

**Healing with
Emotions. Simple
Meditations for
Dissolving Childhood
Emotional Trauma
and Toxic Shame**

Exploring practical approaches for
facilitating emotional and
physical recovery

SCOTT RAUVERS

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Read the first 3 chapters for FREE at
www.scott-rauvers.com/heal.html

About Scott Rauvers

Scott was born in Boulder Colorado and grew up Australia. His parents were psychology majors at Boulder University in Colorado. After returning to the United States, Scott attended Weber State University in Utah and has spent the last 15 years as a bestselling author, having written 75 books. Over the course of the last decade, Scott's books have helped thousands of people around the world enjoy healthier and more fulfilling lives.

Scott understands that when individuals experience trauma or acute life stressors, it is not uncommon for their lives to become destabilized. His great passion lies in facilitating healing for those who have endured traumatic or stressful experiences. This latest book is designed for adults and families who seek to cultivate healthy self-perceptions and reinforcing relationships so they may view themselves as peaceful, complete, whole, and secure. Recognizing there is no singular solution applicable to any problem, Scott's unique experiences over the years has trained him in an array of modalities specially designed for healing victims of toxic shame and trauma.

Michelle Walden

Family Therapist

Popular Paperback Books authored by Scott Rauvers

Anxiety and Depression. A Guiding Therapy Coursebook for Miracles and Motivation

Cure and Treatment of Toothache, Decay and Cavities by Remineralization. Sixth Edition

Feeling Good, Feeling Better. The Official Cognitive Therapy Course Book

How to Make Tinctures, Extracts, Flower Essences and Homeopathic Remedies

Living Healthy Beyond 120, A Centurion's Plan for Longevity

Reversing Osteoporosis/Insomnia using newly uncovered Secrets of Bone Breathing

Documented Techniques for Writing Non-Fiction and Proposal Ideas that get you published

Foods, Herbs and Pharmaceuticals that Extend Lifespan. A Summary Of Over 200 Research Studies Proven To Lengthen Lifespan.

Farmer's Almanac Secrets. Correspondences of Feng Shui, Lunar and Alchemy

DEDICATION

This book is dedicated to Sigmund Freud,
the founder of modern therapy.



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Introduction

When I completed writing Anxiety and Depression. A Guiding Therapy Coursebook for Miracles and Motivation I started the website www.RealNewsRevealed.com, It originally used it as an archive of videos of people who were being healed of many diseases instantly. I did not believe it would become so popular. I wanted my viewers to enjoy watching people on their unique journey towards greater wellness. So as demand for the website grew, I decided to write a comprehensive guidance workbook for individuals seeking personal growth by healing past traumas so their emotional well-being may be strengthened, which in turn helps people enjoy healthier relationships, better health and more income.

Research is now starting to accept that the majority of diseases arise from toxic emotions that came from traumatic experiences, many of which occurred early on as children. These traumatic experiences create disharmonious energy patterns in an individual's energy field. They are removed when a person talks about their trauma such as in therapy or becomes aware of them and takes steps to dissolve such disharmonious energy patterns. It is the goal of this book to dissolve such traumatic energy patterns, allowing a person to feel whole again.

Scott Rauvers

A handwritten signature in black ink, appearing to read 'Scott Rauvers', with a large, stylized loop at the end.

Chapter I

Medical Science and the “*Incurable Disease*”



There are certain conditions that traditional medicine has attempted to treat but has been unable to fully resolve. This is because many physical pains and discomforts stem from underlying emotional causes. By asking insightful questions, the emotional cause behind the physical pain or incurable condition can be discovered. Emotional pain that refuses to be acknowledged due to ego or a lack of awareness has no choice but to eventually manifest itself outwardly in the human body.

When an individual experiences toxic emotions, they have lost touch with their true self. This takes place when one becomes separated from their higher power or source energy; they disconnect

from who they truly are. However, by remembering their inherent connection, they are able to reestablish their link to source, which in turn allows the body to remember how to heal itself. This shift in consciousness positively impacts emotions and in turn, higher vibrational energy manifests as healing on multiple levels simultaneously. Reconnecting to source is a reminder that we are infinite beings having a finite experience defined by love and that there is no such thing as an incurable condition.

While it is natural for individuals to feel they are not good enough at times, holding oneself to unrealistic or unattainable standards can be counterproductive. Many core beliefs that cause illness come from toxic emotions, which are a result of shame or guilt. This makes it difficult to develop a fulfilling, prosperous life.

Emotions such as resentment, criticism, guilt and fear create more issues relating to well-being than any other emotion. Such feelings often stem from assigning blame outwardly rather than taking responsibility for one's own actions and circumstances. In reality, each person largely determines their own outcomes through their thoughts, deeds and actions. To develop a fulfilling and meaningful life, one must recognize how beliefs have become internalized, which shapes one's interactions with others. Perceiving one as a victim, suggests ingrained beliefs are misaligned with the

true expectations that life wants to give you, which is one of fulfillment and happiness. On some levels, some people subconsciously feel they don't deserve to live a fulfilled and meaningful life.

It is key to understand that the mind and emotions are not separate from each other. This means anyone can alter erroneous beliefs, thoughts and feelings, which in turn causes one to begin feeling new experiences.

As part of the natural world and universe, humans are intimately tied to nature's



biological rhythms; whether they are aware of it or not. Your body is constantly changing itself as each cell undergoes cycles of regeneration and recycling at the atomic level. Approximately 98% of the composition of your body changes annually, and according upon your beliefs, perceptions and thoughts, rebuilds itself accordingly.

True healing that realigns one with source or correct beliefs, generates emotions of wholeness and fulfillment. Rather than masking or suppressing symptoms, bringing erroneous beliefs to the surface by talking about them or making peace with

them, addresses the core root of any imbalance or disturbance. Even just by simply becoming aware of them, begins the healing process.

Many early symptoms of a disease manifest as intuitive messages or impulses within our body. We either ignore them, hoping they will go



away, and sometimes they do. But if the developing condition is serious enough, unless the underlying causes are addressed, dis-ease will manifest. Especially if we are not honest enough to bring the cause into our awareness. Once this is dealt with, a return to wholeness and oneness takes place. In some cases, the underlying cause may not be apparent immediately. This is because the subconscious mind does not want to disclose painful truths due to ego or a lack of awareness.

Only by identifying the core emotional cause of a dis-ease, can it reduce physical pain and suffering. The key is to recognize the underlying pain; to bring it to the light of awareness, so to speak. Hence allowing yourself permission to feel the emotions causing the pain and suffering, dis-eases once thought incurable naturally disappear. This is because the body already intuitively knows how to heal itself. Hence, the role of victimhood ends.

Real healing begins with releasing emotional pain

from its core and accepting forgiveness for oneself and for others. All energy in the universe seeks circulation, which is essential not only for life, but also for healing and wholeness. Therefore, forgiveness, and emotional healing are necessary for healthy circulation. This approach to healing addresses the core conditions of illness that traditional mainstream medicine has been unable to fully embrace. A change in our beliefs causes a change in our behavior which in turn changes how other people respond to us. Hence, others begin directing their actions to individuals who still embrace the old belief systems.

Causes of Toxic Shame

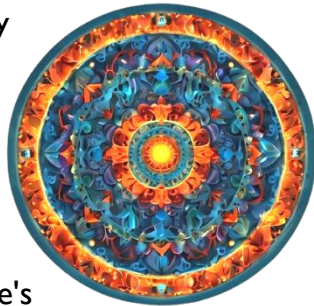
The origins of toxic shame vary - some stemming from inherited shame passed through generations; some acquired from shame experienced via others; some through identifying with shame-based heroes or role models; and some from our own past behaviors. The good news is that toxic shame's stronghold can be broken, its confines opened, and freedom and self-worth as a child of God can be reclaimed. Examining the



origins of deep shame provides deeper insight into our self-image, relationships, and overall well-being. This in turn helps rebuild our self-esteem and cultivate resilience.

Toxic shame develops when innate human needs for connection, belongingness, self-worth and acceptance become unmet on a regular basis. These unmet conditions commonly begin early in childhood, especially if one has been regularly subjected to being ignored, dismissed or faced with criticism, judgment and humiliation.

Toxic shame can cause one to avoid engaging outwardly with others due to memories of being humiliated in the past. Their inner child is wounded and they may defensively hide themselves in isolation as a means of self-protection from further rejection or humiliation.



Toxic shame manifests physically in the body as one's posture caves inward, with their head hanging low and their eyes averted. If the issue is not dealt with, than over time, self-critical and punishing thoughts emerge, which in turn eats away at their self-worth; craving more isolation.

As stated earlier, many of these events happen early on in childhood. As shame becomes embedded within the growing child's neurobiology,

it can color their perception, experiences, emotions, and connections with others. If a child is endlessly shamed, without a proper understanding of reconciliation by the parent, than as the child grows older, it can establish a negative feedback loop within family and sometimes social circles.

As the person grows into adulthood, due to the recursive nature of the shame-defense cycle, these negative coping strategies become engrained and reinforced in a person's thought pattern, and eventually manifests as physical illness though rigidity, because the person feels permanently trapped from shaming events that had occurred in the past.

Healing Meditations for Toxic Shame



Because toxic shame is deeply ingrained in our subconscious, one needs the right tools to explore its subtle behavioral effects on our body. Meditations allow one to rewire past memories associated with shame. This process can be viewed as "re-pairing". Given the ability of the human brain to develop new neurons and synaptic connections throughout life (*known as neural plasticity*), re-pairing represents the opportunity for one's brain to adapt to new beliefs. By actively re-pairing old shameful memories with new experiences of self-empathy and self-compassion, one proactively facilitates positive changes.

Healing Meditation #1

- 1- Place your hand over your heart. Breathe slowly and deeply, focusing your thoughts on feelings of goodness, safety, trust, acceptance and ease.
- 2- Once stabilized, recall a time when you felt completely secure with someone who loves you unconditionally, such as a partner, parent, child, close friend, trusted teacher or therapist.
- 3- Reflect on the feelings of safety and affection experienced at that time from the authority figure. Visualize the associated physical sensations and emotions; savoring the warmth,

security, trust and wholeness.

- 4- Maintain these feelings and physiological responses for 30 seconds before refocusing your thoughts.

Healing Meditation #2

- 1- Consider an individual for whom you have profound affection, such as a trusted colleague, close friend, cherished family member or beloved pet.
- 2- Reflect upon the deep care and kindness you feel for that person.
- 3- Envision the warmth of your thoughts of kindness and care towards him or her; seeing it flow outwards from you and towards them.
- 4- Once established, begin gently redirecting the emotions of care and kindness from your environment; inwards towards yourself. Receive and recognize your inherent worth of being loved and unconditionally supported.
- 5- Next generate a spirit of love, acceptance

and understanding, while embracing self-compassion.

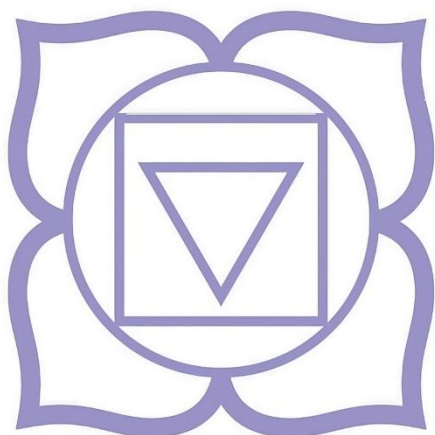
- 6- End the meditation when you feel whole and fulfilled.

Healing Meditation #3

1. Take a deep breath and reflect on feelings of love and acceptance.
2. Recall a past positive memory that evokes emotions of love and acceptance. Feel this memory providing inner strength and stability.
3. Next consider a small part of a past memory tied to shame, and hold both past experiences simultaneously.
4. Feel the more intense emotions of acceptance encompassing and enveloping the smaller recollection of memories of past shame.
5. Repeat until you feel a release or uplifting thoughts and emotions beginning to emerge.

Healing with Emotions. Simple Meditations for Dissolving Childhood
Emotional Trauma and Toxic Shame

This meditation moves you out of your current perspective and connects you back to source, so you are able to more effortlessly deal with life's more difficult moments. You may notice physical signs of relief as your body integrates this healing approach. As you continue to practice this meditation, over time, you will be creating new neurons that dissolve past feelings of toxic shame.

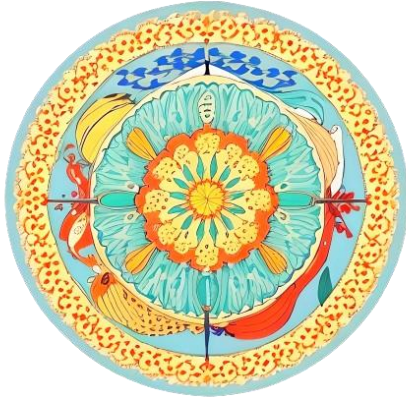


Summary Questions

- What are the underlying emotional causes of physical pain and incurable conditions?
- How does the chapter suggest that an individual can reconnect with their higher power or source energy?
- What are the consequences of holding oneself to unrealistic standards?
- How do this chapter's healing meditations aim to address and resolve toxic shame?

Chapter 2

Shame in the Workplace



People are always asking experts for tips to smooth things over at work. Work relationships can really stress people out sometimes. Job dissatisfaction stems from negative self-talk; more-so than any other type of external factor. Affirming one's value and envisioning an advancing career with a spirit of gratitude helps cultivate greater harmony in the workplace.

When you're at work, it's important to know we're all there for a reason, right? Both the employees and senior management previously choose to be in those roles. And it's all happening right now, in this place. There's a natural harmony between everyone, whether we see it or not. We

only need acknowledge this, which in turn allows one to work efficiently and enjoyably.

There are always solutions to problems, and answers to every question. Choose to seek the right course of action for any disagreement. Be willing to learn from difficulties and disagreements as they arise. Release all blame and look within to discover the truth, letting go of any patterns in your thinking that contributed to the situation.

Contrary to what one may have been taught while growing up, seeking and accepting compliments is not a selfish actor. Most people have a tendency to dismiss compliments rather than embrace them. Developing the habit of appreciating praise, acknowledgements, and other expressions of worth from others is essential for a healthy work environment. Learning to accept praise can come from mindfulness, journaling or monthly self-reflection. Over time the cumulative impact of such acceptance significantly contributes to a more happy and enjoyable work environment.

Know that you are successful in all your endeavors at work. You are inspired and productive serving others gladly. Harmony reigns within and around you and within and around every person in your workplace.

When you understand and declare that success in the workplace stems from principles of love, then know that Divine Love has no choice but to bring those to you those that seek your expertise

and knowledge.

If you enjoy your job but feel underpaid, bless your current salary with gratitude - this enables growth. Absolutely avoid complaining about work or coworkers, as your mindset shapes your circumstances. Know that positive thinking works wonders in the workplace, and can advance you to better career positions.

During the workday, reduce tension through simple practices. For example, sit comfortably before work and focus on breathing. Dedicate at least 10-15 minutes daily to mindfulness stillness exercises. Display an affirmation in your workspace stating *"My job is a peaceful haven. I bless my job with love, filling every corner with warmth and comfort. I am at peace."* When thinking of your boss, affirm *"I only give that which I wish to receive - through love and acceptance of others, warmth is mirrored back to me."* Refuse to allow limited thoughts into your workspace. Know that your life and work stem from divine ideas of love and joy. Begin each day affirming *"Wherever I am, only good, wisdom, harmony and love exist."*

Celebrating Your Uniqueness

Appreciating your individual unique qualities is a powerful gesture of self-love. Rather than focusing on perceived flaws or ideals, express gratitude for the incredible capabilities your body performs each

and every second. In a world where conformity is often emphasized, embracing what makes you unique is a meaningful act of self-affirmation.

Take time to identify and value your strengths, your unique thought patterns, and perspectives on life. Rather than comparing yourself to others, recognize how your individual uniqueness enriches the diversity of the human experience. Engaging in activities aligned with your passions and values celebrates your uniqueness. For some, pursuing interests like art or noble causes allows them to honor their unique self, which in turn contributes to a more vibrant world.

***I appreciate all that I do.
I love and approve of
myself.***

Summary Questions

- What are the key factors that contribute to job dissatisfaction?
- How does the chapter suggest one should handle disagreements and problems in the workplace?
- What role does accepting compliments play in maintaining a healthy work environment?
- How does the information in this chapter propose to cultivate a sense of uniqueness and self-love in oneself?

Chapter 3

Your Thoughts Create your Experiences



Have you noticed how often we can refuse to think positive thoughts about ourselves? Well, the same goes for negative thoughts too. We all have the power to choose what we think.

Regarding your job, you are in your current role because of the mindset you previously held; either in the past few months, days or years. You attracted this position through your thoughts. Perhaps your work ethic was influenced by your family upbringing. However, you now have the power to change your perspective. Consider blessing your manager, colleagues, work environment, and clients with kindness. This cultivates a supportive mental atmosphere for yourself and positively impacts the entire workplace culture.

When people feel pain, especially pain that has been deemed incurable, that pain stems from past guilt that has been buried and forgotten about. Guilt serves no purpose, changing nothing and making no one feel better. Your sentence is served - release yourself from your inner prison. Anger and guilt can contribute to accidents, with the amount of damage caused depending upon how severely we feel we need punishment. Those who criticize others attract criticism. This emotion stems from perfectionism and the need to be flawless in all things at all times. However that is an impossible goal that can never be obtained.

It seems like everyone I know struggles with disliking themselves to some degree. The more self-hatred and guilt one feels, the harder life becomes. Sometimes it's tough or frustrating to stand up for oneself or speak their mind. One may get angry because they believe they failed to please others. Certain mental states, such as resentment, criticism, guilt, and fear, can negatively impact physical health and life experiences. These feelings often stem from blaming others and not taking full responsibility for one's own circumstances.

The less self-hatred and guilt, the better life goes. Good health starts from the inside. At the end of the day, so many people feel "*I'm just not good enough.*" We tell ourselves "*I don't do enough*" or "*I don't deserve good things.*" Does any of that

sound familiar? But not good enough for who, and according to whose rules?

Now if those negative beliefs are strong in you, how can you create a happy, prosperous, healthy life? Your subconscious would automatically keep contradicting itself, ensuring your goals stay out of reach.

Whatever occurs externally is merely a reflection of one's internal thoughts. If an individual is completely responsible for everything in their life, then there is no one else to blame. While poor behavior of others should not be condoned, it is important to recognize that one's own beliefs attract certain types of life experiences.

I have found that keeping a gratitude journal completely eliminates any anger that would sometimes appear in my life. Simply writing down twice a day what you are grateful for. Do this for a minimum of 10 days and all festering anger will subside.



Summary Questions

- How do our thoughts influence our experiences and the roles we attract in our careers?
- What impact can negative emotions like anger and guilt have on our physical health and life?
- How does the concept of responsibility and self-blame affect our ability to create a positive and fulfilling life?
- What role does our subconscious play in achieving our goals, and how might negative beliefs hinder this process?

Emotions and Associated Medical Condition



A

Abscess: Fermenting thoughts over hurts, slights and revenge.

Accidents: Inability to speak up for the self. Rebellion against authority. Belief in violence.

Addictions: Running from the self. Fear. Not knowing how to love self.

Allergies: Denying your own power.

Alzheimer's Disease: Refusal to deal with the world as it is. Hopelessness and helplessness. Anger.

Ankle: An ability to receive pleasure.

Anxiety: Not trusting the flow and the process of life.

Apathy: Resistance to feeling. Deadening of the self. Fear.

Appetite, Excessive: Fear. Needing protection. Judging the emotions.

Arm: Represents the capacity and ability to hold the experiences of life.

Arteries: Carry the joy of life.

Arthritic Fingers: A desire to punish. Blame. Feeling victimized.

Arthritis: Feeling unloved. Criticism, resentment. –

Rheumatoid Arthritis: Feeling victimized. Lack of love.

Chronic bitterness. Resentment. Deep criticism of authority. Feeling very put upon.

Asthma: Smother love. Feeling stifled. Suppressed crying.

Athlete's Foot: Frustration at not being accepted. Inability to move forward with ease.

B

Back Issues: Carrying the burdens of life. Helpless and hopeless. – Lower Back Pain: Fear of money or lack thereof. Mid-Back Pain: Feelings of Guilt. Upper Back Pain: A lack of emotional support. Feeling unloved. Holding back love. – Back Curvature: An inability to flow with the support of life. Fear and trying to hold on to old outdated past ideas. Not able to trust life. Lack of integrity, courage or convictions.

Bad Breath: Anger and revenge thoughts.

Balance: Scattered thoughts.

Baldness: Fear and excess Tension. Control Freak.

Bedwetting: Fear of a father figure.

Blisters: Resistance.

Blood Pressure: – High: Longstanding emotional problem have not been resolved or dealt with. Low: A Lack of love when a child.

Body Odor: Dislike of the self and others through fear.

Bones: Deepest beliefs about the self and how well you care for yourself.

Brain: Tumor: Incorrect or misaligned beliefs.

Stubbornness.

Breast: A refusal to nourish one's self. Putting everyone else first. Overprotection.

Burns: Anger.

Bursitis: Subtle emotions of repressed anger.

C

Calluses: Hardened ideas and concepts. Solidified fears.

Cancer: Longstanding resentment and deep hurt. Deep secrets, grief or sustained hatred.

Candida: Anger and Frustration. Untrusting and demanding.

Canker Sores: An inability to express oneself openly.

Blame.

Carpal Tunnel Syndrome: Frustration and anger at injustices.

Cataracts: Can't see ahead with optimism and joy. A future of bleakness.

Cellulite: Self-punishment and repressed anger.

Cerebral Palsy: An inability to unite the family.

Chills: Pulling away and inwards.

Cholesterol: No joy or fear thereof.

Circulation: Express positive emotions.

Colds: Work stress.

Coma: Escape.

Constipation: Holding onto the past.

Coughs: Seeking attention.

Cramps: Fear and tension.

Cuts: Punishment for not adhering to one's self-made rules.

D

Deafness: Rejection and isolation.

Depression: Confused Anger and Hopelessness.

Diabetes: Longing for the past. Need for control.

E

Epilepsy: Victimization and Struggle.

F

Face: What our innermost gifts are.

Fainting: Can't cope.

Fat or Weight issues: Oversensitive. Seeking protection. A
resistance to forgive. Running away from true feelings.

Insecurity,

Fatigue: Boredom. Lack of love for one's career.

Feet: Fear of the future.

Fingers: Thumb: Worry and Intellect . – Index: Fear and
Ego. – Middle: Sexuality and Anger. – Ring: Grief and
Unions. – Little: Pretending and Family.

Food Poisoning: Allowing others to take full control.
Defenseless.

G

Gastritis: Prolonged uncertainty. A feeling of doom.

Genitals: Not being good enough.

Gout: Seeks to dominate.

Glaucoma: Unforgiveness. Past pressure from longstanding
pain and emotion. Feel overwhelmed.

Gray Hair: Pressure, strain and stress.

Gum Problems: Indecisive about life.

H

Headaches: Invalidation of self. Self-criticism. Fear.

Heart: Heart Attack: Squeezing out the joy in life in favor
of position. Feeling scared and alone and. Lack of feelings

of accomplishment. Heart Problems: Emotional issues.

Lack of joy. Hardening of the heart. Strain and stress.

Heartburn: Intense Fear.

Hemorrhoids: Deadlines. Past anger. Inability to let go.

Burdened.

Hernia: Ruptured relationships. Frustration.

Toxic shame. Rejection Issues.

Hyperactivity: Fear.

Hyperventilation: Fear.

I

Impotence: Tension and guilt.

Incontinence: Past controlling emotions.

Indigestion: Dread.

Infection: Anger.

Inflammation: Anger.

Influenza: Collective mass negativity and outdated beliefs.

Ingrown Toenail: Worry.

Injuries: Feeling guilty and angry.

Insanity: Fleeing, escapism and withdrawal.

Insomnia: Fear and Guilt.

Itching: Unsatisfied.

J

Jaundice: Prejudice. Unbalanced reason.

Jaw Problems: Resentment and revenge.

K

Kidney Problems: Disappointment, failure and shame.

Kidney Stones: Uresolved anger.

Knee: Pride and ego. Inability to forgive.

L

Leg: Inability to be carried forward in life.

Liver: Anger and primitive emotions. Complaining. Blaming and fault. Deception of one's inner emotions and feelings.

Lockjaw: Refusal to express feelings.

Lump in the Throat: Fear.

Lung: The ability to take in life. Depression. Not feeling worthy.

M

Migraine Headaches: Dislike or guilt of being driven towards goals. Sexual fears.

Motion Feeling of being trapped.

Multiple Sclerosis: Mental hardness and iron will.

N

Nails: Frustration.

Neck: Refusing to see the other side's ideas.

Stubbornness.

Nervous Breakdown: Self-centeredness.

O

Osteoporosis: Feeling deserted.

Pain: Guilt. Seeks punishment.

Pneumonia: Tired of life. Unhealed Emotional issues.

Psoriasis: Refusing to take responsibility.

S

Scratches: Feeling that life is tearing at you. Lack of trust.

Senility: Demanding care and attention as a form of control. Escapism.

Spleen: Obsessions.

Sprains: Resistance.

Sterility: Fear and resistance.

Stroke: Given up. Resistance. Fear of change.

Stuttering: Insecurity.

T

Teeth: Indecisiveness and an inability to digest ideas.

Feelings of being destroyed. Lack of a clear mental space.

Tinnitus or Ringing in the Ears: Not hearing the inner voice. Stubbornness.

Toes: Represents details of the future.

Tongue: Represents the ability to taste the pleasures of life with joy.

Tuberculosis: Selfishness and Possessive. Revenge.

U



Warts: Little expressions of hate. Belief in self-ugliness. –

Plantar Warts: Anger. Frustration about the future.

Wrist: An inability to flow with movement and ease.



Frequency and Emotions Chart

FRQUENCIES	EMOTIONS	RESULTS
HIGHEST FREQUENCY	Ineffable – Enlightened Accessing Higher Self Bliss – Peace Serenity – Joy Laughter MY TRUE SELF	RAPID MANIFESTATION OF INTENTIONS CREATIVE
GROWING FREQUENCY	Love – Reverence	<div style="border: 1px solid black; padding: 5px; display: inline-block;"><i>Increasing frequency</i></div> 
INCREASING FREQUENCY	Understanding – Reason Forgiveness (including self) Optimism – Willingness Trust – Neutrality	
	Courage - Affirmation	LIBERATION
LOW FREQUENCY	Scorn – Pride Arrogance DOMINATING EGO	FRUSTRATION
	<i>Erroneous beliefs</i>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"><i>Decreasing frequency</i></div> 
LOWER FREQUENCY	Hate – Anger Cravings – Judgment Anxiety – Fear	
LOWEST FREQUENCY	Regret – Grief Blame – Guilt Despair – Apathy Toxic Shame Humiliation	DESTRUCTIVE - LITTLE TO NO MANIFESTATION OF INTENTIONS

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Emotions and Body Region Chart

Blocked Emotions Identification Chart		
	A	B
1 – ODD Small Intestine / Heart Summer - RED 11 a.m. to 3 p.m.	Undeceived Love Betrayal Lost Abandonment	Heartache Overjoyed Vulnerability Unappreciated Effort
2 – EVEN Stomach / Spleen Late Summer - YELLOW 7 a.m. to 11 a.m.	Worry Anxiety Despair Nervousness	Lack of Self-Love Hopeless Failure Loss of Self-Control
3 – ODD Colon / Lungs Autumn / Fall - WHITE 3 a.m. to 7 a.m.	Sadness Low Self Esteem Discouraged Rejection	Grief Stubborn Confused Defensive
6 – EVEN Reproductive Organs Early Winter - BROWN 5 p.m. to 9 p.m.	Humiliated Lust Jealousy Overwhelmed	Shame Pride Unworthy Shocked
5 – ODD Bladder / Kidneys Winter - BLACK 3 p.m. to 7 p.m.	Victim Fear Dread Horror	Unsupported Conflict Insecurity Struggle
4 – EVEN Gallbladder / Liver Spring - GREEN 11 p.m. to 3 a.m.	Anger Hatred Resentment Guilt	Frustrated Depressed Panic Indecisiveness

Thank you for reading this fine book. Look for it or request it at your favorite bookstore. You may also [download it immediately to your Kindle or Nook](#), or purchase the paperback from [Amazon](#). Thank you again and happy reading!

Scott Rauvers

While we may not have met in person, I know deep down that I believe in you the reader. I believe in the ability of the Spirit of life to work through you, allowing it to utilize the full potential of your gifts and I believe that you already possess everything you need to live a happy, successful and enriching life.

When you reach your pinnacle of success and look back, you will see that seemingly insignificant, irrelevant events that had taken place were preparing you for what was yet to come. Hence things happen for a reason. You can never see this when you are on the road of your journey; only once you have achieved a long term goal.

Take a copy of this book and hand it to someone who could really use it; someone you believe in. You will not only be a catalyst for the blessings that life will end up bestowing upon yourself, but you will also be contributing to the manifestation of a more perfect, beautiful and wonderful world.

One's willingness to strive to be more creates a better life for the world overall. Thank you for participating in this grand journey of life. I sincerely wish you the very BEST in any personal financial endeavor you undertake, including *any personal challenge you seek to overcome!!*

Peace be with you



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