

Naomi

Jason - Bianca, Lauren.

"There are trapped emotions in Paula that are ready to be released relating to the left sided theme in her life."

1. Vulnerability

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

2. Peeved

Irritated; annoyed; exasperated; irked; aggravated; ticked off.

Inherited from Mother, from her Mother, from 14x Great-grandmother. Also released for Jason and Bianca.

3. 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.

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

4. Panic

A sudden, overwhelming fear that produces hysterical behaviour, unreasonably fearful thoughts or physical symptoms such as trembling and hyperventilation; a strong feeling of impending doom.

Inherited from Mother, from her Mother, from 14x Great-grandmother. Also released for Jason and Bianca.

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 Mother, from 14x Great-grandmother. Jason and Bianca.

6. Creative Insecurity

Feeling unsafe or untrusting the self about the creation or development of anything, including relationships, family, health, money, career and/or artistic endeavours. A feeling of insecurity that arises and blocks the creative process.

Inherited from Mother, from her Father. Also released for Naomi.

7. 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, from his Father, from 7x Great-grandfather. Also released for Jason and Lauren.

8. Helplessness

Powerless or being unable to help oneself. Being without the aid or protection of another. A common emotion for those suffering from a “victim mentality.” Feeling unable to change one’s circumstances or state

Inherited from Father, from his Father, from 9x Great-grandfather. Also released for Jason and Lauren,