

"There are trapped emotions in Sara blocking her from being able to surrender and let go of things that are out of her control."

1. Vulnerability

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

Inherited from Mother, from her Mother. Also released for Sharon.

2. Frustration

Feeling exasperated, harassed or vexed. Feeling stuck or unable to progress; blocked from causing a change or achieving an objective or goal.

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 Father, from his Father, from 14x Great-grandfather. Also released for Ronnie and Mikey.

4. Sadness

Unhappy; sorrowful; mournful; affected by grief.

Inherited from Father, from his Father, from 14x Great-grandfather. Also released for Yaniv.

5. Forlorn

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

6. 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 14x Great-grandfather. Also release for Ariel.

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.

8. Taken for Granted

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

