

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

1. Terror

Intense, sharp, overwhelming fear; extreme fright; alarm

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

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

3. 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.

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

4. Taken for Granted

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

Inherited from Father, from his Mother, from 7x Great-grandmother.

5. Low self esteem

A low appraisal of one's own worth or value; feeling and focusing on one's flaws; holding a feeling of disrespect for the self; not confident; lack of self-love.

Inherited from Mother, from her Father, from 12x Great-grandmother.

6. Failure

When one falls short of success or achievement in something expected, attempted, or desired.

Inherited from Father, from his Mother, from 7x Great-grandfather.

7. Shock

A sudden or violent disturbance of the emotions or sensibilities; extreme surprise; to feel traumatised or stunned.

## 8. Rejection

Feeling denied, refused or rebuffed; discarded as useless or unimportant; cast out; unwanted; forsaken.