

# Psychospiritual Aspects



# Why?

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We are not counselors, and we should not be “psychoanalyzing” clients

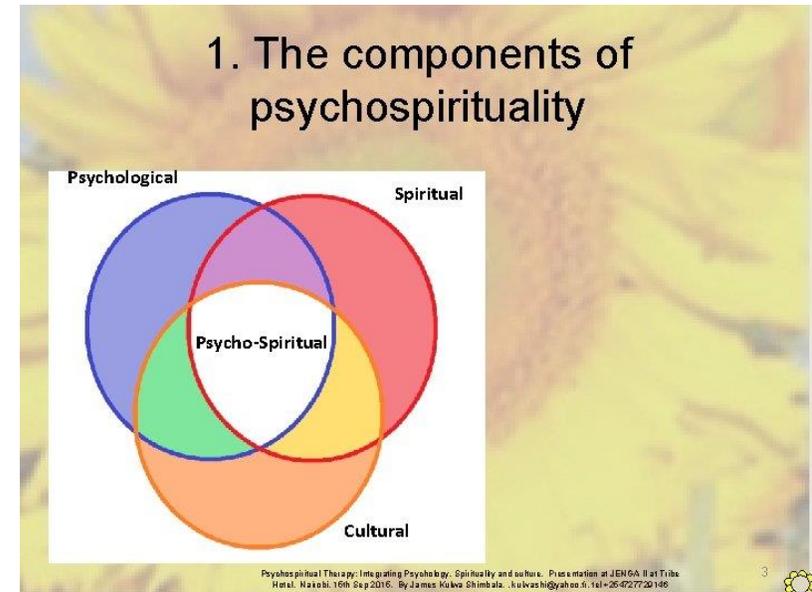
However, if something emotional is impeding their progress, we need to be aware of this:

1. To help ourselves understand the client’s perspective and what might be influencing them to make changes and what may be influencing their body’s response



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2. If possible, to help the client by having them consider that the emotional may be affecting the physical
  3. We may even be able to suggest an action they can take – recommending a book, or a practitioner that specializes in this

The longer I'm in this profession, the more I see this aspect playing a bigger role as to whether a client improves with nutrition and lifestyle suggestions



# The Psychospiritual

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What is going on in the consciousness continuously affects the body

The physical is affected by the emotional, whether on a conscious or subconscious level

There are several emotions that are at the root of psychospiritual issues that may play a role in physical issues

With the complexity of hormonal issues, it is worth looking at these connections as this may impede the body's ability to heal



# The Emotions

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**Anger:** Stems from obstacles that cannot be overcome and feeling powerless – as a result, instead of removing the obstacle, the person turns to attacking others or the Universe – health issues related to this include burning sensations, fevers and inflammations

**Resentment:** Stems from feeling powerless and like a victim – it is turned inward to fester in the body – considered a key emotion for cancer and tumors

**Guilt:** Stems from anger against oneself – attacking oneself leading to punishment and pain – physically, too, with muscles and joint aches, breathing difficulties and illness that cause physical damage like herpes



# Emotions

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**Shame:** Often confused with guilt, is actually a more generalized guilt and the attack on oneself focuses more on support systems such as the blood, liver and the immune system

**Grief:** A reaction to loss and being deprived – it affects lungs, bladder, kidneys and, of course, the heart

**Fear:** Activates the adrenals, which is our emergency system – it affects the gastrointestinal system, kidneys and bladder – shutting them down as they are not needed in an emergency

**Criticism:** Comes from wanting to control everything, stemming from a childhood where lack of acceptance, issues of physical and emotional survival, sense of self-worth and quality of life – manifest into conditions like arthritis

# Two Questions

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When trying to figure out the clients' potential issues:

1. What is the symptom stopping them from doing?
2. What is the symptom making them do?

Most of the symptoms are a reflection of what the person is trying to avoid dealing with



# Physical/Emotional

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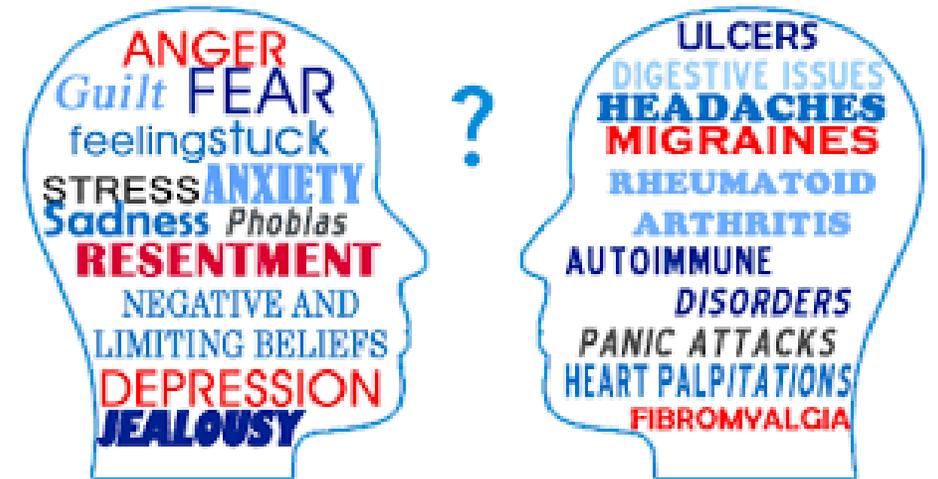
The physical connection to emotional is not so crazy

Dopamine can be lowered due to being deprived of joy

Adrenaline is elevated by fear and/or rage

Endorphins can be lowered by a lack of love

Serotonin is lowered by a sense of powerlessness



# Adrenals

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Considerable anger and frustration with life – the person feels like they must constantly work to gain any success, recognition or acceptance – they are programmed to be self-defeating

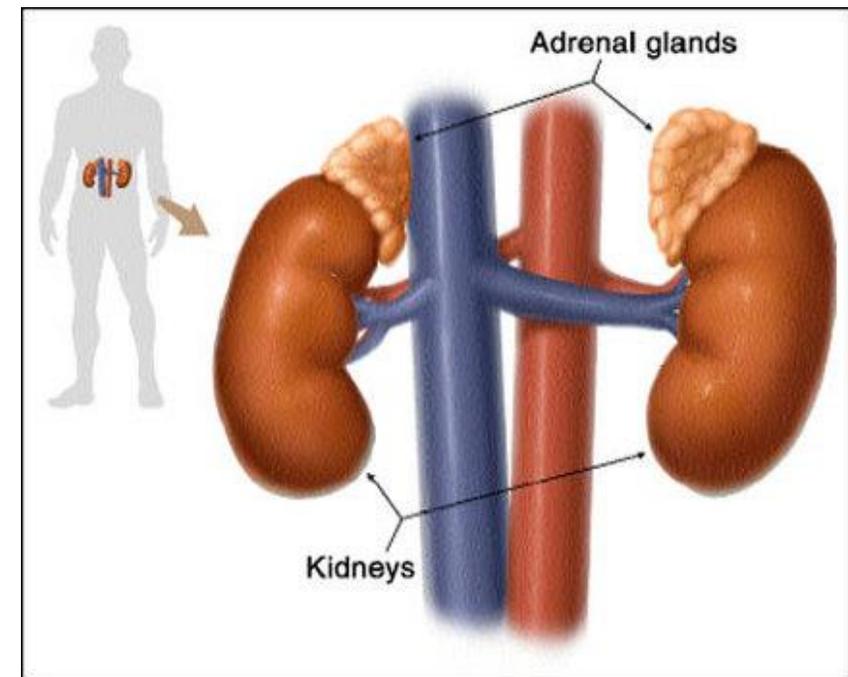
Adrenals are quite complex – they reflect the complex role they have in the physical body



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Adrenal fatigue is associated with emotional exhaustion – running on empty and drained of the life force – often the person is the family lynchpin and can no longer carry the load

Overactive adrenals are more about suffering from overload with a lot of fear, anxiety and threats about their well-being. There can also be control issues, too much work, responsibility, feelings of loss-paranoia and unresolved enviousness



# Thyroid

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A person with thyroid issues feels everything is geared for everyone else and not for them

Other people know the secret of success except them

The person feels they have no right to express themselves, to develop themselves and use their creativity to succeed

Might have been the odd one out in their family

Key thought “when it is going to be my turn”?



# Liver

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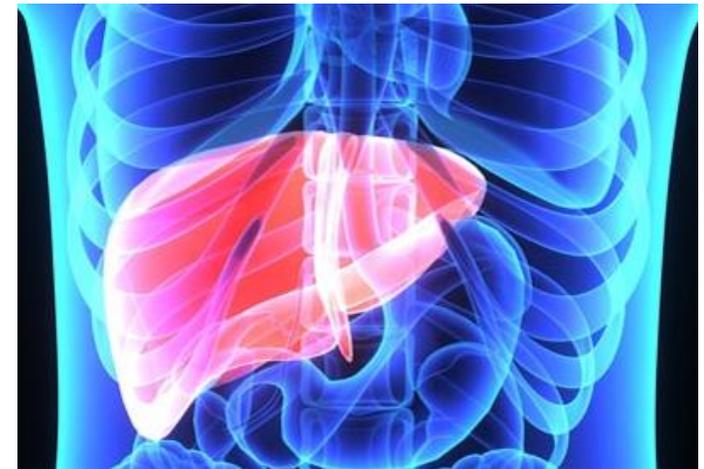
Issue with the cosmic intended destiny – their higher self manifestations have been thrown out of balance by a setback or a loss

Feelings of resentment = they are angry and confused about their life – they rage at lack of recognition, unjustified criticisms and having to support themselves

They feel frustrated and full of fear, depression, anger, hurt, need for power, even hate

Sometimes they feel like they are a bad person and continually condemn themselves – this could stem from a family issue

They may have trouble facing what they have to do and feel helpless



# Pancreas

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Have difficulties expressing love – they don't believe they deserve it

Can have an angry bitterness toward life

Do not experience joy, fun, caring or sharing and are frustrated trying to acquire goods and friendships

May have an egocentric perspective where they are self-indulgent and feel the world owes them a living – they feel betrayed when it does not manifest



# GI Tract

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Digestive problems – A sense that the person can't take it in and has trouble assimilating their experiences

Feels their needs were put last in the family dynamics and are in a state of continual stress

Person with gut issues may have trouble sorting things out and feel they cannot handle new things

They refuse to go with the flow and have created fear around it

May be due to an underlying mistrust of the Universe



# Reproductive Hormones

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Estrogen: Conflicted about their female nature – they are feeling unfeminine or are rejecting it

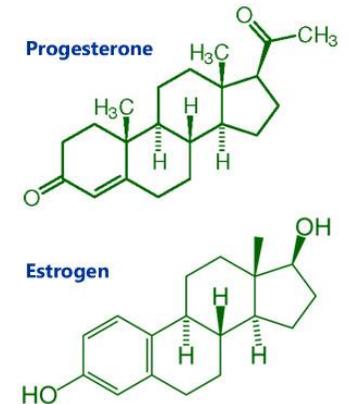
Low Estrogen – Suppressing femininity yielding to their masculine side

High Estrogen – Tend to be easily influenced and persuaded as to what they should be

Progesterone: Feelings of incompetence, inadequate and not up to the job

Tend to feel they are insufficient to make meaningful contributions

Can be fixated on personal gain and not building a future which could include not having children





# Hypothalamus

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Overwhelmed with anxiety, insecurity, frustration, disgust, grief or despair

May have resentment, rage

They feel there is no point in continuing or the possibility of continuity

Could be related to being from a dysfunctional family and got rerailed early in life



# Pineal Gland

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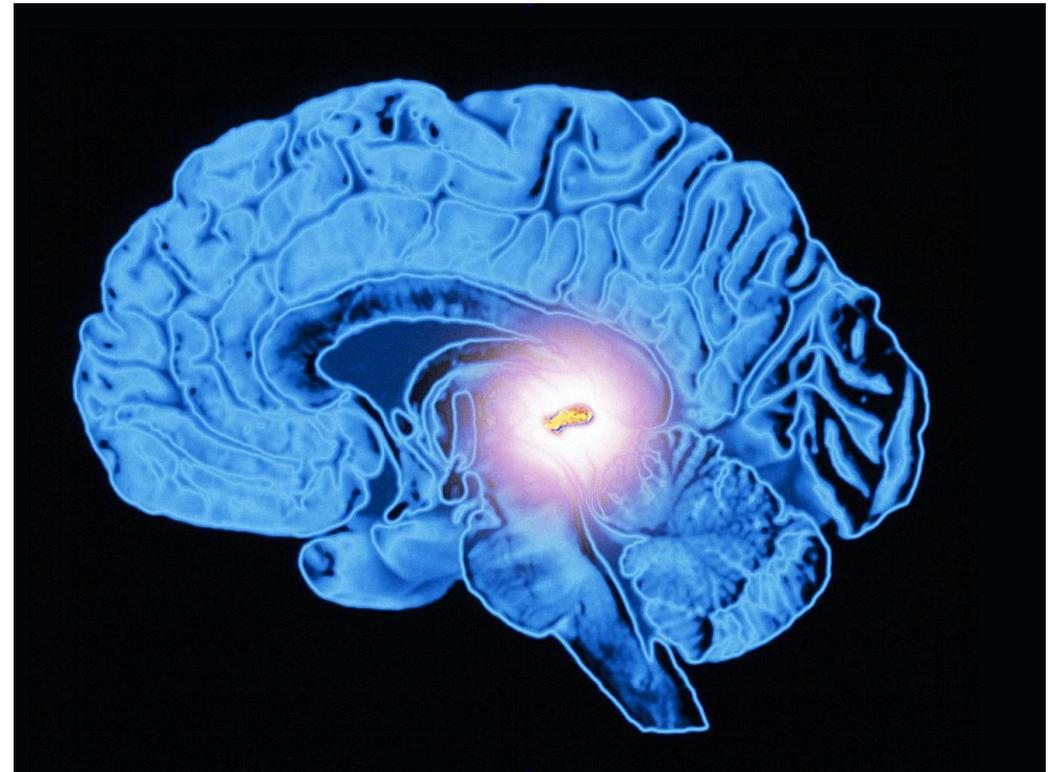
May have issues with trust and can be non-communicative

Little faith in the Universe

Like to keep people guessing as to who they are, what they are experiencing, what they're up to

They refuse to become educated or enlightened

May have had invasive and untrustworthy parenting



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When considering these aspects, remember that there are multiple physical imbalances as we have been discussing

Don't take the description of each area too literally

Unlikely, that any person is going to be experiencing the full emotional extent of one imbalance

But if they have a given area as one of their physical imbalances, then some of the emotional aspects for that area may be present to some degree



# Remember

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This is just a snapshot of what could be involved

It is much more complex, and the goal is to remind you to consider this

The good news is that working on the fear, anger resentment, etc. does not have to be complicated

A good practitioner can sort this out and the body will then sort it out physically – refer to someone who is trained to do this

Concepts from: Messages From The Body  
By Narayan-Singh

