two different conflicts with each other, but related. Or, one of them is a consequence of the other. It always occurs in this way: One of the conflicts assaulted me, that is, forces me to part with something against my will. The other conflict makes me live a painful separation and a new life. One of those two emotional conflicts is latent, active, and present in my daily life because I have not been able to overcome it. I still suffer. The other conflict is no longer is in the healing phase. I lived and suffered it, but somehow I'm over it, I understood, assimilated and released it.

On one hand, I am physically separated from my father, mother, family, friends and, on the other hand, I am separate from myself, my principles, and my identity. Example: A teenager moves to study in another country (physical separation) where they have other customs, another way of seeing life, that does not match what he/she feels (if separation).

Psoriasis represents itself that have ceased to be in contact with something or someone because of a conflict. And that such separation is very painful.

Psoriasis is like a dry shell that masks a secret desire to be loved and cherished. It usually manifests itself in hypersensitive individuals (skin-sensitive) that need love from others but that, paradoxically, are afraid to contact and protected. Consequently, they need to toughen up, to get inside a shell that isolates him/her from the outside, which protects you from injury, but also prevents access to affection, love and tenderness.

This person is in a situation of emotional loneliness, and may even suffer an identity problem because they do not feel recognized for what it is. He/she finds it difficult to accept who she is in this life. So it seems you want to renew your skin, because it does not feel good in it (separation conflict itself). "I try to protect myself and the best way is to separate from me, being someone else"

Recommendations to recover physical, emotional and spiritual health:

We must understand that any change implies a new beginning, a new opportunity to explore new environments, new people, we do feel integrated, happy and secure new experiences. We feel able to overcome any obstacle and move forward with confidence and love.

PUBIS: (Pubalgia, sports hernia or pubis osteopathy)

Pubis problems tend to affect mainly males.

They may be related to conflicts in puberty as fondling, rape or traumatic sexual experiences first.

In adulthood, they are usually due to an impairment related to the sexual act itself, with a passing impotence or a problem of adultery. "I'm not good at sex". Am I up with my partner? Am I going too fast or my partner is not satisfied?

Sometimes it may also be due to an aesthetic impairment. Who am I comparing with?

When the woman who has a problem in this area means that it feels devalued to the sexual level, both functionally and aesthetically.

"I must protect my genitals rejection". "I am not competent to a sexual level"

"I am a bad sexual partner" "I'm not good in sexual matters" "I'm not as nice as liking" "Surely you are comparing me with other women" "Maybe she does not like my genitals"

In women, when the pubis is affected after experiences of difficult births, they should refer to similar experiences of their ancestors and try to heal these programs.

PURPURA:

It comes in the form of spots (bruises, etc.) caused by bleeding in the skin.

"I'm sick of this family"

Contradiction between wanting to be tied to the family, but not be bound by it.

"I do not want to be part of this family but do not want to abandon them"

PYORRHEA:

It manifests itself in very indecisive people who have real panic when making decisions or express themselves freely.

Aggressiveness repressed for fear of hurting others or being hurt by them. "I could bite, I can do it, but I have no right to do it, they have educated me too well!"

Recommendations to recover physical, emotional and spiritual health:

Undertake life and seek to assert itself. Break through. Face the problems.

RADIUS (See forearm)

RASH:

This skin irritation, which is mainly manifested when we are babies, is the way we get the attention of someone to listen to us, to pay attention to us and provide us with care and affection.

"Listen to me, listen to me, I'm here"

"Give me a hug, I need love and care"

When occurs in a baby, the best we can do is approach him/her, hug him/her and tell him/her loving words, and that's what you request through this symptom, because he/she does not know how to express or ask otherwise. You should also review whether or not is a projection of the father or mother. When we are adults we can easily release a freely expressing ourselves and loving rash.

RAYNAUD'S SYNDROME: (See scleroderma, fingers)

Disease of the blood vessels of the fingers causing them to pale, cool and duel. This happens because there is insufficient blood coming to these parts of the body, a condition that can also occur, for example, if we are in a highly cold environment.

Blood is removed from the fingers, to warm up and carry nutrients to other parts of the body that need it the most.

Conflict of work (hands), family (blood) and death (coldness).

Conflict by feeling unable to do something or to maintain "cold blood".

"I cannot be competent and bring things to fruition, until the end".

"I do not feel able to stay in that job".

"I do not feel capable in my job".

"I do not feel able to finish this project".

Conflict of not being able to go home (home, heart), related to work.

"I do not feel able to leave that job".

"I do not feel able to look for another job".

"I cannot get a job".

Conflict of devaluation for not being recognized within the clan itself.

"I'm not as good as my family believes".

"I'm not as good as my family expects".

"I'm not good enough to be accepted".

Conflict of depreciation related to not being able to touch, grab, hold

someone with their hands.

"I want to keep the deceased".

Conflict of loss of territory by separation or death.

Conflicts related to situations where the person felt "very cold". These may be interrelated stories of people who have died (dead), ice, cold, work or family.

It may be someone who works at a funeral home or somewhere where there is ice and does not like it.

Maybe someone I loved very much died in the cold, on the ice and I could not help him.

"I feel like my family is like an ice floe".

"I feel like my life is frozen".

"I feel that this place where I live is very cold and I always wanted to leave".

Conflict of devaluation. "I cannot pass on information intended to circulate oxygenated blood".

If we are not identified with the previous conflicts we have to look in our family tree in case there is a similar story that we have inherited. In the same way, we must review the Project Sense with which we were conceived and gestated and analyze if it was not our parents who lived these stories and we have programmed.

RESPIRATORY DISTRESS:

Difficulty in breathing. Feeling of shortness of breath, shortness of breath, cannot breathe ...

The sense of this symptom is to close the air intakes, since the air that surrounds us or the environment in which we find ourselves, is toxic.

The choking indicates that I feel trapped, that I lack air and space. Conflict of lack of breath (mouthful) of air in conditions. Often related to the fact that we feel abnormally criticized, caught by the throat, with a lack of living space and having difficulties in living what we want to live. "I live at the expense of the opinions of others".

Recommendations for restoring physical, emotional and spiritual health:

We need to learn to communicate and express our needs.

RHEUMATISM: (See bones, arthrosis, arthritis)

Devaluation conflict.

"I am worth very little for what I do and the way I move"

"I'm not able to move well, to do this or that"

"I want to keep someone with me, keep her movements."

RHEUMATOID ARTHRITIS: (See arthritis)

RIBS: (See bones).

The ribs have the function of protecting the ribcage. They are like bars of the heart.

The ribs symbolize the family members (family tree).

Upper ribs: T1-2-3-4 = They symbolize the ascending (parents, grandparents, great-grandparents).

Central ribs: T5-6-7-8 = They represent the collateral (brothers, cousins, etc.)

Lower ribs: T9-10-11-12 = They represent the descendants (children, grandchildren)

Right side: Affective conflict. Mother, family.

Left side: danger, outside work, political family.

On the sides: Present conflict.

In front: Conflict of future, of authority and of accomplishment.

On the back: Past, feelings. Old conflicts that remain there.

Floating ribs: hyper-rigidity of the ancestors.

The distribution according to Claude Sabbah:

1st Rib: "The order of things is not respected". Problems with covers that do not cover well.

2nd Rib of the father.

3rd Rib of the mother.

4th Rib of the collaterals.

5th Rib of children.

6th Rib of the grandchildren or younger children.

7^a Rib: Cousins, nephews and nieces, students, disciples, daughters-in-law, sons-in-law.

8th Rib: Loss of a twin (real or virtual).

9th Rib: Adrenal, steering conflict.

10th Rib: Kidney, conflict of existential collapse. Great devaluation for errors within the family.

Conflict of affective or protective devaluation.

Not feeling loved enough.

When we have any fracture, it indicates that the person is in an oppressive situation. It has the impression that he/she will remove his/her armor, that cannot defend or protect himself/herself.

The fracture also breaks with a distressing situation and a crack opens that forces us to adopt a sincere attitude.

Recommendations to recover physical, emotional and spiritual health:

The person needs to be flexible and open to new experiences. It must allow the emergence of new elements to his/her life.

RUBELLA:

Rubella is a viral and contagious disease characterized by fever, cough and rashes that affect the forehead, trunk, and arms.

The mission of the virus is to cleanse and change the patterns and meanings (DNA) of the cells where they reproduce.

Conflict of separation, as it affects the skin, next to a bite conflict that can not be caught or cannot spit, a conflict of pestilence (something smells bad around me) and one of aggressive slap that shames. Accompanied by a sense of injustice.

SACRUM:

The sacrum talks about what is fundamental, essential and "sacred" for each of us in terms of our education, our religion or our culture. Sometimes conflicts arise the relationship we have with religious rules that require us to comply with a series of commands such as not to steal, not to wish your neighbour's wife or prohibition of incest. We are also exposed to conflicts to keep concrete political ideals or possess certain moral concepts. Similarly, we can feel devalued by conflicts over honour, honesty, sexuality, etc.

What are the sacred moments of life for the human being?

1. The conception
2. The birth
3. The responsible adult
4. Fatherhood/Motherhood
5. Being grandparent
6. Death

Conflict of "double urgency" regarding what is fundamental, essential and sacred to the individual. The notion of "double urgency" expresses two contradictory messages opposing and seemingly incompatible, returning the problematic situation and often unsolvable. Example: a person whose fidelity and family are fundamental, on the other hand feels that his/her family is causing much suffering to him/her. What does he/she do? The person feels cornered, alone in a difficult situation to solve at the same time. "If I move aside, I'm not okay, if I move to the other way, I am not fine either, so I do not move" Since we cannot go in two opposite directions, as we cannot sail

with one foot in each boat, the unconscious gives us disabling symptoms that do not have to choose between two paths facing. The person is locked between two proposals, which leads to a mood centered around impotence in making a choice.

Other examples of "double urgency": Love/Hate, Attraction/Repulsion, say/not say, Duty/Pleasure, etc.

The solution to this conflict goes through a possible agreement between these two contradictory poles so they can find peace with himself/herself.

Sacrum and sexuality: always from the point of view of what is fundamental, essential and "sacred" for each.

For what purpose, why does the sacrum block? For not performing the sexual act.

Infidelities problems in the couple.

Incest, rape, fondling.

Sexuality prohibited by the family: by difference in age, religion, homosexuality, prostitution, etc.

Having witnessed shocking scenes during childhood or adolescence.

Prohibition of incest. "I have no right to make love with my brother, cousin, etc"

Symbolic incest: (looking at the family tree)

Women unconsciously making love with her brother, father, etc.

Man unconsciously making love with his sister, mother, etc.

SALIVA:

Segregated liquid in the mouth that has the function of lubricating the bolus and begin digestion. It also has the role of protector and cleaner of the mouth, teeth and gums.

Hyper-salivation (excess salivation): We have a prey within reach. Conflict of not being able to catch or enter the bit. For example, when we are hungry and we see food.

Very salty saliva: Conflict of not finding the "taste" of the mother.

Lack of saliva (Gougerot syndrome Sjögren): Conflict of not wanting to cry (dry the ways). I do not want to show my emotions.

Conflict of having taken a very unpleasant bite (for example a fellatio).

SALIVARY GLANDS:

The salivary glands produce saliva and release it into the mouth. There are three pairs of relatively large major salivary glands:

Parotid glands: They are located at the top of each cheek, near the ear.

Submandibular glands: on the floor of the mouth.

Sublingual glands behind the tongue.

In addition to these major glands, there are from 600 to 1,000 very small minor salivary glands scattered throughout the mouth and throat.

The parotid gland: is affected by what is called "the conflict of the hamster". This animal impulsively stores food to assimilate peacefully later. It is also the conflict of the collector who cannot stop collecting something, because a member of his/her family lacked it.

Glands located on the right; They are related to the desire to enter:

Fear of not being able to feed themselves.

You need to eat a lot, but cannot catch the morsel (of food).

Failing to incorporate conflict. "I take away the bread from the mouth"

Fear of starvation.

It is individuals who believe themselves unable to find food for themselves and are afraid to fall short of it.

Glands located on the left; They are related to the desire to leave: spit bite of unwanted food. What have I swallowed in my life that I deeply detested?

"I'm afraid of not being able to spit out the piece".

Excretory ducts of the sublingual and parotid glands: conflict of having no right to eat, store, incorporate.

Sialolithiasis: (salivary gland stones) I want to store, then incorporate.

"I have to assimilate, but I think it will be unable to do so"

"I do not want them to use me, to take advantage of much less my purposes I do not share"

"I do not want another feel anger towards me, or to submit me".

In left-handers, "I want this to go or do not want to take"

SALPINGITIS: (See fallopian tubes)

SCIATIC:

Pain that occurs in the course of the sciatic nerve (from the sacrum to below the knee through the back of the leg). It is due to mechanical pressure or nerve inflammation.

Conflict of impotence and devaluation of the direction.

Anxiety related to a displacement or movement that hinders or forces us.

Conflict over having to bow before a person or situation.

Fear of the future and lack of material goods, insecurity before everything yet to come.

Resentment, repressed anger, rejection to something or someone.

The function of sciatic nerve inflammation is to prevent relative information from advancing freely reaching its destination (leg muscles). To avoid taking the step, to walk or to go to someone.

Sciatica pain expresses anger, grief, sadness and a sense of loss.

You can make different interpretations depending on the area of the nerve where the pain is more intense, for example, if the pain is stronger in the buttock (body part that symbolizes power, feel well "settled") we express the pain and the fear we lose our power (money, prestige, position, etc.) and stop feeling like a valuable person.

If the pain is more intense in the thigh (support for projects) or leg (forward, go towards others) it tells us that we are afraid to deal with a situation that highlights our insecurity, (separation, loss work, money, etc.).

As the leg speaks of relationship, an inflammation of the sciatic nerve in it, it may be because we have felt betrayed or abandoned by family or friends, in which we relied, or may express some form of guilt for having behaved hypocrite with someone in our immediate environment way.

When the sciatic nerve is inflamed it may indicate that we are afraid to make a change.

"Fear of going forward in a new direction, a new path that life has given us"

We have become accustomed to our old beliefs or habits, a certain way of living, which brings us some stability and we are not willing to leave.

It can also get worse when we feel anger toward someone who is humble and do not want to submit. Rather, we would like to give him/her a good kick, but we repress our aggression and it just stays in intention.

Similarly, we can suffer from sciatica, those who support excessive responsibilities, accepting any order and are unable to say "no", for fear that they do not want. Most of the time, are individuals with lack of self-

confidence.

Sciatica can also be manifested by a conflict related to sexuality.

-Sexuality outside the norm.

-Prohibition of incest.

If it affects the right buttock is rather an affective conflict. If, however, the origin is in the left buttock, it refers to professional or economic conflict.

Finally, the most pains from sciatica indicate a conflict of fear of the future related to lack of money, fear of not having enough financial means to pay for our house, our food, in other words, to live quietly.

Most people with sciatica often appear to be abundant and prosperous, secure their income, but at the moment of truth, they feel a deep fear of not having resources, money, that is, to stay poor.

As a result they generate resentment, aggression and rejection towards themselves and towards others.

Right leg: "Fear of not having money to cope with the financial needs" "I'm spending a lot of my savings".

It is a "disgruntled" emotion. On the one hand we buy something we need, but inwardly we object to make that expense.

Left leg: "Not being able to give everything in the material plane, to the people we love" "I would like to have more money to support my parents"

"I would like to pay college to my brother or share home with my sister"

It is a "disgruntled" emotion. On the one hand, we would like to spend on something that needs a loved one, but at the same time something inside us tells us not to do, for fear that we run out of money.

If sciatica is related to the vertebrae L5-S1, it expresses that we are living in a conflict related to our collaterals (siblings, cousins, friends, co-workers) coupled with a topic related to "the sacred" (conception, birth, death, parenthood, grandparent).

"I must pay the funeral of my grandfather"

"I pay my grandson's christening"

When sciatica affects the lumbar vertebrae L4 and L5, it expresses conflicts by rules (the "right", "normal", "usual"), with our collaterals (siblings, cousins, friends, co-workers).

"I'm not like the others"

"I must support my mother"

"I pay my sister's school"

Recommendations to recover physical, emotional and spiritual health:

Awareness of attachment to material goods without feeling guilty. It is something human. When we trust in our ability to meet our needs, material attachment disappears.

"I am a rich and prosperous person. I rely on the abundance of the Universe"

"I need to understand that the more I give, the more I receive"

"I feel secure and safe"

Realize the overload situation to compensate for their lack of confidence and security and not to fall into it.

Make a refocusing, a change, and move inside.

Transmute humiliation humility and try to be honest with oneself and with others.

SCLERODERMA: (See skin)

The mummy disease. From Greek "Sclerus", hard and "derma," skin, therefore means "hard skin".

If I have Scleroderma is because I have lived two emotional conflicts at the same time: Conflict of dramatic separation, unsolvable, and a devaluation conflict. For example: My mother is dead and I'm worthless without her.

It can occur between twins, when one of them dies.

"I feel useless, since I'm separated from..".

"I feel very bad for the other, this is just my fault"

"If this separation occurs, I'm useless"

Unconsciously, I seek self-protection against life.

I feel distrust of my own ability to take care of myself.

Recommendations to recover physical, emotional and spiritual health:

I am completely relaxed because I know I'm safe.

I trust in life and trust myself.

SCOLIOSIS:

It is a deviation from the curved backbone resulting in an "S" or "C", often located at the spine. It can affect from a newborn to an adult.

The lateral twisting of the spine shows an unconscious deviation between the masculine and feminine poles, which is, between the father and mother, who are the two essential references having the child. The direction which the column deviates shows the direction of the loss of the affected.

The person who has scoliosis has long suffered a strong devaluation by a close person. This lack of support and approval comes from their parents and most times by his/her father or the person he is represented.

"I can only lean on one of my parents. One pulls me up and the other pulls me down"

It can also be my brother or sister who spends his/her life teasing me or making me feel less and less. It is rare but it also happens that I am receiving the devaluation from a side (cousin, friend, school mate, work, neighbour, etc.)

The spine is the pillar of the human being, represents our strength, our support, so presenting a deviation in the column means that someone in my immediate environment is destroying me, little by little, self-esteem and security. This devaluation, necessarily implies that I live with a permanent fear of being judged, criticized, and disqualified. I am afraid of making decisions, to live in fear, and of course, feel resentment or hatred towards that person that devalues me and only wants me to get away from him or her.

"I cannot make a decision" "I'm not good enough to..." "I'm not worth enough to..." "I always seem to do worse than others" "I am losing in all comparisons" "This person does not like me, never loved me, she hates me"

It can also manifest in children who realize that they have grown and they can no longer receive all the attention from their parents, as they were when "smaller". Above all, especially if they have a younger brother and now he was attracted all the love of their parents. "They clearly prefer my brother or sister"

This manifests despite twisting his/her back, bending sideways, and preventing keep growing up and so try to be more "short" and smaller.

"I have no right to outdo the other"

Given this dynamic the child is forced to be eclipsed before his/her brother or sister.

In girls, scoliosis can express an imaginary fear of being judged by men to be

women.

People with scoliosis usually have had to mature a lot sooner than a normal child. He/she has been charged responsibilities that do not belong at such a young age. Therefore, unconsciously they intuit that "on his/her shoulders" there are loads that do not belong. And basically they want to run away from them.

"I deserve more attention, love and care"

Only the "garbage children" present scoliosis. We need to pay attention to that fact, both the project and the transgenerational sense. They are children born to receive and fix the "dirt" of the family, its faults, and its secrets. From very young they are ignored, no care or fed as it should be. These children are often born in families that lack a structure based on love.

It should be noted the affected vertebrae and the corresponding ribs associate to see if the conflict is with the father, siblings or even children.

Keep in mind that in many cases of scoliosis, there is a family history in which other members may have suffered the same conflicts afflicting the child now. Example: jealousy suffered by a brother about his sister, it represents jealousy he felt toward his father and his older sister, the one preferred by their parents. In all cases, therapy should involve the whole family and the individual recognition of each individual.

Recommendations to recover physical, emotional and spiritual health:

Free and rise to full height. I love and approve myself. My life is better every day.

SEBACEUS GLANDS:

Glands of the dermis that secrete an oily substance called sebum whose function is to maintain the elasticity of the skin.

Its function is to create a lubricating layer on the hairs and skin to protect it and maintain its elasticity.

Conflict of stain, attack to our integrity in a context of esthetic devaluation.

We must defend ourselves against an attack. For example: "You are horrible".

SENILITY:

Withdrawn by fatigue from a dangerous and exhausting reality.

It is very strong dramas related to the archaic survival.

Strong brutal conflicts of separation.

One way to survive is to be sure you have de cares of those around you.

SEXUAL PERVERSIONS:

Patterns of sexual behavior where pleasure is found in some activity or orientation other than intercourse.

Through them we can "give life" or "create" those things that we lack or have lacked on a personal or clan level.

Play with urine and feces: Conflict with the theme of accepting own shadows, (waste). "I accept your waste and you accept mine".

Necrophilia: Vain attempt to learn to love death.

Pederasty: Symptom of sexual immaturity. Problems with the opposite pole (sexual). I have not been loved in my childhood. I have not had a father model. My mother was abused as a child (and attention! I am alive because my mother was raped while still a child). People who have been abused as a child.

Orgies: Replace quality with quantity.

Sadomasochism: Punish yourself for pleasure. Inability to feel pleasure from a prohibition. The only way to enjoy pleasure is to punish myself for it.

Zoophilia: Regression. Inability to accept conscious sexuality.

SEXUALLY TRANSMITTED DISEASES OR INFECTIONS:

All sexually transmitted diseases, whether caused by viruses, bacteria or fungi present with the intention of preventing or converting both physically and psychologically in a difficult act to perform the sexual act.

They are the expression of a self punishment by guilt for having sex outside recognized standards by the person or their social environment.

In others, there may be the cause behind the disease, a feeling of shame regarding sexuality. This posture will make an antagonism; on the one hand you want to have an active sex life, but another part wants to stop.

Recommendations to recover physical, emotional and spiritual health:

Sexuality is the corporal aspect of love. We must consciously abandon negative beliefs about sexuality and live it the way we want, with joy and acceptance.

We are sexual beings because we are born of sex; sex is the expression of life.

Guilt does not exist because if there is love, good or evil do not exist in love.

SHIVERS:

They indicate that the individual is comfortable and quiet and prefer to get away and retreat.

Paradoxically they can also say that we feel alone and we are missing someone who is no longer with us and we miss his/her "heat".

"I am missing something or someone, I do not have his/her presence, his/her warmth".

Situation of change for us, an emotional cold. Related death (cold).

SHOULDER (problems): (See clavicles)

The shoulder is the main axis of the arm and connects it to the trunk. It is an extremely mobile joint that allows making movements in all directions. They represent our ability to act, our deepest act on someone or something desires. They are also related to the ability to carry the responsibilities and obligations of life: "carry the burden on the shoulders", "to shoulder the entire weight of the world", etc. They refer to responsibility as an adult; either as a parent or as a human being in society.

The shoulder problems tell that we have difficulty expressing, we found a resistance to our desire to act; either by a lack of support for an external opposition or a feeling of worthlessness.

We believe that the outside world will not let us act.

Left shoulder: it can indicate a devaluation conflict as a parent image itself.

"Devaluation in the mother/son or against any other person you want as a son relationship"

Identity conflict as a parent or child.

"I'm a bad parent or a bad mother or I'm a bad son/daughter to my parents", the head of the left humerus is affected.

"I have not been protected enough"

"I have not been able to keep under my wing to someone close" (affects the head of the humerus).

Right shoulder: "Conflict of devaluation of oneself in reference to the partner or one's social position.

Conflict of identity as husband/wife (no sexual connotation) or as a worker.

"I'm not a good husband, a good wife, a recognized worker or a good student", it affects the humeral head.

"Affective devaluation for failing to hold someone under the next wing", the head of the right humerus is affected.

"I have not protected my partner or co-worker enough" it affects the capsule.

These lateralities are so only for right-handed people, for left-handed people will be the opposite.

Luxation or dislocation: Often, a dislocation occurs after a stroke, a fall or forced movement.

"Conflict of devaluation accompanied by dishonor upon me and my parents"

When the dislocation is recurrent, it tells us that we have the feeling of being caught, "as if we are put in a box"

We want to express: "I want more freedom in my job as a human being", "I

do not want to cling to my family, work, etc., I want to be myself"

Shoulder blades: The scapula is a flat bone, long, thin, triangular shape. With the collarbone, shoulder blade serves to attach the arm to the trunk.

(Symbols of Freedom) "They are preventing me fly with my own wings"

Recommendations to recover physical, emotional and spiritual health:

I earn consciousness of freedom that I have within me and let in inner light in all situations.

I become aware of the burden and decide to continue taking it voluntarily or get rid of it.

Assume the responsibilities.

When we do something for someone, it must always be for love and not obligation.

SHYNESS:

A mood of rejection of personal relationships, especially the novel ones.

It is the manifestation of a fear that tries to prevent contact with new people, little known or in agglomerations, for the danger that this may entail.

Conflict of fear with devaluation (to the new or unexpected), flight from reality. We must seek in their ancestors or in the sense project.

SKIN:

The skin, although we are not aware of it, is the body's largest organ, the one that surrounds us and serves as a border between us and others. The skin is precisely what separates us, it represents our limitations, because skin cannot get out, and the image that man has of himself/herself.

The skin consists of three superimposed layers.

The most superficial is the epidermis, then comes the dermis (leather in animals) and the hypodermis in the deepest part.

About 1.5 million skin cells die each day and off to form 90% of the dust.

Among the most important functions of the skin are the following:

Protection: It protects us from microbial attacks and materials (heat, dirt, etc.).

Contact: (feel) Through the skin we are in touch with the world around us, from the simple touch to the blow than we perceive through the skin.

Breathing: It helps the lungs in the assimilation of the air energy, every pore of the skin absorbs oxygen further.

Elimination: Through the skin as sweat discard substances that the body does not need.

Thermoregulation: temperature regulator acts.

Sexual stimulation: It is our biggest sex organ.

The skin problems are the sign of the difficulties of our experiences with the outside world, with our relationships, if we affect what others think of us end up being reflected in the form of skin conditions.

The skin of a person always tells us about his/her psyche: a thin, soft, skin indicates a sensitive soul; while a rough skin suggests ruggedness of feelings. Separation conflict and lived in female impairment (wash dirt). The clammy skin (excessive sweating). The water used to wash, to extinguish the fire. "I wash the shame" (unfair accusations).

When it affects hands is linked to manual work.

Likewise, it can manifest itself in an insecure person who feels in danger when he/she expresses his/her emotions, pleasant or unpleasant. Typically they transpire through the hands and armpits.

Express = be judged by people who see what does not exist and therefore have an influence on it.

If sweating affects the neck, it expresses a sense of injustice.

Dry skin (ichthyosis) with someone who controls your feelings, showing himself/herself too severe, rigid, slightly soft attitude, not wanting to expose their vulnerability, not to be hurt. "I have no protection" "I need to be with that person, I need". "I feel lonely, loveless".

Oily skin meant that the person feels trapped and wants to escape (like a tent when captured) of someone or something.

"I cannot stand contact with such a person or situation" "I do not want to be touched anymore, I need space"

The red skin indicates excitement.

Just as when we feel itchy skin translates impatience, anxiety.

Epidermis: In humans, touching is the most developed sense.

Diseases affecting the epidermis are almost always related to conflicts of separation; although there may be conditions that show us conflict protection (such as those occurring in the dermis), for example calluses affecting the hands of workers and whose purpose is to protect them from scratches work. Or a conflict of parental protection as those affected melanocytes and queratinina.

There are three types of conflicts of separation:

1) Actual separation lived negatively. Loss of body contact. Loss of contact with the mother, friends, family, group.

2) Fear of separation, being alone.

3) Lack of communication.

The region of the body where the problem has manifested itself bring us greater additional information, for example:

Mouth kiss conflict, "the couple that has broken"

Right breast: speaks of a sentimental separation of the couple or a loved one.

Left breast: conflict of mother/child separation.

Knees: conflict of submission to a separation, etc.

Dermis: Conflict of dishonor, dirt, being spotted, attack on the integrity of tear.

1) Conflict of dishonor. If devaluation and dishonor, you can manifest a melanoma or freckles.

2) Conflict tear, dissociation. Loss of physical integrity (example: in case of an amputation, a dissociation of the partner, divorce, etc).

Hypodermis: overweight, fluid retention, lipoma.

The connective tissue of the subcutis insulates the body, serves as an energy reserve, cushions and protects the skin and facilitates their mobility on the underlying structures. It has a cosmetic effect, shaping the body contour.

Devaluation conflict of self in relation to a body part considered ugly, unsightly.

Conflict of aesthetics, peripheral impairment, the individual complains of his/her own silhouette.

Fluid retention: Fluid retention is the accumulation of fluid, mostly water in body tissues and occurs when the body cannot properly remove the excess of liquid. Kidney-related conflicts (liquid or losses).

General accumulation of fat (overweight): psychic conflict abandonment.

Transformation of sugars into fat, "I need love, but I do not trust anyone. I can only count on myself"

Fat belly "desire to continue to protect the child. If he/she is out of my belly, will be in danger"

Thigh fat: These "saddlebags" try to prevent damage to other body tissues. "Wanting to protect her own femininity, like mom"

Lipoma: Fatty cysts (fat protects).

"I cannot stand the judgment of others"

"Aesthetic and overprotective devaluation"

Other conditions:

Tinea versicolor: is a skin infection with a rash of dark spots caused by a fungus.

Emotional conflict: "Attack on integrity, feeling dirty and separation conflict. There is something that is not buried, a match that is not over.

Impetigo: One of the most common skin infections in children. It is a superficial skin infection that usually produces blisters or ulcers that are covered with a honey-colored crust. Any area of the skin may be affected, but usually injuries appear on the arms and legs, face (around the mouth, nose and ears) and sometimes on the scalp.

Emotional conflict that produces: Attack on the integrity sense of separation: "It is not right to do that"

SKIN TAG:

Skin tumour that is usually harmless.

Papilloma usually appears after suffering a conflict of separation which we feel soiled or stained.

Conflict of loss of territory, loss of the ability to copulate. It usually occurs in people who have one-night intimate relationships.

No adaptation conflict regarding the situation of the partner.

SLUTTERING:

Language disorder that usually appears in childhood. The tongue is rigid, not moving fluidly.

Stuttering may come from an emotional or sexual conflict occurred in childhood. This does not necessarily mean you have been "touched" but could be a fear, consciously or not, with regard to sexuality in relation to a person or an event.

I could have also lived a childhood where people have mocked or criticized my way of saying things, talking or they criticized or ridiculed me to mourn. Do not Cry!

"My mother and I have the same rhythm; she goes too fast and I always run behind her. He/she tried to get things done and are gone when he/she is still doing them"

"I live in constant pressure and need to slow down my pace, but do not get it".

Similarly, stuttering may manifest itself when we fear the authority (parent).

If I stutter when speaking, it means that as a child I was very afraid to ask for something or to clearly express my feelings. It implies that I experienced situations where people around me were very hard, very rigid and very closed to listen. This devaluation to "authority" can drag it into my adulthood and provoke major problems when it comes to express myself to a group, to a teacher, to a boss, etc.

I'm afraid to be "clear", I doubt not to get clearly say what I feel; I may deform my words for fear of rejection.

If I express clearly what I feel, how do my parents feel about it? I feel judged, controlled, criticized and even ridiculed as to end up believing that my words are worthless. "Talking is dangerous" "There is something I cannot say" "There's a family secret that I should shut up" "They will not let me express myself"

Conflict of something I'm going to get safely, and at the last moment, I fail, I have given it to another. "This was mine and I took off" "I cannot defend what is mine" "If I fight for this, sure they will give it to another"

Conflict of insecurity. Inability to express one's personality.

Recommendations to recover physical, emotional and spiritual health:

In some cases stutter should consult the family tree because surely there are stories of family secrets and messages that some ancestor could not say.

Open, surrender to the flow of language and granted the freedom to say things as they are and ask what you want.

I am free to talk all I want.

I am sure of my ability to express.

I say things as I feel them. I express myself as I want.

Awareness and deal with unconscious contents, reconciled with them to dismiss the fear.

SNEEZING:

Reflection with a sudden expulsion of air through the nose and mouth, caused by irritation of the respiratory mucosa. Sneezing is a violent rejection of what one experiences in contact with a given environment, a person, a thing or an idea. "Get rid of anything that obstructs the airway"

Conflict to expel something annoying my living environment. Arrival of someone or something unwanted.

I've been an intrusion. I cannot stand. It tells us that we are being bothered by something or someone (real or imaginary) of who we are fed up and we

would love to leave us alone. After sneezing we feel much better.

"What you said bothered me" "That comment seemed out of place" "That news is not true" "You're right, but I do not accept it".

Recommendations to recover physical, emotional and spiritual health:

What were we thinking just before sneezing? Were we going to criticize something?

It is appropriate to express what we feel and be consistent.

SNORING:

If we snore when we inspire, we are saying: "Come, I need you"

If snoring occurs upon expiration, we are saying: "Go away, I do not need you".

SPEAK SPITTING:

Eject small particles of saliva unconsciously and uncontrolled when speaking.

The sense of this symptom is not to articulate words well, tending to close the mouth so that it does not escape what we do not want to express; which causes the output of small sputum.

Conflicts of secrets and emotions hidden and repressed since childhood.

SPINAL CURVATURE:

It is the physiological curvature of the spine or in the cervical dorsal region. Somehow, the person suffering is bound to look up, to the archetypal representative parent. Therefore, the problem is related to the father rather the absence, which may be real (death, divorce, separation) or symbolic (for depression, alcoholism, disease, etc.).

"I seek love and recognition of my father"

You can also translate a conflict of worthlessness as a man or woman:

"I'm no good for anything"

When it manifests in the lumbar vertebrae, almost always translate a conflict where we had felt sexually rejected.

SPINE: (See coccyx, sacrum)

The backbone is a long flexible tube bone holding the head and rests on the hip. It consists of thirty-three superposed vertebrae that are distributed like this: cervical, thoracic, lumbar, sacral and coccygeal.

The spine is the pillar of the Being, it represents our desire to incarnate, to become a living being. It is related to the deeper structures, those in which our beliefs and our most intimate set of values are based. It is the symbol of inner strength, righteousness and sincerity.

The column is involved in the growth, in the maturation process as a human being. It is what allows us to keep up, to face the circumstances of life, adversity, and ultimately, to our human condition.

It is the continuation of my fundamentals and its materialization.

Who am I? What will I do with my life? What are my plans, aspirations?

The problems in the spine sent us to a theme centered around the personality structure of the individual. We transmit information such as, I do not want, I am not able, I cannot, I feel helpless or debased in my life choices, as well as in my aspirations and my values.

Neck and cervical spine: This part of the column is related to communication in general. Our own communication with ourselves and the communication we have with others.

The seven cervical vertebrae:

C1 = We have the feeling of not being heard. We feel that our opinion goes unnoticed or that nobody takes notice.

Associated with spiritual communication.

intellectual, mental and reflexive pullback.

It is related to the head (irrigation and scalp), facial bones, brain, middle and inner ears.

C2 = Associated spiritual information. People who receive information or perceive things, but do not dare to speak for different reasons. intellectual, mental and reflexive pullback.

Related to eyes, tongue, sinuses.

C3 = aesthetic appearance Devaluation related with the difficulty to be seen. Trace of rancor.

It is related to the cheeks, face, outer ear.

C4 = Commitment to communication. I desire to always find the balance, to try to fix things or to agree to people with different opinions. Difficulty understanding certain things by not having complete information.

Communication problem at work

It is related to the nose, mouth, eustachian tubes.

C5 = Referring to verbal communication itself.

Conflict of injustice: I can never express, say what I think. I cannot say what I want. I'm afraid to say certain things. Sometimes I say important things but they do not listen to me or understand me. If it affects the right side indicates that the difficulty of expression have at home and if it affects the left side refers to communication at work.

Conflict of injustices that have made me feel displaced.

Related to the vocal cords, neck glands and larynx.

C6 = Conflict of injustice and submission. Humiliation. Opposition to authority. Related to the muscles of the neck, shoulder, tonsils.

C7 = Conflict of injustice. Opposition to authority. Having to break the head. Humiliation.

It is related to the thyroid, elbow and shoulder.

Back and spine: This is where I reside, the physical expression of my own power, my personality. Here the sense of individual responsibility and we have with our loved ones reflected.

Who am I in my environment?

Who or what do I represent in my world, in my surroundings?

Do I have the feeling of being the pillar of my family?

Do I need any support?

The twelve dorsal vertebrae:

D1 = Related to the kidney, esophagus and trachea. Archaic memory.

D2 = Represents the heart and its coronary arteries valves.

Conflict of power in the territory, conquest and defence, in direct relation to the paternal function and not the actual father.

D3 = Has correspondence with the lungs, sinuses, bronchi and pleura.

Conflict with the mother.

Right = lack of affection.

Left = anger.

D4 = Related to the gallbladder.

Trace of rancor, injustice and repressed anger. No acceptance of reality.

D5 = Corresponds to the solar plexus, liver and blood. The solar plexus represents the father. "I need protection"

The liver reflects lack of conflicts of all kinds.

The blood symbolizes the family, the clan. "I'm not in the clan".

D6 = Related to the stomach.

Hazard recent conflict in the territory.

Unable to digest the words and threatening and destabilizing events in the territory.

D7 = Pancreas and duodenum.

Unable to digest certain offenses.

Resistance to something disgusting.

Affective toxic food.

D8 = Corresponds to the spleen (blood = family) problems in the family, in the clan. Family ties.

D9 = Related to the adrenal glands.

Conflicts of doubt, indecision direction to take in life and equivocation.

What decision should I take?

D10 = Kidney, collector channels.

Feeling collapse of values. deep fear.

D11 = Kidneys, ureter.

Conflicts of territory more devaluation, more evacuation.

I want to evacuate, remove all debris outward.

D12 = Related to the pubis, with the small intestine and uterine tubes.

Sexual conflict with devaluation and guilt.

Adultery is not accepted.

Lower back and lumbar spine: In this area of the column, reflects the relationships we have with our immediate environment, human relations, social, professional, emotional, family and sex.

The five lumbar vertebrae:

L1 = intestine.

indigestible experiences that we want to eliminate.

L2 = Appendix, abdomen, thighs.

Conflict related to "reserves" (money, food, et.).

My reservation is running in a hurry.

L3 = Sex organs, uterus, prostate, bladder.

sexual conflicts.

Devaluation conflict as a result of the loss of a loved one. Conflict in the territory:

What do I do in this area?

"I made a mistake of territory,

"There is a bad atmosphere in my territory"

L4 = Linked to prostate, muscles in the lower back, sciatic nerve.

Devaluation conflict in relation to others. Problems with the "rules and regulations" commonly established in our society, in our environment; way of thinking, living, acting in the family, social, professional, religious or political arena.

"I'm not like the others".

"I do not think like other people"

"I do not have the same tastes as the others"

L5 = legs, feet, ankles.

Devaluation conflict regarding collateral, brother/sister, cousin, husband/wife, lover, friends, colleagues, etc.

Recommendations to recover physical, emotional and spiritual health:

The only certainty that exists is the inner reality.

We must focus on ourselves, back to our inner consciousness, there is the reality of all, security and trust.

SPLEEN:

The spleen is located at the base of the left lung. It is an energy distribution center and plays a very important role in the immune system; it transforms the blood, destroys red blood cells used and makes new ones.

At a spiritual level, it serves as the central communication and all the energy that is generated through exercises designed to expand consciousness, such as meditation, it passes through it.

Therefore, on the physical plane, the spleen is responsible for increasing our defences and spiritually gives us protection, confidence and security.

The spleen is weakened when we live the life in a too reasonable way, with excessive respect for the rules and a great need to adjust them.

There is no place for pleasure and fun, we lack that joy we need. We live very concerned about the family, or our professional and material issues and our fear to fail obsesses us greatly, the fear of not living up to the occasion. Obsessions, tendency to obsess.

Blood-related conflict. Intense fear of lack or losing blood. As it represents symbolically the family (my own blood), it can express some problems: "My family is undone" "I failed, I am a coward unable to fight" "I have good blood" "I lack blood in my veins".

Recommendations to recover physical, emotional and spiritual health:

In order that the spleen can perform its functions normally, it needs calm, it is why music harmonizes it. Calm means that the person has moved away obsessions and resolved his/her problems.

When does this happen? When the individual is allowed to have desires and can seek pleasure and joy. When he/she can stop believing that he/she is not strong enough and ensures his/her integrity and combat external influences. When he/she has confidence, confidence to make his/her own decisions and trust in the natural process of life.

We need to learn to live consciously, here and now, to make decisions, to act. At present, we are sowing the seed of a harvest to reap in the future... Therefore, learn to select the seed, tills the soil, water it, pay attention to weeds, receiving the necessary sun and wait... You've done everything that was in your hand! The results do not depend only on you.

SPRAIN: (See ankles)

STERNUM:

Conflict of aesthetics impairment (related to breasts or to that which is in contact with the sternum).

STOMACH: (See acid reflux, gastritis, ulcer)

The stomach is an important organ in digestion, the first to receive, through the esophagus, raw foods that have just been prepared by the action of chewing. After mixing and dissolving these eaten food, thanks to which it secretes gastric juices and prepares them for the process of assimilation. Thus, the stomach is the body in charge of the "material" digestion; in it, the events and emotions that occur in life and the food really begin the digestion process in the broad sense to digest the reality itself. This is where we first assimilate yearnings, unfulfilled desires, worldly pressures and external conflicts.

The stomach is emotionally attached to food, love, affection, survival, reward and mother. We replace our need for affection and love for food in times of loss, separation or death, or to mitigate economic stress or materials, etc.

Stomach problems are related, very often, with the "daily bread", that is, especially regarding material aspects of life, whether in the workplace or in the affective. We indicate that we are anxious and insecure because we feel we have difficulty in controlling the material world. We are concerned about professionals, school or judicial economic setbacks, and do not stop mulling an obsessive way because we have a lot of anxiety about the future.

Greater curvature of the stomach: Conflict with support in the family, difficulties, irritation or fear of dying for lack of food.

Likewise, we can be affected of the stomach when we suffer a conflict of lack joined other conflict of indigestion: "I have what I want; I do not want it"

Ulcer on the greater curvature, "I am faced with an exterior that is attacking me"

Minor curvature: Conflict of disappointment in the territory. We find it very difficult to accept or digest a person "who is impossible to avoid" or to an event that we do not like and goes against our way of life.

"I want to avoid something imposed on me"

"I cannot digest the morsel imposed on me"

Pylorus: The door of the stomach. Who watches the door? Who cares? Who protects?

Pylorostenosis: "Assimilating is dangerous for me"

Stomach cancer: we always look for "dirty plays" stories that someone made to other people, situations we did not expect.

It may be manifested by some economic disgruntled (not to appropriate a heritage that does belong to you, does not receive earnings corresponding to

you in a company, compensation or judgment, etc).

Similarly, we can have stomach cancer when we suffer a setback territorial conflict with a person whom we cannot avoid (family environment, work, neighbours, etc).

"I cannot digest, I cannot digest the" bite "imposed on me," I've swallowed, but I cannot digest it"

In most cases it is related to some "dirty play" that we could suffer.

Hiatal hernia: Often occurs because the cardia (the sphincter mechanism between the esophagus and stomach) does not work properly and some of the acidic contents of the stomach moves up into the esophagus, the mucosa is not ready for the acid pH of this gastric liquid and makes the gastroesophageal reflux occur. Sometimes there is also a passage from the stomach into the chest cavity, called a hiatal hernia.

People who have the cardia half-open do hope that the more love (physical food is the symbolic equivalent of spiritual food) to their lives.

"I have the door open because I'm hoping affection, warmth, tenderness, I receive love from others. I never have enough"

In acute and occasional cases of gastro-oesophageal reflux we should ask whether we have suffered a recent affective setback within the family. "I want more and better food than I have received, I am open to the recognition of my family"

Ulcers: We talk about "indigestible contradictions" in the territory. Someone has invaded my territory and has destabilized me.

Recommendations to recover physical, emotional and spiritual health:

You need to learn to become aware of their feelings, confront problems, resolve conflicts and digest the impressions that come from outside. Acceptance. Every thing that brings us life transforms us.

STOMACH CRAMPS:

A colic (from the Greek *kolikos*, relative to the colon) is a type of pain characterized by abdominal pain that varies in intensity. It is produced by an increase, sometimes violent, of the peristaltic movements of the abdominal hollow viscera.

Pain is a warning sign that something is not on track. We are not putting the necessary awareness in the resolution of this conflict or we do not allow it to be resolved.

Conflict of devaluation, of not being up to the standard. It is necessary to take

into account the affected part, its function and its symbolism.

STOMATITIS: (See mouth)

STRABISMUS, DIPLOPIA: (See eyes).

Strabismus (crossed eyes) is an eye condition that usually appears during childhood or adolescence, but can also affect adults, and whose most prominent symptom is the lack of coordination of the eyes. They work independently and the person finds it impossible to approach them both in an object, while an eye correctly directs his/her line of sight, the other goes in another direction, producing a typical squint eye look. It is a muscle problem involved double vision, diplopia. Although this problem of "double vision" is more common when strabismus manifests in adults. In children and because of what is known as a "sensory adaptation", the brain adapts to the situation, avoiding for the deflected eye image, allowing you to be comfortable, but at the cost of reduced vision in one eye (lazy eye) and losing the normal feeling of three-dimensional vision.

The eyes point in different directions why we should pay attention to several points. It may be to have several outbreaks of alleged attacks (coming from the right and left) or because there is something we wish to see attached separately (in a vision).

Conflict: Devaluation in the eyes of others: Multiple attacks. The danger is such that two eyes are needed to monitor.

Right eye (affection): "Feeling undesirable".

Left Eye (danger): "Do not see what I see". "Something should not be seen".

Conflict of joining something separate, "Let my father back home" or "Let my father go home"

In horizontal strabismus conflict is "want to see everything at once"

Convergent strabismus, when it causes a decrease in lateral visual field and increased visual field to itself. "I would not see the outside". Imminent danger. Conflict of fear of what will happen to me immediately. We focus look to have the controlled predator.

Walleye is the inverse problem. As wild ruminants, so they have eyes on the sides, to monitor the outside world. Conflict monitoring, panoramic view in an emotional climate (the predator can come from anywhere. If it affects both eyes is a double conflict of existential collapse.

"I want not to see the present, the here and now"

What is the affected eye?

The affective, the right one? "Feeling undesirable" or is the danger one, the left one? "Do not see what I see". "Something should not be seen".

If the shock occurs inside the womb of the mother, resenting can be: "Let my

father back home" or "my father go home"

Strabismus is the physical reflection of a psychic conflict due to a difficulty in communicating with others that makes you the person live in a world full of contradictions.

The desire to be alone is contradictory to the need to be known and admired; the pleasure of being silent is thwarted by the need to ask questions, etc.

The squint is someone who only look with one eye, someone who has chosen to look at life from a single angle.

Recommendations to recover physical, emotional and spiritual health:

The squint needs to be mentally more flexible, to be open to new alternatives.

Must learn to see ourselves and what happens around and face more accurately what we see outside is a projection of our mind. We have decided (unconsciously) to see it that way.

STRESS:

Set of biological and psychological reactions produced by the sympathetic nervous system before an aggression or danger. This symptom is often confused with a pathology but is nothing more than a defense reaction that is sometimes appropriate and sometimes not.

Stress is a warning from our body that something is not right and we must react. If we ignore its intensity will increase and may pose great risks to our health.

Conflict: Pretension to stop the reactions of the sympathetic system removing the conflicts of the conscious zone.

Conflict of fight / flight.

STULTIFICATION:

Self-criticism and loss of personal value.

The cause of the devaluation can be found in the transgenerational, sense project, childhood or adolescence.

As during this period of our development we are structuring at all levels, the devaluation is structured with us and becomes part of our way of being and being in life.

The person in all spheres of his existence moves under the conscious or unconscious belief of:

"I'm not worth it..."

"I am not good enough to do a manual activity, sports, etc.".

"I could have done better...".

"I cannot hold a person".

"I cannot defend myself from...".

"I should have tried harder...".

"I'm not as capable as...".

Unfortunately, people are unaware that when they are experiencing a conflict of devaluation with great emotional load, it will manifest in different parts of our body: A Conflict of Self Devaluation can be experienced as "generalized" (affects the person as a whole) or "located". The location will be determined by the place where self-evaluation is experienced.

A slight devaluation will affect the blood vessels and the connective tissue.

Moderate devaluation will affect cartilage and lymph nodes.

A severe devaluation will affect the bones and joints.

Recommendations for restoring physical, emotional and spiritual health:

Give yourself permission to be you.

Look for your values within you, not others.

Give yourself permission to go wrong and show your weaknesses.

SUPRARENAL GLANDS:

They are two glands located above the kidneys, particularly in the upper pole of each kidney. They are composed of a cortical portion that secretes steroid hormones which have an important role in the metabolism of carbohydrates and antiinflammatory action function; and other marrow that produces adrenaline, a very necessary hormone in emergencies, it alerts the brain, accelerates the heart rate and mobilizes the carbohydrates reserves, in order to provide the necessary energy.

The crust surrounds adrenal adrenal and produce natural cortisone, cortisol.

Cortisone is the hormone that projects a good management. This gland is affected when we feel: "Panic of wrong direction in life"

Competing for choosing a bad direction, being on a bad track, which may be real, imaginary or symbolic.

Devaluation of not finding a good direction.

"Panic of wrong direction in life" What am I doing here? "I'm lost, outside the flock" "I do not know what to do".

TEETH AND MOLARS:

Teeth represent our ability to express what we think and how we "affirm" or "bite" in life. Biting is an act of aggression, power, a takeover.

"I do not get to say what I have in mind"

"I am not able to affirm or someone stops me assert myself"

Bad teeth is a sign of aggression contained and low vitality. The sufferer avoids conflicts and lacks the ability to "take a bite" to a problem.

By devaluation conflict "I cannot bite".

You could bite, I can do it, but I have no right to do so, "I have been educated too well".

Devaluation conflict, "for not being able to bite" because one feels weaker.

Other dental problems are related to our difficulties to "go forward" to make decisions and eliminate the obstacles that prevent us from advancing.

Abscess: A tooth abscess is located in a gum due to an infection in a diseased or damaged tooth.

The pus collects accumulated harm to expel it. In this case, it expels that prevented us from making a decision (to catch a piece in the form of decision). The remains of the battle (infection) for that decision are being eliminated. If we enter the conflict the abscess may persist.

A decision we have not taken or have not been able to maintain consistently. Disgruntled that appears with anger and frustration, regarding a decision that corrodes me inside and I cannot take. Find the meaning of the tooth in which it appears.

Tooth decay is the manifestation of a deep inner pain. Something gnaws me to the depths of my being, perhaps because we have not been able to express the words have said or should not have taken the right decision at the right time.

When it affects the glazed part, we have experienced a situation in which we had the desire to "bite" to someone and we have not done so because "a child well-mannered does this kind of things"

"I have no right to defence or attack"

When it affects the bone, devaluation conflict not being able or not being able to chew up feeling too weak. Thus we block and we cannot act or manifest our desires.

"I am nothing, I cannot even deal with others"

Cavities also indicate that we take life too seriously and that we prevent ourselves laughing.

Pulp teeth: "You are not allowed to feed my aggressiveness"

Bruxism or grinding teeth, teeth grinding expresses an unconscious anger that rises to the surface, a repressed anger is often expressed at night. As not get to take clear and precise decisions, the gnashing of teeth is the physical expression of my sorrow and my repressed aggression.

Similarly, we can express our tendency to deny us the pleasure in life: "I refuse pleasure".

Tooth Avulsion: Tooth (of adult) that leaves its habitual position. It may fall completely or move or move.

The sense is to change the position of the tooth to one that allows us to "bite" the snack better.

Devaluation for not being able to catch the piece (biting) or for not being able to express (I do not support my ideas or words).

Fear of hurting another.

Tooth that advances: I want to accelerate.

Tooth that recedes: I want to brake.

Take into account the affected part and its function or symbolism.

Plaque: Tartar is an attempt protection. It is deposited primarily on the gums below because this area represents our more fragile and vulnerable part. People who are hypersensitive make much tartar. They have come into the world in a climate of coldness, fear, anxiety or insecurity.

With tartar, they try to cover and hide their faults and weaknesses, "So I feel less afraid"

If it appears on the outside of the gums, we are trying to protect from attacks coming from outside (slapping, abuse, humiliation).

If the tartar is deposited mainly in the interior, the person does not feel his/her weakness, his/her smallness and how much needs others to meet their needs.

Tartar is generally an adult "disease".

If it manifests in the child, it is a sign of hypersensitivity exacerbated against the child that tries to fight. What or who is trying to protect?

Some people develop plaque after entering school, following separation or those who suffer from bullying. "I'm immersed in a medium that is too hard for me"

It gives safety, comfort and protection will then be as important as removing tartar.

MOLARS: Their function is to "grind" food, therefore closely linked to food. The premolars have the function of "tear" and molars to "pulverize and

crush".

Stability, security, anchor and support.

Devaluation conflict not to bite or not to show the teeth (and bark) to others, or cannot express (have to hide words) in the family.

The first molars, are related to our stability, security and the ability to take our rightful place in life. They represent our ability to feed ourselves, real and symbolic. Preserve the memory of our first 6 years.

First upper molars/molars of the real parents: They represent the place where I was born, the place I occupy in the family, my home, my family background, my family stability. They are related to food (real and symbolic) we receive from our parents and authority.

First right upper molar: It expresses how I react to the authority of my mother, what place my mother gives me. My reaction to female orders.

First left upper molar: It expresses how I react to the authority of my father, what place my father gives me. My reaction to male authorities.

First upper molars problems: They tell us what we feel about our family situation, if we feel that our parents have been unjust, overprotective, and authoritarian, absent, with too many punishments, etc. If I face them, if there are fights and arguments, my molars present damage.

Lower first molars: They represent our adoptive, symbolic parents and their ability to ensure our materials and emotional security. They reflect my safe haven, a warm atmosphere and love.

First right lower molar: Reflects the emotional and economic security provided by my mother.

First left lower molar: Represents the emotional and economic security provided by my father.

First lower molars problems: We suggest that we have a deep insecurity, lack or are afraid of lack of food, money, affection. That there was no home or a mother or a father, physically or emotionally present. Where will I live? What if I want to leave?

The second molars: They are related to our place in society. They represent our ability to settle into a job, to have a stable relationship and starting a family. Our ability to capture the emotional nourishment we receive from the society around us. They carry the memory of our first 12 years.

Second upper molars/molars of transgression:

They are the teeth that show the support we receive from others, the way our parents raised us to develop ourselves like them. They represent the fact that

we can trust others, feel supported, backed by others. Always in the labour, professional and social aspect.

Second upper right molar: Social loyalty to my mother.

Second upper left molar: Social loyalty to my father.

Second molars problems: They express our inability to trust others. They show that we are not in our rightful place. We do not accept, or we integrate ourselves with others. We lived a difficult adolescence.

Second lower molar/teeth union: They represent our partner in life, who will I build a home with. Friend, neighbour who is always willing to lend a hand when we need it. Molars are revealing how my marriage or my loving and friendly relations are.

Lower right second molar: My wife, my girlfriend, my friend, my neighbour.

Lower left second molar: My husband, my boyfriend, my friend, my neighbour.

Second mandibular molars problems: Any problem in the second lower molars represents they have betrayed me. Deceptions, lies, fraud, deception caused by others.

Wisdom teeth: They represent our mental maturity, our wisdom to make decisions, our autonomy and ability to feed ourselves.

The wisdom teeth come out when we have already established the principles instilled by our parents and are perfectly able to lead us, feed us and keep us alone. The birth of the wisdom teeth tells us that we are adults and we should be prepared to leave home and form our own family.

If we bother to leave us express the pain of growing up and know that we can no longer rely more on our parents. The greater the pain we feel, the more we indicated that maturing is costing us, to separate home and stop being children hurt.

Any injury represents that we are immature in all aspects, always with jokes or not giving importance, lack of vision.

"My mother must look after my children, I do not have time"

"With that money, I buy clothes, and then we'll see"

"I do not trust my originality, do not trust what I can achieve, I'm such a little thing"

Wisdom tooth with a single root: "I dare not take up space" "I have little confidence in life".

Wisdom teeth with several roots: "I have a rich and complex personality"

"I possess many talents and resources, I can fulfil myself in what I want"

Wisdom tooth that never goes: "I have a visceral fear of dying".

When we need to take out a wisdom tooth, it also has its meaning:

Consciously extract: "I've decided it's time to leave the house, move, go, break free, etc".

Unconsciously extract: (only because it causes much pain):

"I renounce to see for myself, renounce to walk alone, I want to backtrack, I want to be young and remain under the protection of my parents"

TEMPERATURE OR FEVER:

“A fever may reveal certain properties of the sickness, but does not harm us, but on the contrary, defends us and must in principle be respected. It is like the barometer announcing bad weather, but we do not fix anything by removing or breaking the barometer”.

Author: Dr. Letamendi - Professor of Medicine.

It is called fever to an abnormal increase in body temperature. When a person has a fever means he/she feels a great anger after a separation conflict with the heat, not by "taking the necessary or lacking heat of human warmth". Similarly, it can happen after a disappointment because something did not go as we would have liked.

"I am waiting for the heat that does not come, at the end I finish getting it myself"

Sensitivity to cold: "I'm away from heat". "I do not love myself enough, I need the other"

Central separation (example: absence of father in the home).

Response to a real or symbolic death of a person. Lack of mourning or grieving completed.

Cold extremities: When the feet are cold, they express a conflict of separation from the mother (or someone felt as such) or both, mother/father, and they represent our roots.

When the *hands* are cold, we talk about a lack of social contact, we feel alone, without friends.

They can also translate a conflict for not being able fondling or touching a loved one, after his/her death.

Cold legs: They reflect a feeling of being alone at work.

TENDONS:

Their function is to attach the muscle to the bone.

Devaluation conflict in the action in the present, today.

"It is considered that my action is worthless"

Devaluation conflict of oneself.

"Whatever I do, I will not get it".

Achilles tendon: (The Achilles tendon is a tendon in the back of the leg that serves to attach the calf and the soleus muscle to the calcaneus (heel) and allows the impulsion of the body.

Devaluation conflict in the impulsion in the present. Real or symbolic and sometimes subjective.

I'm considering a leap, a change, I'm probably already immersed in it. It may escape from me, but I have there this important change that I dare not to face for fear of what I will find or for leaving what I know.

"I do not feel able to make the leap" "Afraid to leave the house of my parents"

"Fear to commit or to marry" "Fear of being a father" "Fear of change jobs"

We need to trust more in ourselves and in our abilities and fight for what we want in life.

TENSION CEPHALEA:

A cephalic headache is an oppressive pain (like a helmet on the head). It usually affects the two halves of the head and usually begins with the front. Unlike migraine, those affected are not bothered by noise or light.

People prone to headaches are those that hide, clearing things they do not want to face in reality, acting as if nothing had happened, as if they had no problems. They live dramas, like everyone else, but their defence system is to deny everything. They deny their emotions or their "negative" experiences. That is, they try to leave their troubles aside:

"At the end of the day it is not so bad, not worth worrying about, nor bitter about that..".

It is rigid character individuals who continually try to prove to everyone, that are right and that nothing "wrong" never happens to them.

It is very important for these people to become aware of their negations; They need to be aware of stress and to accept and express their emotions and internal conflicts.

TESTICLES:

They are the two glands that produce male hormones and sperm. Symbolizing the male symbol, fatherhood, masculinity, sexuality, fertility and creativity. In the testicles, all the fears, insecurities and doubts regarding the condition of father are reflected, and about sexuality and impotence.

Any problem in the testicles or seminal vesicles, wants to express that we have suffered a strong conflict of separation from someone we love very much (partner, son/daughter, brother, etc).

Devaluation conflict. Playboy conflict. "I cannot seduce" Conflict of losing their power of seduction, its image of man. "I feel lowered, reprimanded, shattered by a person of the opposite sex" Often, it is accompanied by a feeling of guilt, which is usually added the ugly side.

"I blame myself for having "dumped" my lover".

"I'm not able to get a girl, nobody likes me, and I'll lose the one that I have"

"I'm worthless, I'm ugly"

Testicular torsion occurs as a result of a huge disappointment in the image that the young man had of his father.

Cryptorchidism, that is, when the testicles do not drop or remain almost hidden, is manifested in children who have not maintained an affectionate relationship with the father. Most times, it is authoritarian or distant parents, who were unable to maintain any communication.

In the adult testicles problems, they speak of fear to have children, perhaps because of lack of confidence or fear of a project, which can lead to inflammation of the testicles "*orchitis*".

Likewise, it can be ignited by a conflict in which we have been denigrated, shattered by a person of the opposite sex, an ugly affair, a low blow.

Guilt for having an "ugly" or "outside the rules" sexual relation can also cause problems in the testicles.

Cysts, tumours: Strong and powerful emotional conflict over the "loss of territory": "I lost my son" "I left my partner, girlfriend, lover, wife" "I was fired of work" "I lost my house," etc.

"Become strong to attract females" "Feeling" is bound by the testicles.

The testicles remain inside: At a symbolic level, it represents the offspring is any children.

Varicocele (drop of blood from the renal vein to the testicle) Conflict of impairment. Concern about not being able to perform well the function as a parent. It's too heavy for me to carry, regarding my children, my family"

It affects who wants to take over everyone and considers everyone as their own children.

"I want to clean the impurities that come from my family not to pass them on to my children"

Epididymis: "Conflict of helplessness related to the ability to seduce women.

Concern male force itself. "Fear of not being man enough to satisfy a woman" "Guilt after rupture in the relationship with a woman"

Inflammation of the epididymis, epididymitis: "I want to keep my son with me, to mature and become a whole man"

Asteno spermia or Asteno zoospermia: Conflict of impairment of sexual connotation. "I will not manage to impose as head of this family, to protect my children" "I do not get to make my children to be strong" "To save my offspring, I have to move myself"

This is often a conflict with transgenerational: an ascendant has this experience and offspring has the symptom.

The cancer usually develops in people who have had undescended testicles and still maintain their pain silently by the lack of communication with the parent. It can also be manifested by the loss of a child, a friend, a loved one or an animal, death or because he's/she's gone. Symbolically you can refer to the loss of a business, etc.

Conflict of being denigrated by a woman.

Guilt for having left the bride.

Recommendations to recover physical, emotional and spiritual health:

Do we feel that someone has caught us by the testicles? Have we stopped dominating someone? Do we feel that we have lost masculinity?

Take on the issue of masculinity and fertility and understand their essence. Express creativity in other directions. Contribute to life, creation, consciously. Become aware that you are a valuable person for yourself. Accept and accommodate your feminine side through acceptance and confidence in women.

TETANUS:

Disease caused by neurotoxins produced by the bacillus *Colstridium*. It affects the nervous system causing violent muscular contractions.

The sense of tetanus is to clear the messages (the nervous system) of ungrateful orders and that produce obligation within the clan.

Conflict of separation in which I must go beyond my possibilities.

Conflict of blood stained, dirty. Need to free ourselves from feelings of anger.

Conflict of freedom due to orders that I can not fulfill within the family.

THIGHS:

Second segment of lower limb between waist and leg.

The symbolic function of the thighs is to give impulse to the legs to advance.

Functions of movement (structure) and movement (musculature).

Not all of the trips we make are the ones we want to do. There are trips that we do, not to do things we do not want, and that little difference, will determine which thigh or what region of the thighs we damage with our emotion.

It is also related to sexuality (coverage and contact).

Conflicts of devaluation and impotence with displacement and pleasure.

Right leg (or left for left-handers): I have to do something and I do not want to. "I was forced to leave my loved ones".

Left leg (right for left-handers): I want to do something and I cannot.

Conflict of displacement linked to sexuality, like chasing a couple who does not let themselves be caught.

Pain in the back of the thigh: The direction in which we have the conflict is known.

Pain in the anterior part: The conflict is situated in relation to the future.

Pain on the inner side: The right leg (left for the left-handers) indicates separation of loved ones by obligation. "I was forced to leave my loved ones".

The left leg (right for left-handed) indicates separation with danger. "It is dangerous for me to stay with mine, I must walk away, separate myself".

Psoas: flexor muscle of the thigh.

Conflict of impotence and opposition.

Conflict of feeling forced to move towards unwanted contact or to flee from it. *Psoas Major*: Unwanted contact. Someone wants to dirty me or destroy

me. Conflict of inheritance. Impotence for feeling attacked at the same time from several fronts.

Psoas minor: Strong conflict of sexual devaluation with the couple, with experience of filth and deceit.

Once we are aware of the emotional cause that affects this part of our body it is necessary that we transcend our ideas, beliefs, fears or character to recover our health.

THROAT: (See pharynx)

THROMBOSIS:

Blood, original symbol of the soul, joy, love and family (people of the same blood) must be a continuous flow; thickens, is sealed, coagulates and does not flow normally.

Thrombosis is the formation of a blood clot in a part of the circulatory system, either a vein, an artery or heart chamber. This represents a serious obstacle clot that can stifle the affected body part.

Also, in someone's life, a person in your own family or a situation that is blocking your joy of living can be an obstacle.

This symptom appears after a serious family conflict, which "have clogged" with crap, all roads in the family, their relationships and therefore has also gone the joy of living in the family. "I feel suffocated in this family" "This family has no remedy"

"Everything is dirty in this family" "Too many things to clean in this family" "I got tired of so much filth in my family"

There may also be a conflict of impairment, not being able to take something, to recover, to carry the load itself.

"I have to pull myself together and eliminate the dirty blood, sediment, problems".

"I want to clean all that mud"

You can also express a desire to join the clan, family.

mainly it affects people living steeped in a sense of loneliness and fear, lacking confidence and security and quite disillusioned and disappointed by what life offers. It can occur in a period in which the patient feels ignored or neglected, when it seems that you have deprived of love or when hinder its expression in some way.

Coronary thrombosis occurs when a heart artery by a thrombus or blood clot crashes.

It is the consequence of having lived a family conflict in which we have felt a deep sense of loneliness and fear. "I'm no good for anything" "I do not do enough" "I will never make it"

Recommendations to recover physical, emotional and spiritual health:

We have to understand that although our family life and relationships of our family among them are important, it is not our business getting too involved and try to resolve their differences, it is not our responsibility and, conversely, can cause us a great wear our energy.

We should not cling to love for fear that it runs out, or fear away from

him/her. Love is eternal and has no limits, no borders. Life is constantly changing, it is movement. Everything flows. To be happy we must admit that this is the nature of life and accept their constant coming and going.

The pain comes because we do not allow change to happen, we tend to hold onto.

THYMUS:

Endocrine glandular organ of great activity in infancy and growth. Located in the lower part of the neck above the anterior mediastinum. Its Greek name, "thýmos", means vital energy.

It is the main gland of the immune system and its function is the development and maturation of T lymphocytes.

Conflict of defense within the family.

Conflict of refusing to accept growth, refusal to mature.

Continuously need mom's protection to survive.

Love and hate affect you deeply. This gland grows when we are cheerful and shrink when we are stressed and even more when we get sick.

THYROIDIS:

The thyroid is a neuroendocrine gland weighing 15 to 30 grams and is formed by two lobes in butterfly shape on either side of the trachea. Involved in the production of hormones, particularly thyroxine (T4) and triiodothyronine (T3).

These hormones regulate the basal metabolism, affecting growth and degree of functionality of other body systems. It is through these hormones that the thyroid performs one of its main functions, manage the rate of metabolism; that is, it produces hormones that accelerate, causing the heart to go faster, digestion... or slow metabolism, and the production of these hormones is reduced.

The thyroid, symbolically represents the body's biological clock, and always will be related to conflicts related to "time".

I feel overtaken by events. I cannot keep the beat to everything that is happening to me. I have a conflict of urgency. I have a conflict of not being able to take something of mine.

Lived in female (right-handed women or left-handed men): Having thyroid problems represents a fear of forehead, I feel powerless to solve what is coming.

Lived in male (left-handed women or right-handed men): Do not introduce thyroid problems, but in the lymph.

"Despite having this almost certainly, I can lose" "I'm not fast enough to get such a thing". "When will be my turn?"

It affects people who feel they can never do what they really want, coupled with the fact that they have hidden a feeling of being humiliated or that what they do is humiliating.

Right lobe: Conflict of not being able to catch the piece quick enough.

Left lobe: Conflict of not being able to get rid of the piece quickly enough. "I cannot act fast enough" Conflict of being overtaken by events (in the sense of time urgency). Or because there are several facts that need to be faced urgently.

Conflict of not being able to catch something vital to us is unattainable. "Despite having this almost certainly, I can lose" "I'm not fast enough to get such a thing". When will be my turn?

Excretory thyroid-channel: Conflict of helplessness: "I'm tied hand and I cannot act on something urgent" "We must do something and nobody does anything"

Frontal fear conflict against a danger, an attack, a component cannot give the alert, but stay on the territory when danger comes.

Afraid to fight and feel powerless: "You cannot overcome the obstacle. Always wait until the last minute to do something and then realize that it does not succeed.

Fear of dealing with problems. I have to fight fear and feel helpless. "Can anybody do anything fast?"

Thyroid - follicular tissue: I cannot get or catch the prey, to bite, etc. I'm slow. (The dam can be a boyfriend, a promotion, a job, etc).

Anaplastic carcinoma: To be losing place in the world. The only option that seems feasible is dying fast.

Follicular carcinoma: Conflict of having to protect myself because the danger is indoors.

Medullary carcinoma: Conflict of impairment for not being fast enough to save or save someone from destruction.

Papillary carcinoma: Need to flee from danger quickly (Female solution).

Hyperthyroidism: If there is an excess production of hormones, is to go faster, to produce more thyroxine, allows us to catch the "piece" quickly. We are living a conflict of "urgency". Urgency felt the time go faster or that the term will end soon or, feel urgency of this or that fact happening now.

We have to go fast, faster!

Conflict of not being fast enough to swallow the piece: "I have to go even faster"

"I have to do this faster"

"Although it is in my mouth, I'm not sure I could swallow or spit the piece" "I cannot act fast enough" and has to do with feeling for example, that in life everything is very slow and we want to speed things up or feel that they arrived on time or going too slow and we want to get there on time.

We must hurry!

For example, a child who loves to play and his/her mother almost always spends all the time of the afternoon aware of the time.

"I have to hurry, anyway I'll get"

A public woman worker is intended to cover a spot to another province for one year, which is the time remaining for this vacant in her city of residence. This move represents the distance of her husband and the rest of her family. She was diagnosed with hyperthyroidism because all her attention was on the time passing quickly.

The person suffering from an overactive thyroid is in constant action; Think you always have to act quickly, "we must be quick" but does not reflect to know what your own needs, so that your actions are not based on what you need and do not feel motivated.

Exophthalmia: This is the conflict of the dam which increases its visual field to see the danger coming, in order to escape in time.

"I have to catch the image of danger as quickly as possible"

Hyperthyroidism is a direct cause of exophthalmos (bulging or protruding eyes) as it is also about the conflict of wanting to catch the piece with eyes, want to see something done.

Hypothyroidism decreased production of thyroid hormone occurs and corresponds to the resenting: "I want you to stop time"

Conflict: Patience/slow. "I wish that time passes slowly"

"I need more time to enjoy it"

"I have to go slow to not ruin things"

"I need more time to do more things"

Overall are situations where everything goes too fast and the solution is to stop time, for example, when a diagnosis of a terminal illness of a relative, one can feel that you make the time go slower to be with this person.

Similarly, you can translate a feeling of powerlessness to act in an emergency situation.

Conflict of failing to act fairly quickly, to be hamstrung, unable to do anything, when it is urgent. "Fear of having to fight and feel helpless" It is unbridgeable! "Fear of dealing with problems" "Unable to get something, not be fast enough" "I have to go fast, but still do not get it".

Frontal fear conflict against a danger.

"We must do something fast, I cannot, and there is so much to do.."

Controversy always wait for the last minute to do one thing and then see that we are not able or "never will be"

Faced with a conflict of female frontal fear reaction is of utter helplessness, escape. In the male mode, it is passed to the attack.

Left-Handed: Fear of disease. "The body will fail me" "I cannot count on my body" "I'm afraid of what comes from my body"

Fear helpless in an emergency. "I have no right to defend myself" "Being that I want and I have to protect is sick, and that's worse than if I were sick"

In the case of the person suffering from a lack of activity of the thyroid gland (hypothyroidism), your body tells you that want to take action, which does

not do enough to get what he/she wants in the depths of itself demands. It's sure not be fast enough to achieve what you want. It is not in sufficient contact with their "want".

Decrease in the concentration of somatotropin: The conflict is in the intention: "I intend to get it but never get it"

Goiters and multinodular goitre: We feel powerless, bound hand and foot. Someone should do something but nobody does anything. I always wait until the end to act. I feel life or something or someone chokes me.

Fear of strangulation; each node corresponds to a conflict. "He/she wants to move, but cannot" "The need to act quickly to a dangerous situation and do nothing". "We should have acted quickly and did nothing". For example: a child falls and hits his/her head, parents only comfort him/her, but hours later falls into a coma.

If multinodular goitre, with hot and cold areas, the mind is in active conflict against certain everyday events. It is in solution phase for other past events.

Hashimoto's disease: autoimmune hypothyroidism. There are autoimmune diseases that affect the thyroid and in this case the same still find resenting hypothyroidism, autoimmune diseases because they destroy the gland and can be manufactured less amount of hormone.

Stress phase of the conflict of impotence.

"I was born under circumstances that happened too quickly" Girl, eleven months after birth, her mother gave birth to a brother. Her brother was born too soon. She wished to stop time to enjoy more of the attention of parents.

"I feel like they love my older brother more than me, and I have been born before so I want more, and to get it, I self-destructed my thyroid"

Teen girl complains, at home, because she is forced to make quick cleaning her room before going to school and she refuses.

"I have a right to exist on condition that slows down time".

Calcium accelerates certain vital biological processes. Conflict of "not doing enough".

"I do not get to do what it takes to catch the piece" "I want to get the piece fast and spit it out" "I want to get away from it fast, spit it out" "I cannot spit in the face" "I want to build myself" (calcium).

"My parents want me to submit; I struggle to find the balance (calcium and phosphorus) between my parents and me"

Thyroid - Cancer: Controversy of feeling overtaken by events. Conflict of urgency. Conflict of not being fast enough to catch the piece, or even with the

"piece" in the mouth, not sure swallowing.

We want to feel stronger in what we are or do. Feel unsupported. I desire to be strong and solid.

"My hands are tied and I cannot do anything" or "I would have to do something urgently, but nobody does anything"

"I do not feel strong enough to level my structure"

"I need to be strong, need you to hold me, but I have no one to do it" "I need support and I do not have it".

Cancer always is a long-standing conflict.

People with thyroid problems feel they can never do what they really want. They conceal a feeling of being humiliated or think that what they do is humiliating.

Recommendations to recover physical, emotional and spiritual health:

If your thyroid gland is overactive, you are receiving an important message and you should spend some time to figure out what you really want to create the life you'd like. Do not think that you should always act to be important, recognized or wanted. Nor you think everything is urgent. When you regain your natural rhythm, according to your real needs, everyone around you will feel even more pleased. As this is the gland growth, if you use your "want" just as your needs grow much more at soul level and you will realize that what you came to do on earth.

If your thyroid gland is not active enough, you realize that only you can bring it back to its natural state. No favours you believe you cannot create your life and you should not ask. It has also time to stop believing that you have no right to do whatever you want. Even if your children have learned to be afraid to ask, your body tells you that you can now leave that fear behind. You may have to perform a process of forgiveness toward the person who could sorry prejudiced in their actions or gestures, or did you believe you could not do much for yourself. Realize that these people came into your life to show you what you should learn, that is, overcome your fear to show your own will created.

TICS: (Involuntary twitch)

It is an abnormal, sudden, involuntary and intermittent motion, generated by the contraction of one or more muscles, which reproduce a gesture imperfectly.

If I make some nervous tic, it means that I am living a situation that distresses me, that makes me feel alive a conflict related to the body part where I present the tic. This will not be presented soon, it is the result of many situations of accumulated tension. And when the tic occurs, it's because I've reached my limit. If the nervous tic occurs in my eyes, it is related to something that distresses me and I do not want to see (accept, recognize, confront, etc.).

They may be related to a conflict of disappointment in the movement. I want to make a move but I admonish you, in most cases, fear. I could have felt upset because of certain movements that prevented me from doing as a boy (such as the prohibition to move while in the church) and now my body moves, though unwillingly, for rebellion against what is he/she forbade me to do.

Wishes to draw attention: "Nobody cares about me, I feel moved".

"It's the only way I exist and that I give importance and are for me"

Motor dysfunction linked to a thrill (often usually sexual origin).

Dystonia = "forbidden love".

The nervous tic occurs in people with excessive self-control, emotional trend that repress their aggressiveness and that young, have been perceived as the education received very severe and perfectionist.

The person with a nervous tic has the feeling of being watched and judged by others. They would like to show their emotions, their fears and concerns, but do not dare, afraid of what they might think about them. Hence it appears, especially in the face, as it symbolizes the identity, the image we see, we have or that we have.

Recommendations to recover physical, emotional and spiritual health:

Recognize and express outside fears, anxieties and sadness, even if it means we should expose ourselves to be judged by others.

"I'm happy and I feel calm". "I have the freedom to always express myself".

TOES: (See feet)

The toes grip the ground to move forward. They symbolize our roots that hold us to the earth, they feed and give us stability.

Each finger represents a particular detail, an area of life and the consequences of our attitude in relationships.

Problems on the toes indicate that we are not fed, satisfied and fulfilled with our experiences with our position.

The big toe (thumb): The base of support, the breakthrough in relations.

The big toe represents the obligation to the mother: The obligation that I feel for my mother or "I as a mother, I force myself to..".

The way my mother forced me to do certain things.

"My mother makes me.."

"If I do this, my mother is going to be upset"

"If I do this, my mother is going to be offended"

Deviation from this finger to the other finger crossing them above or below (hallux valgus, or bunion) means that the person has difficulty "take his/her place" in life, because he/she thinks he/she has to cater to the wishes and expectations of others .

"I am forced to deal with someone of my brothers"

The thumb passes over the other: "I act because I'm the oldest" "I must take care of my little brothers"

The thumb passes under: "Being the youngest, I must look after the others"

The two affected fingers difficulty finding their way, address.

It can also indicate: "I would have wanted to leave, but I have not been able".

The second toe, (index) finger: Tensions in it state that it is very difficult to digest some situations related to the material or professional world.

They also reflect the obligations that we feel towards the side, brothers, cousins, etc.

"If I do not call my girlfriend, she gets angry"

"If I do not go to the party, I will offend my friends"

The third toe (heart): Trauma or stress on this finger means that it is very difficult to find stability and balance in our relations so we are afraid to go forward. generally are "communication problems" flow communication with our side, not spoken clearly, we do not say things, etc.

"But do not tell my cousin". "My boyfriend did not say anything last night"

"My sister did not tell me in time"

The fourth toe (ring): This finger is related to the gallbladder. Problems,

injustice, resentment, anger suppressed in relation to the mother and/or collateral.

"Why don't you say that to my sister? If you know how"

"I get along with all my brothers, except Ramon"

"My coworkers did not invite me to their meeting"

"Who understands my father... He gave me permission first and then told me not"

The little toe (pinkie): When we suffer some damage on this finger, means that our way of establishing relations does not satisfy us and we want to change old habits and replace them with new ones.

They also indicate conflict of "territory" in relation to the side, I get angry with ourselves, guilt.

"Sharing my room is uncomfortable"

"I hate myself for the way I have to express myself"

"It hurt so I said my wife"

"I feel bad about the way I said it to my brother"

TONGUE: (See mouth)

The tongue is related to the word. It facilitates us to say things, gently modulated voice and modify or manipulate the expression that comes from within our convenience, that is, again, the tongue is related to the word.

For example: "Blabbed". "Having a sharp tongue".

Also it helps us move the "bite" to go dissolving, chewing and thus being able to swallow.

The language also symbolizes the flavour that is our life. It allows us to differentiate the flavors and enjoy them (real) as well as to appreciate the taste of the experiences (symbolic). "Life no longer knows anything"

Any symptoms in the language has a direct relationship with living a sense of guilt for what we've eaten, (real or symbolic). What toxic food (emotional or real) have I swallowed and make me feel guilty?

Similarly, they can express our difficulty saying things gently. So sometimes we "bit our tongue", that is, being indiscreet. What did I say that caused this?

At certain times, we may hurt the tongue when we are upset of not have expressed a word that has been us "on the tip of the tongue". What emotion causes guilt to me? Is it because of what I feel guilt?

Similarly, the tongue may be affected when we took some food and then we reproach.

Biting the own's tongue relates to the guilt for what was just said or what one has to say, as if he/she reproached himself/herself.

Inflammation of the tongue (*glossitis*) is the consequence of not expressing the anger that one feels.

Glossitis can also be the result of our difficulty to savor, to enjoy the pleasures of life.

The doughy tongue wants to express our difficulty, for lack of confidence or fear of ridicule.

Sores: Being a muscle, tongue problems can also express a sense of impotence to catch the morsel "I have been powerless to catch something"

Geographic tongue (lingual surface-like map) is a condition that can be persistent and uncomfortable.

This is a separation conflict with the desired and impossible to express + conflict contact imposed with a word that is not desired. Example: a radio announcer who for years carried out a program of public assistance but suddenly changed the director and forces him/her to give only the daily news.

Recommendations to recover physical, emotional and spiritual health:

We need to learn to accept and embrace new ideas, opinions, experiences, digest and assimilate calmly analyzing all aspects, to expand the mind and spirit. Enjoying life without guilt.

We must allow ourselves to say what we feel, not thinking that others will condemn. Say only honest and loving words and silence the lies and offensive words.

And we need to allow us to savor and enjoy the pleasures of life without ever feeling guilty.

TONSILS: (See pharynx)

They are like sentries guarding the gates of the throat; They are part of the lymphatic system and therefore are organs of defence for the body, control what goes in, to determine if what comes is good or bad for us (here is included the notion of "piece, morsel" which may be real or symbolic). The conflict related to the tonsils, like all cells of the lymphatic system is more anguish devaluation.

Related conflicts: Not to catch or swallow the "bite". Understanding "bite" as something we are sure that we will get (house, car, land, etc.) and we are removed from it at the last moment.

We should note that this purpose not only refers to the material plane. It can also be a symbolic "bite" we thought we had caught, for example, a trip, a promotion, a prize, a trip, a raise, etc.

Afraid of not having the whole piece. (Example: a man doing overtime at work to go on holiday with his/her family, but is not sure if it will get enough money to carry it out)

I hope I get it, but it can escape.

-Lock the piece in the throat so we would not remove it.

I'll finish catching piece, but it can escape.

I want to get something and I cannot.

I've swallowed a bite that does not suit me.

No catch the emotional bite.

In infants, anguish for not being able to catch milk, mother, security:

"My mother, her nipple, escapes from me, I cannot catch my mother"

In children: when struggling in school or at home, getting good grades or having a good behaviour to catch the affection of his/her parents but just cannot.

In teenagers: "Unable to catch the love of his/her parents, a friend or a partner"

"I would go out with M... but she likes J..., I cannot catch her".

In adults: It is related to my repressed fear, anger, emotions and creativity, because they do not allow me to be "myself". I am not getting my "emotional bite"

Right tonsil: Words I want to say but I cannot because I "swallow" them.

Desires to catch something.

Left tonsil: Words that I have said but I did not want to say, I regret what I said.

Wanting to spit something.

"I already had and later I have been taken away" "I do not get a piece swallowed" "I've swallowed something that does not suit me"

Similarly, inflammation of the tonsils (tonsillitis) express anger and frustration caused by something that is happening to us and we cannot swallow. What situation or person can't "swallow" at this time? Most of the time is related to any member of the family or professional environment.

We should learn to defend ourselves, to affirm what we are and fight for what we want.

TORTICOLLIS:

Neck pain, neck stiffness, muscle spasms, and impossibility of action are symptoms that tell us that suffer a stiff neck or torticollis.

When a torticollis manifests, it indicates that we are living or have lived a few hours ago a conflict of contrariety in action. It's almost always about something I want to see and do not see, or something I want to do and I do not do.

Torticollis is the result of a rejection, disagreement, or non-acceptance of what happens or what others say or do, but do not dare to freely express, either by not having the courage, sufficient capacity or because we think we have no right to demonstrate.

"Conflict of disappointment in action".

Devaluation conflict in a situation where you want to make two opposite movements at the same time.

"Wanting to turn his/her head to see something or someone, but having it morally prohibited or forbidden"

"Wanting to look at something and not to do it"

"Part of us wants to go forward and the other backward (past)".

"Part of us wants to go forward and the other wants to step aside, take off".

Torticollis is related to the action of having to look to one of the two sides or having to decide between two options. Almost always it is about something that I want to see and not see, or something I want to do and not do.

Spasmodic torticollis: neck muscles that control the position of the head are affected, causing the head to bend to one side. In addition, the head goes forward or backward.

"Conflict for not having felt supported in a discussion, in a clash"

Congenital torticollis: "I do not want to see the danger. I watch my affection that is leaving".

Chronic recurrent torticollis: Conflict of impotence for not being able to do what I want and having to endure the power of another from whom I can not get rid of".

Dystonia: Conflict with a forbidden love.

Woman, right: In relation to husband or partner.

Woman, left: Related to younger children or men.

Recommendations to recover physical, emotional and spiritual health:

If the rigidity prevents my head turn from left to right, I can ask if you know who or what I refuse to say "no". If, however, I have difficulty saying yes

with my head, it's perhaps because I reject entry of new ideas.
Flexibility. Find the center, balance, on the way to see and move naturally.
"I do what I want to do and what makes me happy".

TRANSPIRATION OR SWEATING:

Fear. Feeling trapped.

"I do not want anyone to catch me"

Hyperhidrosis on the palms or soles of the feet. Separation conflict. "The need to protect myself from others" "I feel like I had to escape from a trap"

"I'm afraid that my mother touches me; if she does, it will be to hurt me"

"I have to run, that is growing too fast".

TRIGLYCERIDES: (See cholesterol)

TUBERCULOSIS:

Tuberculosis is an infectious and contagious disease that primarily affects the lungs but can be located in the bones, kidneys, skin, or other organs.

Conflicts in the territory: "Delimitation of the territory" "Invasion in the territory".

Feeling of impending fear of dying from lack of oxygen (in the territory).

Feeling of lack of oxygen in a limited atmosphere, lack of freedom, overpopulation, family or geographical.

Disputes arising in trade (in the territory). More often it affects the most disadvantaged people of a lower social level.

Those affected are discouraged and sad people who have lost hope, confidence and desire to keep fighting.

Arises after a conflict, an injury suffered emotionally the patient stays in memories flooding with sadness, melancholy, grief and loneliness. The individual is consumed with self-pity and despair.

In the end, these feelings drown (breathing) your ability to receive life.

Recommendations to recover physical, emotional and spiritual health:

Although tuberculosis has ceased to be a threat to life after the discovery of potent antibiotics, which transmits the message remains the same; there is an internal emotional imbalance and little understanding.

Grief and sadness are also good, purifying, if we accept them and we immerse ourselves in them.

Sadness leads us to the depths of ourselves, where perhaps there never could bring us happiness.

The penalty, if we accept it and integrate it within us, we will completely clean of past experience and completely rejuvenated.

TWINS (brothers):

Sons born of the same gestation.

The biological meaning of having twins is to "make two children in case one is lost," is often linked to a conflict of "loss of children".

We recover a lost son (our or the clan) or make a reserve for fear of losing a child.

Memory of children born dead, loss of children in the family tree, missing children, etc.

Conflict linked to the thyroid. Wanting to have children quickly.

ULCERS: (See stomach)

Gastric: Erosion or loss of substance from the mucosa of the lining of the stomach. If it occurs in the duodenum it is duodenal ulcer.

The biological meaning of the ulcer is to expand the space (the territory) so that it can fit everything that "I am forced to swallow".

Gastric ulcers represent living a truly indigestible, impossible to swallow, and mostly family situation, that usually men suffer.

We talk about "indigestible contradictions" in the territory. We have to live with unpleasant people out of obligation and within our territory. It is a struggle to mark the boundaries of our territory to heads of other territories. "Someone has invaded my territory and has destabilized me".

It is people who feel abused by others and believe not enough to fend value. They are afraid and feel helpless.

Duodenal: The duodenum is the first segment of the small intestine and is the stomach outlet. Duodenal ulcer is a loss of mucous lining in the first part of the duodenum.

Conflict of anger, anger, indigestible anger; respect to a person, a situation or circumstance. (For example, related to inheritance, investments, when you cannot get your "part", a pension, a legal ruling, etc.)

Injustice lived in an indigestible way. We have swallowed something that we cannot digest.

Disgruntled with family members, colleagues, friends.

"I cannot accept it, it is unfair.." "I cannot stand, I cannot swallow"

"They force me to eat what I do not like, I impose things, people" "I must digest the bitterness of the world"

Conflict of lack + injustice. Fear of not having enough food, to starve. "I have no family, no friends"

It manifests itself in people prone to worry, to overthink too much.

Recommendations to recover physical, emotional and spiritual health:

The ulcer patient needs to learn to become aware of his/her feelings and confront and resolve conflicts consciously. Would it help to express what he/she feels and admit his/her difficulty in accepting what is happening. What gnaws me?

You must also admit and acknowledge their desire to be protected and their need to be pampered and loved.

You need to jump from the nest of childhood and become an adult.

UMBILICAL HERNIA:

Hernia through the navel.

Conflict of not being able to eliminate a toxic bit. If someone presents "any" discomfort in their navel, they are experiencing an emotional conflict related to not being able to get rid of a person or an exasperating situation, with not being able to evacuate (remove, erase, eliminate, etc.), something dirty of their life.

It is a conflict that is related to the mother (lack of protection). Example: "My mother does not help me to eliminate the familiar "shit" she generates".

Or, it is a conflict related to one of our children. They can be differences, lawsuits, disputes or circumstances that already have us fed up.

URETHRITIS: (See bladder)

URINARY INFECTION: (See bladder)

URTICARIA OR HIVES: (See skin)

It is a skin disease characterized by temporary eruptions (pimples or hives) that are accompanied by significant itching and edema (swelling).

Separation conflict that threatens my integrity.

We can be involved in a triangular conflict; for example, the erotic desire for a person and the inability to satisfy it due to the presence of a rival.

"I notice the separation, I am far from my expectations, I am disappointed" "I feel rejected, disowned".

"I am separated from the pleasure of touch"

Unhealthy contact, dishonor, attack on my dignity and my integrity. (Often, it comes from sexual abuse, molestation, etc).

We live a situation that burns us and that seems to surpass our limits. We have the feeling of being "hit", "attacked" by destination, by an injustice, by others, etc. and not being able to do anything about it.

Hives translation would be the body feeling of ill-treatment: the brand is similar to that seen after receiving blows.

People affected with hives often maintain a passive attitude in their relationships with others.

They show a strong tendency to experience fear, which is not well tolerated and a high degree of insecurity in their behaviour.

On the other hand, they have a tendency to be hurt in love relationships.

Recommendations to recover physical, emotional and spiritual health:

What or who can't you relate with? What irritates you?

The affected part of the body represents the area in which the problem is experienced with more intensity.

UTERUS: (See endometriosis and fallopian tubes)

The uterus is a hollow muscular organ, its inner wall is lined with a spongy tissue whose mission is to contain the fertilized egg during pregnancy and expel the baby during childbirth.

There are two parts in it: At the top, the body, which leads the tubes; and at the bottom, the neck, facing the vagina.

The uterus is the seat of creativity and fertility. It is the first place that the future baby inhabits, that receives it and makes it grow, in which the mother carries the child.

Therefore, the child symbolizes the womb, gestation, the ability to have children; also the nest, the house, the family; the couple, the ability to find romance and sexuality, since this function is one of the strongest in nature.

Uterus: body mucosa (endometrium). It has its correspondence with the prostate in men. "Unusual family".

The biological function of the endometrium from conception to the end of labour, therefore, conflicts that affect this part of the uterus ranging from sexual problems such as:

- Sexual Conflict (during the event) is considered dirty, out of the ordinary.

- Loss Conflict (child or parent).

- Family Conflict (impossible nesting).

- Conflict of the grandparents related to their grandchildren.

- Loss conflict, particularly in grandmother/grandchildren relationships or similar (godchildren, neighbours, children, etc.)

- Grandmother conflict, who does not accept anything regarding grandchildren, for example, misbehaving with her partner, certain sexual behaviour, etc.

Uterus: smooth muscles.

In this part of the uterus (myometrium) are affected by conflicts of impairment for not being able to get pregnant, have a child or the desired family. "The son I never will" "I'm not able to bring a child into the world!" (After an abortion, induced or spontaneous, stillbirth, etc). I desire for an ideal pregnancy.

Uterine fibroid: Impotence, devaluation: "I am not able to find a partner".

Conflict of cannot, must not reach the consummation of the sexual act.

The fibroid in the uterus can express "the house is occupied"

It may be because you do not see in your partner the perfect one to be the father of their children or because she has been abandoned by her partner and

she is always at home to indicate that she is not looking for another man, she does not want to become pregnant with another man. Therefore a fibroid has a contraceptive function. Or because the woman just had an abortion or simply because they want to have children, your unconscious orders that it is not the time to get pregnant.

Fibroid size indicates when the conflict began. If the fibroid measures 2cm, you must look for the origin of the conflict two years ago.

"There is a void in the house and I fill it" "I want to have a child but I cannot"

"I must not become pregnant by now" "I must not get pregnant, this man is not the ideal partner for the father of my children"

Fibroids: A benign tumour composed of fibrous tissue, which often develops in the region of the uterus. The difference between having a fibroid or cancer depends on the intensity with which we have lived through the conflict. The higher the intensity, severity.

It indicates that there is resentment against the couple. After having suffered a setback as a woman appears. The fibroma may represent the bitterness and anger that you feel with your partner because you think you are using him sexually.

It also expresses regret for an unfulfilled desire to have a child, or having lost one (abortion, death, etc.) so the fibroid is a symbol of your frustrated creativity.

The uterus also symbolizes home. A fibroid is sometimes the confirmation of a penalty on the home, home, maintained or retained for a long time.

What happens in your home? Have you been powerless to defend your home?

Do you have the feeling that something comes to an end? Do you feel that you failed in your idea of what should be a home, either by the absence of a partner, or perhaps have noticed that your partner is not like you thought he was?

The fibroma may indicate sexual or emotional problems resulting from the loss of a fetus.

The difference between having a fibroid or cancer depends on the intensity with which we have lived through the conflict. The higher the intensity, severity.

Neck of the uterus:

The problems in this part of the uterus usually occur almost exclusively in young women.

Conflict of sexual frustration. Although the woman has her man, she feels frustrated, either because no sexually requires, not motivated or have other sexual preferences because she does not share.

Sexuality lived as dirty.

The conditions of the cervix come from a negative coexistence with partner, express frustrations emotional and/or sexual, manifest only in those women who feel unwanted and live their sexual relationship as destructive; They feel their partners, their way of being, are killing something in it and so the contact becomes a poison. This is usually women who live a passionate relationship of "love death" with a partner, instead of only giving love.

Emotional conflict, emotional frustration, by abandonment or separation of the couple.

"I cannot get in touch, I've lost"

"I'm not in touch with the loved one".

"I want to be possessed"

"I do not belong to any man"

Conflict feel dependent on your partner.

Notion of loss of territory.

Reproduction: It is necessary to engage each other with your partner. The problems in this body indicate that there are difficulties in the physical contact between the couple, that there is a total surrender.

Diseases of the uterus may also manifest a frustrated desire to have children; or maybe we can talk about a sense of guilt for not having created a good and warm home for loved ones.

Cancer of the uterine body speaks of a very deep emotional problem, resentment and guilt of a relative with home or the children. Similarly, it may indicate a devaluation conflict not to get pregnant. You can also translate a deep aversion to sexual intercourse.

Recommendations to recover physical, emotional and spiritual health:

How do you feel about being a woman? About having children or not? Have you suffered a deep sense of shame or guilt, or perhaps betrayal?

How is your life going? How do you feel your home? Is it hard to accept your partner?

Does your partner find you attractive as a woman?

UTERINE FIBROID: (See uterus)

VAGINAL YEAST INFECTION:

The fungi feed on dead organic substance and its function is to clean. In candidiasis, their function is to clean the dead cells from the area.

What is what is dead in me and I want to clean?

The stories of this disease have to do with frustration and is associated with the notion of sexual frustration:

- Excessive Sex.

- More or less contact is necessary with the man I love.

- Lack of contact after ending a relationship or after the death of the partner or perhaps because he is absent for some time.

Sexual-relationship that is not as desired.

It is important to emphasize that this concept of sexual frustration is not specifically on the physical plane of sex. You can have habitually relationships and be frustrated because the close contact that the woman wants to feel is actually the “heart” of her partner.

Recommendations to recover physical, emotional and spiritual health:

I give myself permission to live and enjoy my sexuality.

I must express my deepest feelings and thoughts with my sexual partner.

I do love and accept myself as I am.

VAGINITIS –VULVITIS-VULVOVAGINITIS:

It is an inflammatory condition in some areas of the female body, vagina and vulva, which are related with pleasure, with the ability to give and receive sexual pleasure.

When a woman has any problem in the vagina, it means that she has lived or is living a separation conflict related to her female position on her partner. It means that she does not enjoy sex fully or her partner is sexually pressuring to do things that are not pleasing sexually to her. The vagina represents the sexual life and any problems she expresses sexual frustration.

In fact, the appearance of these diseases are the perfect excuse against ourselves or against our partner, for "no power" or "no".

The woman suffering from vaginitis has pent-up emotions such as anger, bitterness or rancor. You may feel used, manipulated or not valued sexually.

Separation conflict, not to be in contact with the couple, with the loved one.

Sexual frustration during sex.

It may also indicate sexual guilt because of beliefs or customs contrary to the enjoyment of sexual pleasure; in those cases instead of having sex for pleasure does only out of obligation or duty.

Not have the right to have sex.

You can also manifest vaginitis when a woman feels guilt and shame for having an illegitimate relationship. This guilt, consciously or not, carries a self-imposed "in the place where he has sinned" punishment.

"I must not attract the male"

Inflammation of the vagina may also reflect some ancient fear from experience, more or less unpleasant, related to sexuality.

Vaginal herpes occurs when women feel guilt and anger over their sexual relationship.

Itching in the vulva shows me something "itches" in the relationship with the partner. Conflict of forced sexual intercourse. I feel manipulated, not valued.

The vagina may also represent my privacy. Therefore a constant meddling relatives in my home or in my life, can provoke vaginal problems.

Bad reviews from my mother or sisters. Interference of others regarding my private life, my partner, our life partner, etc.

"I leave to enter each other's families who are about.."

Bartholin's glands: Refusing to penetration, is a way of punishing the couple. Not afford sex, fear or beliefs against him. Feeling guilty for performing the sexual act.

Recommendations to recover physical, emotional and spiritual health:

Being a woman, to fully enjoy sex.

Make one's desires and wishes in the erotic genital appearance.

Reconciled with the polarity from one's sexuality.

It's okay to be vulnerable.

I am safe in my vulnerability.

If your sex life is unsatisfactory because of sexual abuse in your childhood, your body tells you it does not make you good block you, because that way you keep living the fears of the past. The process of forgiveness is the fastest and most effective to get rid of the events experienced.

VARICELLA OR CHICKENPOX: (See skin)

If a person has chickenpox means that he/she lived or is living a conflict in which he/she feels threatened by someone or something. It could be a schoolmate, jobmate, teacher, boss or perhaps may be our parents.

"I want to get away from that person to not hurt me again"

"I do not want to be near my enemy"

"I forget what they did to me"

The person with chickenpox is usually very sensitive and live with the anxiety that something or someone hurt her again. Has doubt that a state of permanent or lasting happiness and always expecting a new pain.

It may also indicate that the person is experiencing a change in their life and who craves the stage of his/her former life.

If chickenpox affects children under 14 years, previous emotions by his/her mother have been passed, that is, she has felt.

If elderly, emotions are proper, it is your responsibility to work them.

Recommendations to recover physical, emotional and spiritual health:

We need to learn to live in the present, be positive and approach each new experience that gives us life with courage and enthusiasm.

"I'm happy, relaxed and at peace"

"I trust the process of life"

VARICOSE ULCER:

They are ulcers shown in varicose legs on an altered and weakened skin, usually more pigmented or purple.

Almost all of them are located in the lower half of the legs in the inner region and more specifically in the back of the inner ankle and present with pain that intensifies with the touch and movement.

They indicate us that we are overloaded and overworked. We live in a situation that causes us disgust, dismay. When varicose ulcers appear, it means that we are living in two conflicts at the same time: Conflict separation + devaluation.

For example: To find a job, we had to leave our home town and yet no one recognizes and appreciates what we've done. Or maybe we work in our house itself, but neither our children nor our husband recognize everything we do and that makes us feel as "outside the family".

VARICOSE VEINS: (See veins)

VEINS:

Blood (family, clan) passes through the veins on its way back; once shared our love, it returns to the heart (house) with the love it has received from our environment.

Venous problems indicate that we find it difficult to accept or receive life, love and joy and allow a space within.

It can also mean that we are experiencing a devaluation conflict related to not being able to accept, manage, face, any family situation. "I am not able to carry this cross" "I have to clean the dirty blood of the family"

Necrosis in the veins: It mainly affects the legs and speaks of a devaluation itself, a devaluation that we perceive in ourselves.

Conflict of having "tied legs", "eggshells".

We have the feeling that "something" or "someone" binds us, we do not want or wouldn't like to do; it is treated as an impediment to do something or we stop. We are as "trapped in a situation"

Examples:

- Women who want a fulfilling professional life and an unexpected pregnancy prevents it.
- Women who want to work, but when she married, her husband opposes her.
- Men who want to travel to study, but his family is not allowed.

Conflict of not being able to go home for something ugly to expect. "I cannot go home, the center of familiar territory"

In the peripheral veins, we must add a conflict of abandonment.

The legs are a reflection of our mobility in life, in our relationships. We express that we are disappointed because we have involved a lot in life, in the family and we feel dissatisfied because we have received very little in proportion to what we have given. There is a lack of return of life, family, etc.

We are upset and tired, because what we have lived seems bleak, without passion or joy.

We have a feeling of helplessness and a feeling of not knowing how to live our desires and our desire for happiness.

Varicose veins:

Veins that dilate and become tortuous. They are commonly found on the back of the calves or on the inner side of the leg. They develop when venous valves that allow blood to flow to the heart stop working properly. As a result, blood collects in the veins and causes dilatations. They are more

common among women.

The biological meaning of varicose veins is to try to keep "dirty" blood from returning to the heart (home) and to the lungs, to be cleaned. Respond to dirt that we want to hide.

Conflict of devaluation, separation and stain.

Conflict of separation from home, repentance for having left home or separated from family: "I am away from home". "I'm trapped in a situation". "I want to go home, even though it's too late". "I have been a fool, I should not have left my house or my family for that man (that woman)". "I cannot go home". "I would like to have contact with my family again".

Conflict of the stain, to drag a sentence (personal or familiar): "There are too many things to clean in this family".

Sexual conflict added to a conflict of not wanting or not being able to return to the nest (to the home). We are experiencing a sexual conflict with our partner that is not pleasing to us, but we do not have the courage to abandon this dynamic and return home.

Varicose veins can also manifest in people who, accustomed to living a good life, suddenly lose that level, either because they have gone to live with a humble partner, because they have been disinherited or repudiated by the family.

Similarly, varicose veins can express that we feel overworked and overworked. It is possible that we have the tendency to take charge of everything, that we have many tasks to do (washing, ironing, cooking, cleaning the house, taking care of the grandchildren, etc.) that we find tedious and tedious. worry if we do not. To make matters worse, our husband does not help us, he treats us badly and we are the ones who must attend him, lest he be angry. We would love to run away from here, but we do not!

Added to this is the fact that everything we do, we do for duty, without joy.

"I feel drowned in this family". "I never feel at peace, at home". "I'm trapped in a situation". "I am the servant of the house". "I got tired of looking after my grandchildren". "I've had enough of living with my husband".

With varicose veins we want to express that we need more time for ourselves, that we want more free time, that we want more freedom in our life, because we lack it.

In the same way, it can indicate that our work does not like us or even, it annoys us; but we continue to do so because we are those people who are forced to stay in a situation even if they hate.

Recommendations for restoring physical, emotional and spiritual health:

For the circulation to be restored we need to change our attitude, our thoughts and try to resolve this loss of contact with the family, assuming and accepting that if we have moved away from our home and our family, it has been to live other experiences that have made them learn and grow, even though they were not as we would have liked them to be.

The man must be like water: first, you must learn to adapt to everything that is presented; and secondly, you need to always be moving to be kept clean and pure.

We must commit ourselves to the stream of life, without expecting anything in return, free of expectations.

We must do things with absolute responsibility, not out of obligation or to give us thanks.

It is better guided by the voice of the heart, always knows our true needs.

The right way is the return on oneself to rediscover the spiritual realm: "I am the truth and live and act with joy" "I love you so much I give my place"

"Now I know that I must delegate responsibilities"

VERSICOLOR PITYRIASIS: (See skin)

VERTEBRAE: (See spine, sacrum and coccyx)

VERTIGO:

It corresponds to a condition of a part of the inner ear and is associated with our physical stability in relation to the position and movement. Vertigo is usually hallucinatory sense of movement of the objects that surround us or our own body, a spinning sensation.

The biological sense of vertigo is to prevent a movement that gives us fear.

When a person develops symptoms of vertigo, he/she notes that fact in his/her life is representing a radical change to the way of life he/she led. Or he/she refuses to accept what change in his/her life. Such changes do that he/she lives with suffering, but the people around them, do not know it, because it is very skilled people to say and show others that are better or that change them sat down or sit very well but they are lying. They are unable to show others, what they really feel, how much they change, how bad it hurts go through this change. "I lived a change that makes me sad" "I lived a change that was unpleasant to me" "This change hurts but I do not show it" "I feel on the brink".

"There comes a change I do not want". "I hate this change but I'll shut up"

"I am not or was not ready for this" "I did not expect this, do not accept it, do not want it". "This is not for me, this is not my thing" "I do not enjoy this new life, I want my past"

Similarly, dizziness can also occur when someone is experiencing a situation that makes them look "unstable" to others.

Also, the anguish at the thought of making a decision to make us face the unknown, can cause us more or less pronounced dizziness. We express our desire to control everything, so what is going on inside and outside but, not being possible we become unstable and anxious.

Or fear of the future, "before us is nothing, and are required to move! We may have the feeling that a situation is evolving too fast for us and we are afraid of the changes it will bring to our lives.

Inner ear: "We cannot stand to hear a thing"

Lack of references (this may be the father). "I lost my references"

It's like you have no reference to guide me and therefore I can have the impression that "my father", or representing the authority is absent or should help more in terms of the directions I want to take.

Conflicts of loss of our living space. "It seems like I'm never where the world wants me to be".

Conflict of accident with death in the family.

Common vertigo: "I must drastically change my life (life trajectory) if I do not want to die here".

Central vertigo: Conflict of position (my position) together with conflicts of stain and protection.

Peripheral vertigo: verbal conflict and reference points. Conflict of fear to the future.

In short, we can say that all dizziness is due to a lack of consistency between what the person feels and lives and what he/she says and does.

People with vertigo, are stubborn, refusing to look to the future with optimism, refuse to see how nice and positive that can bring to life such changes, think and rethink options such changes as do not like the suffer.

Recommendations to recover physical, emotional and spiritual health:

People suffering from vertigo need to learn to accept, enjoy and appreciate any further changes manifested in his/her life. Considering it as a new challenge and opportunity that presents by its own to do different things and learn.

VITILIGO: (See skin)

It is a problem of lack of pigmentation in the skin. It is characterized by white spots of different size and shapes. Melanin is a pigment that gives colour to the skin, it is not metabolized properly.

Although this problem except discoloration, skin is perfectly normal, vitiligo is very difficult to accept because it gives the aesthetic effect and is very annoying for the person and also there is no effective symptomatic treatment. Moreover, the sun also aggravates the appearance, because if the rest of the skin is tanned, vitiligo affected areas turn pink and the effect is further highlighted.

Vitiligo states that have a negative image about ourselves, which has been created by someone else. Generally, it is a male element, the parent or someone who exercises the paternal function, can sometimes be the mother if it occupies that role, brother, godfather or someone you admire. Curiously, in the world of symbolism the sun represents the father and precisely depigmentation of the skin leaves us unprotected from violence from sunlight. "I want my father to see inside" "I lack the light of a parent who supports me" "I have a father, yes, but he has no use for me". "I want to be more pure" "I do not exist for my parent, does not see me, I'm invisible" "I am separated from my parents' eyes"

Similarly, vitiligo may appear after a conflict of "dirt" in my family or in my environment, and have taken the unconscious order to "clean" so much filth. "You have to wash what is soiled. We must have clean hands" "I have a terrible fear that the stain on my family "breakthrough". "I have to clean all that mess, I clean stains from my family" "I want to be" transparent "to go unnoticed" "They are all bad, except me and I cannot prove. I'm innocent".

Vitiligo can also respond to an unpleasant and abrupt separation from a loved one conflict, someone I wanted more than anything in the world.

Example: I've seen murdered my father, mother, brother, etc.

Recommendations to recover physical, emotional and spiritual health:

Vitiligo Biologically it aims to "treat more light within us"

I am assuming that I am not to blame for much dirt.

Accepting me and loving me as I am and taking control of my life.

Walking away from the person or "dirty" people.

Realizing that although I may not always show me innocent, I am.

It is our responsibility to give back light and colour to our image, which is a reflection of our soul and recognize our merits, our achievements and attain

happiness. We must accept what happened and stop blaming the person who has made us doubt ourselves.

VOCAL CORDS:

Conflict related to verbal expression.

I want to express something, but I keep it inside me.

Conflict of not being able to express myself.

Fear not to speak or not dare to do so.

Unable to explain.

I want and I cannot.

I speak and do not want or I cannot speak.

Mutism. I cannot tell you a secret.

Am I afraid to be laughed at me, criticized, rejected, or be misunderstood?

I need to have confidence and say things as they are, being true to myself.

VOMITS: (See nausea)

WARTS:

A wart is a hard bump (benign tumour) in the skin caused by a virus. They are of variable shape and size, often painless unless pressed, and are, more often, in the hands or in the feet.

Warts mainly affect to self-critical people and, therefore, very sensitive to reproaches and to any type of aggression; and people who believe themselves ugly and unworthy of love.

What biological utility has a wart? What is its role?

It is a small shield. For what...? To protect us.

Specifically, when we have been disrespected, when we have the feeling of having been attacked, wounded, criticized, dishonoured, for a comment, an insult, a despicable remark, a joke, which has nailed us as a barb; especially if it is done publicly, in front of our professional, family or friendly environment.

Wart in hands, palm and back: They usually appear when there is a conflicting activity related to the father or the paternal function. They reflect a lack of protection by the parent, especially at school, when the child receives a complaint by his/her teacher. It may be related to any offense suffered at school, especially if it has been accompanied by humiliating warnings. Example: conflict with writing: "You have to write well".

Similarly, it may indicate a devaluation conflict in relation to others.

"I've done worse than my teammates"

These warts usually appear when we are six and seven, in school years in which we learn to read and write and they can affect the thumb or index finger or the back of the hand.

You may also receive a wart on your hand after a "stain" conflict. "I've done something wrong" "I won and they have seen me"

In the palm of the hand: Conflict of being thrown out by the parent.

In the fingers: You need to check the meaning of each finger.

Warts on the soles of the feet are linked symbolically with the mother or the maternal role (can also refer to our roots: parents, grandparents, etc.) and we talk about a problem of union with the mother, with communication difficulties with disagreements and a permanent desire for recognition.

Conflict of being thrown out by the mother. Conflict spot in relation to the mother.

They can also express fear of the future or to change.

Devaluation in sports.

Warts on the face (self-image) may express that we do not like our traits, for example, our nose.

Conflict of aesthetics devaluation.

On the lips: I fear my parents are getting separated. A kiss or a word that embarrasses me.

Underarm: Conflict of separation from which I must protect with a tone of affection on the right side or the left opponent (for left-handed people, the opposite).

Eyelids: "I see no recognition to me"

In the arms: "I'm not good at my work or at the performance of my duties".

In the neck: "I'm getting old"

Other conflicts that can generate warts:

Conflict stain with regret. Example: to have an unpleasant family, we have felt ashamed, soiled, stained.

Conflict of traumatic separation point.

Deep attack our dignity.

Recommendations to recover physical, emotional and spiritual health:

These people need to transform their hatred into love.

I resign to wait for others to validate or recognize me. I take my responsibility to recognize and love myself.

WRINKLES:

According Wataru Ohashi, wrinkles reflect the way you invest your mental energy.

Conflict contact-protection/separation. Resentment with life, let your resentires look through the skin.

Professional devaluation with suffering.

It has bypassed the pleasure, joy and ease in life.

It affects mainly elderly people. Expresses coarseness of behaviour. No need to contact, I get away.

"I do not want to be kind to you in order you love me, accept me as I am".

"I'm sick to death of you and I will not change"

They can also appear after a situation of excessive worry, despair, grief and sorrow.

"I want to keep or retain something of the past"

Likewise, they usually indicate envy, resentment toward life, or you can express aggression contained to which we are not capable of outputting.

In the East, they are considered a symbol of wisdom by the experience, detachment, understanding and knowledge.

We all have wrinkles on the forehead. Most people consider those wrinkles as something natural and not attribute to them any meaning. But according to the oriental interpretation can be performed several analyzes that allow us to reveal a part of our personality.

According to Ohashi, the three archetypical wrinkles lines cross the front horizontally. Ideally, they are long, straight and continuous. Some people only have one or two wrinkles on the forehead, while others have more than three. These variations also have a deeper meaning. A single continuous wrinkle translates unity of thought and purpose, and stable health and constant vital energy. Several continuous wrinkles evoke diversity of interests and an unstable health. As for the broken or fragmented wrinkles, translate inconstancy, an informal personality and changing a state of health. Discontinuous wrinkles, "flying birds", evoke an extreme personality and a continuously changing health.

Ohashi continues explaining, in his/her book *How to read the body* of Publisher Uranus, the three archetypal forehead wrinkles represent the three planes of human existence. The top wrinkle represents the sky, or the higher nature of the person. The middle wrinkle represents the human personality, the strength or weakness of the ego; and the bottom one represents the Earth

and the relationship of the person with the matter and the practical aspects of life, including work and finances. For him/her, if the three lines are sharp, continuous and strong, the person has a balanced view of himself/herself in relation to his/her spiritual, personal and earthly roles. By contrast, disruption of these lines indicates that the individual is experiencing a difficulty in the corresponding plane. Finally, between the eyebrows, just above the nose, they may be various vertical wrinkles. Many people have two parallel vertical lines. These lines should be mild and superficial, if the wrinkles are accentuated and deep, they translate excessive stress, prone to bouts of irritability, impatience, and liver problems. Three vertical lines between the eyebrows indicate a liver problem, usually because of too much frustration and anger. The person has excessive male energy, that is to say, is too aggressive and stubborn, prone to recklessness and accidents. The person who has a wrinkle between the eyebrows has a strong constitution and a strong will. You could have severe liver problems.

Recommendations to recover physical, emotional and spiritual health:

Learning to live with joy and fully every moment of the day.

WRISTS: (See hands)

It is the joint that connects the forearm to the hand. They represent the movement, flexibility, dexterity, ease and skill. It is related to what we do, "with the precise movement of labour" The precision of movement. The will, the desire to act. The way we handle our experiences, our actions.

Devaluation for failing to perform a function, a role, a task. You may believe that we are not up to perform a certain task (feel awkward manually), we lack skill or we lack confidence in our actions, for fear of making mistakes or lack of confidence in ourselves.

Denying the weight of things in relation to work and gesture. "I will not carry that weight or that responsibility at work"

The wrist problems express that we are adamant that our thinking and our actions are rigid, we do not handle deftly, easily, decisively, and with love. So there is an obstruction, a blockage or a denial against the actions he/she should do. Expresses the attitude of the person who thinks he/she can bring the reality to his/her will, the desire to "move to force", marking guidelines excesses.

They can also hurt us when we do we prevent something when we do not grant permission to ourselves, or when we feel unable to act because someone or something prevented us.

Similarly, when we have to do something and in the end we do not feel or think that someone abuses us and we do not feel love, but by compulsion, fear or guilt; our wrists end up calming down and our excess will produce pain.

Cysts: Denial of reality.

Scaphoid: devaluation conflict with actual travel notion (vacation) or symbolic (astral travel, travel by drugs, emotional journey)... coupled with a conflict in relation to work.

Fractures: Conflict in the assimilation of responsibilities. I think something (gesture at work) is not serious but deep down is that it is much.

Canal syndrome or carpal tunnel: There is a space in the wrist called "carpal tunnel" where the median nerve and nine tendons pass from the forearm to the hand. Carpal tunnel syndrome occurs when there is increased pressure in the tunnel due to swelling, and that pressure is transmitted to the nerve. When the pressure increases due to swelling, it is enough to disturb the way the nerve works, numbness, tingling and pain in the hand and fingers is

experienced.

The head creates ideas and hands manifest therefore a syndrome that prevents movement of the hand will have to do with not wanting to run what we have in mind. Conflict of inconsistency: "Something I'm thinking and hand does not want to do" "I do not realize what I think" "I have a particular conflict, and especially do not want to see or do not want to act to solve it (or cannot)".

Disease intermediaries. "I do not manage to reconcile the two parties"

The wrist also has to do with work, control the order at work, with a devaluation and indecision in action.

Overzealous at work "order control at work".

Conflict between release and grab. "I want to take the reins"

Denial of my conflicts. "I have a conflict and I cannot act or do not want to act to fix it" The negative does not exist. Everything is fine.

We must also take into account the significance of hand as "father" and the ligament associated with future projects. It may be in a context of a parent, as a parent, or something related to a symbolic level.

If the tension is manifested in the hand or on the right wrist, it will be related to the Yin symbolism (feminine), and if the problem occurs in the hand or on the left wrist, is related to the Yang symbolism (masculine).

Recommendations to recover physical, emotional and spiritual health:

Where am I not giving enough? Who or what reason prevents me from acting? What don't I want to accept? What aspect should I give in?

Love is the base where all our actions are sustained and energy manage our experiences.

ZOSTER:

Zoster herpes or zone is a skin condition caused by infection characterized by a painful rash on the path of a sensory nerve, accompanied by stinging sensations.

This usually occurs more often in people who have had chickenpox in the past, so it can be considered as a relapse. The adults with this skin condition is as if he/she had not understood and integrated the message of their suffering as children in their responsibility to defend others and would draw attention for someone to be cared and fed as if they were children.

Zoster or zone can translate the anger felt by a person in a situation or a particular person. They have the feeling of being prejudiced in their living spaces, having to crawl or not being able to live the life they want. What is happening burns them, but they lack the courage to face it.

It manifests as a result of having suffered a separation conflict, in some cases, is often associated with a conflict of dirt, stain, (I have been offended, humiliated, belittled). If it is also accompanied by a notion of unwanted contact, pains and aches arise.

"I was in contact with.."

"I do not want to be more in touch with.."

"I feel dirty and humiliated because they hug me"

"I feel dirty and humiliated because they do not touch me"

"I feel dirty and humiliated because they do not make love to me"

"I want to distance myself from this separation because I see it dirty"

"I am satiated of so much sweetness"

If the experience is related to something that costs you see or accept (eye area), if it is related to your image or identity (facial area), or if it affects your everyday life in the personal or professional field (intercostal area).

Recommendations to recover physical, emotional and spiritual health:

Since your nervous system is increasingly affected by the way they live this situation, the affected person has to learn to relax. You need to stop both, to contain your anger, grudges and learn to accept disappointments, and betrayals. Practice good exercise of forgiveness and "move on to something else".

CONCLUSION

An observed conflict is a resolved conflict.

Sri Nisargadatta

At this point the reader or the sick person, after so many reflections aimed at understanding the message of the symptoms, might ask: "Now how to use all this knowledge to heal myself?" What do I have to do?

Based on my own experience the answer would be being alert, paying attention, learning to see, in short, being aware. It is not about doing or changing anything, or trying to be a better person, just *be aware* of the symptoms to know ourselves.

Knowing yourself does not mean knowing the self, the ego. The lower self or ego is to the Higher Self or Being, what a tree is to the forest.

The human being is much more than it is believed to be. It is a microcosm containing all the principles of existence, is like a drop of water to the ocean.

So when a symptom is manifested in our body, our first attitude must be the acceptance of the symptom, learn to love because it shows us a principle we lack, which is in our subconscious and we need to integrate to be healthy, to be complete and achieve unity.

Every symptom manifests a hidden side of ourselves, a negative aspect we have rejected for its painful nature and appears again when the situation is suitable to accept it and we do become part of ourselves.

If you do not accept it, if you do not want to have it, if we make judgments against it, if we judge "this is bad, it is unfair or is a disgruntled" if you quickly want to take a remedy to clear, to delete it, the manifested principle will hide and hide again in the subconscious.

Then when we accept a symptom, that is to say, when you do not resist to it, and we become aware of it, we change and, at the same time we are transforming the disease process into a process of health.

There is nothing more to do; we see it, observe it every time with more attention, and that is enough.

All we need is to be aware of what the symptom expresses us, and with that awareness, it begins to disappear.

As you can check, those who want to take the path of self-knowledge, most

symptoms disappear "mysteriously" when you are aware of them.

If the symptom manifested because we were unconscious, at the moment we see and accept it, a radical change occurs.

It's like the darkness that mysteriously disappears when the light appears.

As I mentioned in the preface, I only speak of the essential part of the disease and, of course, this does not preclude functional measures, of whatever type, if needed to be taken.

All options are valid if they consciously made.

But I still insist, because my experience has shown me so that healing can only take place in the mind.

If anyone thinks that after being operated does not need to deal with mental background anymore is wrong and life will handle to prove it with a new lesson when he/she least expect it and, almost certainly, more virulent than before.

We must recognize, as spiritual beings that we are, that the ego living in the illusion of separation, polarity, makes us sick and that to access to health, we must travel the path from the lower to the higher self, from polarity and separation to unity and love, in that way, any symptom is a friend and a teacher.

Healing, as grace, can be somewhat disorienting in its early stages. It is a break with the old to reveal the new. Healing, as grace, always leads us to our true nature. In fact, healing is not a destination we are headed, but a discovery of where we are..., a participation in the process that is revealed any moment. Many of us ask for a miracle when everything else has failed. We wish the grace descend upon us. But grace comes from within. Grace emerges when healing is underway.

Stephen Levine

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ABOUT THE AUTHOR:

Joman Romero López was born in the province of Huelva, Spain. Since very young, he is fascinated by nature and share with her many moments of solitude during his childhood.

In his teens and, as a result of having learned to listen to the elder people of his environment, he feels the motivation to investigate and deepen the own feelings, trying to understand the origin of some traumas suffered in childhood.

He learns to become aware of the importance of thoughts and feelings in the human life, and especially their direct influence in the field of health and disease.

With the knowledge of well-known Eastern and Western "masters", he discovers a new vision that allows you to integrate the three dimensions of human existence (physical, emotional and spiritual) in a theoretical and practical way.

He studied Psychology and Philosophy. He specialized in Psychodecoding (psychological methodology that combines the Transpersonal Psychology and the Biodecodification therapies) and Behaviour Structure (vital task of the Soul). He studied and practiced meditation (mindfulness) and healing arts.

His desire is that this book becomes a search of adventure, self-knowledge and self-realization.