

"There are inherited trapped emotions affecting Sharon, through Sara that are ready to be released."

1. Terror

Intense, sharp, overwhelming fear; extreme fright; alarm.

Inherited from Mother, from her Father, from 14x Great-grandfather. Also released for Sharon.

2. Forlorn

Miserable and forsaken. Sad and lonely by reason of abandonment, desolation or emptiness. A lonely sort of hopelessness.

3. Overwhelm

To be overpowered in mind or emotion; extreme stress; feeling overpowered with superior force; feeling excessively burdened.

4. Sorrow

A sad regret; distress caused by loss, disappointment or grief; to feel or express grief, unhappiness, or sadness.

Experienced at age 22.

5. Taken for Granted

Feels treated with careless indifference; not given thanks or for something accomplished, similar to ignored. Taken advantage of.

Inherited from Mother, from her Father, from 11x Great-grandfather. Also released for Sharon.

6. Vulnerability

Feeling susceptible to harm, either emotional or physical; unsafe; unstable.

Inherited from Father, from his Father, from 7x Great-grandmother. Also released for Sharon.

7. Unsupported

A lack of support, help or encouragement; not provided for by another; not defended when help is needed; feeling the burden is too heavy to bear alone, etc. One can also feel unsupported by their own body in cases of illness, weakness or lack of emotional or mental strength.

8. Heartache

Anguish and pain of the heart; distress usually as a result of difficulty or sadness in a relationship.

Felt as a crushing or burning physical sensation in the chest.

Experienced at age 38.

9. Confusion

Feeling disoriented or foggy. Unsure of the options. A lack of distinctness or clearness. Feeling perplexed or bewildered.

10. Wishy Washy

Weak, spiritless; undecided; irresolute; without strength of character. To lack conviction; without a backbone.