

"There are trapped emotions in Karen that are causing or contributing to her right hip, knee and groin pain that are ready to be released."

1. **Hopelessness**

Devoid of hope. Having no expectation of good. Having no remedy or cure. No prospect of change or improvement.

Inherited from Father, from his Father, from 13x Great-grandfather. Also released for Scarlett.

2. **Humiliation**

A painful loss of pride, dignity or self-respect; to feel mortified; embarrassed.

Inherited from Father, from his Mother, from 8x Great-grandmother. Also released for Max.

3. **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)

Inherited from Mother, from her Mother, from 12x Great-grandmother. Also released for Scarlett.

4. **Forlorn**

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

Inherited from Father, from his Mother, from 14x Great-grandmother. Also released for Max.

5. **Betrayal**

To feel **betrayed** is to have your trust broken, to be deserted or hurt by a trusted one

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

6. **Anger**

A strong displeasure and hostility, usually aroused by a real or supposed wrong. Anger can be generated when we feel threatened, or as a cover-up when we are hurt, afraid or in denial.

Inherited from Mother, from her Mother, from 12x Great-grandmother. Also released for Scarlett.

7. **Hatred**

To loathe or despise. Great dislike or aversion. Often comes as a result of "hurt love". Often hatred is of a situation rather than a person (e.g. hatred of another's behaviour, unjust circumstances, etc.)

Inherited from Mother, from her Mother, from 12x Great-grandmother. Also released for Scarlett.

8. **Guilt**

The feeling of having done wrong or committed an offence. Taking responsibility for the harmful actions of another (e.g., abuse, parents' divorce, death, etc.) Often accompanied by feelings of depression, shame and self-abuse.

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