

WOUNDOLOGY

Where do you feel stuck in the body?

Releasing Personal Power...

Arm Pain: What am I holding onto or embracing that needs to be released?

Back Pain: Who or what is causing me to bear an undue burden?

Digestive Problems: What ideas, beliefs or experiences am I having trouble digesting?

Eye Pain/Problems: What needs to be seen that I've ignored?

Fatigue: What in life is wearing me out and making me sleep or shut off?

Hearing/Ear Infections: What am I not hearing that must be heard?

Leg Pain/Cramps: In what ways am I not standing on my own two legs?

Lung Problems/Shortness of Breath: How am I struggling to breathe in life and experience?

Neck Pain: Who or what is being a pain in the neck?

Ovarian Problems: What am I longing to create that I haven't or what have I created in my life that I wish to move away from?

Being Overweight: What do I fear most, and how am I surrounding myself with layers to protect me from what I fear?

Being Underweight: How is my boundary between myself and the world around me in need of development and strengthening?

Throat Problems: What am I not speaking the truth about?