

"There are trapped emotions in Anna that are ready to be released."

1. **Abandonment**

Physical abandonment is having been left alone, left behind or deserted (this is the type of abandonment that we most often see in childhood). *The baby felt abandoned when her mother left her at daycare.* **Emotional abandonment** is having been given up on, withdrawn from, separated from or emotionally deserted. A feeling of being “left behind” in a non-physical form. This can also apply to *financial* abandonment.

Inherited from Mother, from her Mother, from 8x Great-grandmother.

2. **Forlorn**

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

Inherited from Mother, from her Mother, from 8x Great-grandmother.

3. **Love Unreceived**

A feeling that one’s love has been rejected. Feeling unwanted, not cared for; not accepted; a lack of love where it is desired.

Inherited from Mother, from her Mother, from 8x Great-grandmother.

4. **Taken for Granted**

Inherited from Mother, from her Mother, from 8x Great-grandmother.

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

Inherited from Father, from his Father, from 12x Great-grandfather.

5. **Depression**

A state often caused by “anger turned inward” at the self. Inability to feel joy or excitement. A low energy, negative state caused by ongoing negative feelings.

Inherited from Father, Father, 8x Great-grandfather. Also released for Hamish.

6. **Betrayal**

Betrayal of yourself is to violate integrity; act against your morals; to abuse your own body or soul.

7. **Grief**

Suffering due to loss of a loved one, death of a dream, disaster, misfortune, etc. A universal reaction to bereavement. Can also arise from unmet expectations

Inherited from Mother, from her Father.