



BODY PART DIRECTORY

This lists the common mind-based causes of conditions relating to the main parts of the body.

BACKGROUND TO THE BODY PART DIRECTORY

Although you have a male or female body, everyone has masculine and feminine energy and elements within them. The Body Part Directory takes account of the long-known phenomenon that the different sides of the body link with different sexes. I've observed that if the masculine-feminine energetic equilibrium becomes imbalanced, it will show up in how you relate to life and the body can reflect how you feel through physical symptoms. Again, the loss of balance stems from inner conflict and not yet embodying the positive virtues that allow you to maintain a harmonious balance.

Using Chinese Medicine to help diagnosis

Traditional Chinese Medicine (TCM) is an ancient system of medicine that uses a range of methods for diagnosing and treating the physical form. Although it is believed to be 2,000 years old, it is very relevant today for discovering the possible mind-based causes for what's happening within your body. The Body Part

Directory draws on the TCM understandings about the different sides of the body relating to either masculine or feminine. Within the context of the model masculine is not 'male' and feminine is not 'female' so, to use this model effectively, it is best not to try to fit them into the classical concepts about male and female traits. Using them to help diagnosis is more about determining whether your masculine and feminine qualities are in balance, or not. Here's a quick overview of the qualities associated with the left and right sides of the body:

Masculine side

The right side of the body is linked with the masculine aspects. It corresponds with giving, moving, manifesting and doing. It is how you create in the external world and is associated primarily with the outflow of energy. If there is an imbalance, you will hold back from giving, be unassertive, doubtful, lack confidence and not be doing what is required to create.

Feminine side

The left side of the body is linked with the feminine aspects. As a general rule, the feminine side is about receiving, being and the inner self. It is how you receive and is associated primarily with the inflow of energy. If there is an imbalance, there will usually be unrest within your inner sense of self and you will be closed off to allowing in certain aspects of your external life.

*When in harmony you will have balance within
the masculine and feminine, giving and receiving
and being and doing sides of yourself.*

HOW TO USE THE BODY PART DIRECTORY

For the Body Part Directory, you will see the common mind-based causes are listed under the left and right sides of the body. So if

you have a physical problem, which predominantly sits on one side of your body, you will find this directory especially useful. Also, if your issue is happening on both sides (or in the middle) of your body, then you'll want to explore both the masculine and feminine aspects. You will find it will shed light on why problems have shown up in specific areas of your body. To use the directory:

1. **Locate the side(s) of the body:** Notice if your problem is mainly on one side of your body or recall if it started on one side of your body. If it is on both, take account of both masculine and feminine aspects in relation to the mind-based causes.
2. **Link the body part with the mind-based cause:** Scan down the directory (see pages 209-215) to find the body part and then read the common causes of issues happening within that body part. When reading, be context-aware and notice if you resonate with any of the common cause(s).
3. **Find the specific life event/experience:** Once you've found the potential mind-based cause, ask: *Where is this experience showing up in my life?* Engage GAAWO and let the person, event or situation come to mind. If you cannot think of anything, don't overthink it. It will work as long as you experience how the mind-based cause feels.
4. **Use the Embodying Exercise to help heal:** Use steps 3 + 4 of the Embodying Exercise on pages 195-8 to clear the conflict and embody the virtue(s) you need that will bring harmony to the event or experience that may be causing your disharmony and physical condition.

For example, if you have neck pain on your left side. Ask: *What viewpoints of my inner knowing am I resisting or where in my life am I attached to my inner voice saying something else?* With GAAWO engaged, once you have recalled the event or experience, use the Embodying Exercise (picking up the exercise at step 3

because the directory will have already helped you do steps 1 and 2). Having embodied the virtue, you may find that the body part feels more at ease and you can make any positive changes that your body has been inviting you to do.

PLEASE NOTE: FOR GUIDE PURPOSES ONLY

Aim to allow your own mind-based causes to be revealed to you by considering the body-part function in relation to your life (see steps 1 + 2 of the Embodying Exercise). For example, hands relate to grasping, so where are you grasping and/or holding on in your life? If the physical problem is occurring on both side of the body, use the Embodying Exercise steps 3 + 4 on both masculine and feminine mind-based causes that resonate with you.

Body parts + Causes	
Face	
<i>Function</i>	Expression
<i>Left side</i>	Resistance to facing aspects of your inner self that you perceive as ugly/bad +/- hiding your inner feelings/knowings +/- attached to seeing yourself in a particular way.
<i>Right side</i>	Resistance to facing the world +/- unwilling/unable to express and give fully when doing + creating +/- attached to being publically seen in a positive way that is loved/accepted/respected.
Neck	
<i>Function</i>	Viewpoints
<i>Left side</i>	Resistance to accepting certain viewpoints of your inner knowing +/- attachment to your inner voice saying something else.

(continued)

EMBODYING CALM

Body parts + Causes	
Neck (continued)	
<i>Right side</i>	Attached to giving your viewpoints in relation to what you do +/or resistance to listening + acting upon externally received viewpoints.
Shoulders	
<i>Function</i>	Lifting (+ carrying)
<i>Left side</i>	Resistance to allowing yourself to be lifted up/ carried +/or resistance to picking up or carrying new ways of being within your inner self.
<i>Right side</i>	Resistance to picking up/carrying part(s) of your external world +/or resistance to picking up/carrying different ways of doing + creating.
Chest	
<i>Function</i>	Expansion
<i>Left side</i>	Restricted by what you are receiving, feeling limited in how or who you can be +/or feeling constricted within your inner sense of self.
<i>Right side</i>	Restricted by what you have to give, how you can give +/or limited in what you can do +/or constricted by external life circumstance(s).
Ribs	
<i>Function</i>	Protection (+ life force)
<i>Left side</i>	Feeling vulnerable in relation to what you are receiving +/or lacking inner life force +/or attached to finding sanctuary within your inner self.
<i>Right side</i>	Unable to give protection to others +/or lacking flow in external life +/or vulnerable/under attack from your external world
Upper back	
<i>Function</i>	Carrying
<i>Left side</i>	Resistance to allowing yourself to be carried +/or feeling a burden/heaviness within your inner self.

Body Part Directory

Body parts + Causes	
<i>Right side</i>	Resistance to carrying a person, event or thing +/- feeling external life/world too heavy to carry.
Middle back	
<i>Function</i>	Connection
<i>Left side</i>	Blocked to receiving connection +/- disconnected from certain aspects of your inner Self.
<i>Right side</i>	Holding back from giving connection +/- disconnected from aspects of external life/world.
Lower back	
<i>Function</i>	Support
<i>Left side</i>	Resistance to being your own support +/- attached to using the thinking mind for support instead of being supported by your soul-self.
<i>Right side</i>	Resistance to giving support +/- feeling unsupported in doing what you want to do and how you want to do it.
Arms	
<i>Function</i>	Embracing
<i>Left side</i>	Resistance to embracing yourself as you are +/- attached to being a certain way +/- lack of love from your inner self.
<i>Right side</i>	Resistance towards a person/situation +/- attached to someone/something +/- pushing away parts of your external life/world.
Elbows	
<i>Function</i>	Change
<i>Left side</i>	Resistance to new ways of being +/- resistance to maintaining the inner status quo +/- attached to what you know.
<i>Right side</i>	Resistance to changing how/what you give +/- resistance to life staying the same +/- attached to your ways of doing things.

(continued)

EMBODYING CALM

Body parts + Causes	
Hands	
<i>Function</i>	Grasping
<i>Left side</i>	Resistance to letting go of old ways of being +/ or tendency to engage in effort to take instead of allow-in and receive.
<i>Right side</i>	Resistance to letting go of old ways of doing/ creating +/or holding back from giving freely +/or attached to things.
Fingers	
<i>Function</i>	Touch
<i>Left side</i>	Resistance to feeling + touching certain aspects of your inner self +/or feeling who you want to be is out of your reach +/or attached to aspects of your inner identity/sense of self.
<i>Right side</i>	Resistance to losing touch with what you are giving away +/or detached from what you've done/created +/or attached to parts of your life (that are being/ have been taken away).
Hips	
<i>Function</i>	Progress
<i>Left side</i>	Resistance to making progress towards new ways of being +/or attached to staying the same +/or feeling stuck within yourself +/or controlled in who you can be.
<i>Right side</i>	Resistance to making progress towards your goals +/or attached to getting your goals +/or feeling stuck, inactive or stagnant in what + how you are doing/creating.
Glutes	
<i>Function</i>	Action (or inaction)
<i>Left side</i>	Resistance to something that is not sitting right within you +/or attached to doing nothing +/or feeling put down +/or resistance to certain aspects of yourself that you don't want to look at sticking around.

Body Part Directory

Body parts + Causes	
<i>Right side</i>	Resistance to something that is not sitting right within what you are doing +/or attached to being busy +/or feeling pushed down by situation(s) +/or resistance to taking action upon certain things.
Groin	
<i>Function</i>	Movement
<i>Left side</i>	Resistance to stillness/staying where you are +/or being emotionally unmoved +/or feeling immobilized +/or lacking calm + stillness within your inner world.
<i>Right side</i>	Resistance to movement +/or prevented from giving fully +/or attached to moving somewhere else +/or lacking freedom in what you can do and how you can create.
Legs	
<i>Function</i>	Standing (or moving + kicking)
<i>Left side</i>	Resistance to standing up to the opinions of your inner voice +/or attached to staying where you are +/or inner self-violence.
<i>Right side</i>	Resistance to standing up for yourself or others +/or attached to moving somewhere +/or desire to kick out at life/world.
Thighs	
<i>Function</i>	Relocating
<i>Left side</i>	Resistance to invitations to relocate +/or attached to relocating into new ways of being.
<i>Right side</i>	Resistance to relocating +/or prevented from relocating +/or attached to staying where you are.
Knees	
<i>Function</i>	Stability (or support + protection)

(continued)

EMBODYING CALM

Body parts + Causes	
Knees (continued)	
<i>Left side</i>	Resistance to a perceived lack of inner stability +/- attached to supporting yourself +/- feeling unsafe due to perceived lack of support.
<i>Right side</i>	Resistance to providing stability +/- perceived loss of support +/- need to protect and brace yourself against external threat(s).
Hamstring	
<i>Function</i>	Extending (or stability within movement)
<i>Left side</i>	Resistance to perceived inner restraints +/- unstable within yourself before next step +/- contraction within your inner self.
<i>Right side</i>	Resistance to being stretched by what you are giving/doing +/- trying to be + do more than current ability +/- unable to extend yourself fully.
Shins	
<i>Function</i>	Shock absorbers
<i>Left side</i>	Resistance to absorbing certain shocking truth(s) about your self +/- repeated emotional shocks that have shaken your inner sense of self.
<i>Right side</i>	Resistance to absorbing the shock of having to give unexpectedly +/- repetitive physical shock when doing or creating in the world.
Calves	
<i>Function</i>	Commitment
<i>Left side</i>	Resistance to fully committing to who you currently are +/- inner sense of uncertainty, tentativeness + apprehension.
<i>Right side</i>	Resistance to committing to someone, going somewhere or do something +/- overly cautious when doing to create.

Body Part Directory

Body parts + Causes	
Ankles	
<i>Function</i>	Spring
<i>Left side</i>	Resistance to resting +/- attached to being tightly sprung to stand strong on your own +/- feeling under pressure from suppressive thoughts + feelings about who you are/should be.
<i>Right side</i>	Feeling strained by what you have to give +/- lacking a spring in your step in what + how you are doing/creating +/- feeling under a heavy burden from external circumstance(s).
Feet	
<i>Function</i>	Grounded
<i>Left side</i>	Lacking a solid inner foundation +/- feeling ungrounded by what you are receiving +/- or saying to yourself.
<i>Right side</i>	Unable to remain grounded while doing + creating +/- or giving more than you have to give from an unstable foundation.
Toes	
<i>Function</i>	Balance
<i>Left side</i>	Feeling unsettled by what you are giving/saying to yourself +/- or lacking balance within your inner aspects of self.
<i>Right side</i>	Feeling unbalanced by what you are giving +/- or unable to remain balanced when doing /creating what you want/need.



ORGAN DIRECTORY

This lists the common mind-based causes of conditions relating to the main organs of the body.

HOW TO USE THE ORGAN DIRECTORY

Use this directory if you have a physical condition occurring within specific organs of your body. To get the best results use the following four steps:

1. **Link the physical condition with the organ:** Scan through the list of common physical conditions to find the organ(s) that your current condition is associated with. There may be more than one, so you may need to work on more than one mind-based cause event/experience. (If your condition is not listed, then use the complete Embodiment Exercise on pages 195–8)
2. **Link the organ with the mind-based cause:** Explore the mind-based causes linked with the organ(s) that your condition is associated with and find the one(s) that feel relevant to you.
3. **Find the life event/experience:** Ask yourself the recommended questions for finding the life event or experience that may be linked with the mind-based cause.

Or use the standard question: *Where in my life is this feeling or experience showing up?* If you cannot think of anything, don't overthink it. It will work as long as you experience how the mind-based cause feels.

4. **Use the Embodying Exercise (EE):** Be context aware and use steps 3 + 4 from the Embodying Exercise on page 197 to clear the conflict and embody the virtue(s) you need to bring harmony to the life event or experience that may be causing your physical condition.

TOP TIP: REST AND REVEAL

Aim to allow your mind-based cause(s) to be revealed to you by using steps 1 + 2 of the Embodying Exercise. If you have a physical condition relating to a specific organ, then use the recommended Organ Specific Calm Thoughts during your Calm Sitting with your awareness on the area of your body where your organ is located.

Organ Specific Calm Thoughts

Every organ has a recommended Calm Thought that you can use at the end of your Calm Sittings and during Calm Moments (whenever you notice that you've been thinking about the organ/condition). It is useful to have your awareness on the area of your body where the organ is located when thinking the Calm Thought. For example, if you have a heart issue, then think '*I am open, connected and in-flow with all parts of myself and life*' with your awareness on your heart area.

EMBODYING CALM

Organs + Mind-based causes	
Bladder	
<i>Function</i>	Retention
<i>Mind-based causes</i>	Grief, loss, fear, irritable, controlled, no control, hoarding, unwillingness to let go
<i>Common physical conditions</i>	Bladder infection, overactive bladder, stress urinary incontinence, urinary retention, bladder pain
<i>Calm Thought</i>	I am free from fear and willing to let go.
<i>Discovery Questions</i>	Where in my life am I experiencing grief? Who or what have I lost or am I scared of losing?
Gallbladder	
<i>Function</i>	Separation
<i>Mind-based causes</i>	Abandoned, alone, isolated, clinginess, stagnated, stuck, unable to separate good from bad
<i>Common physical conditions</i>	Gallbladder stones, gallbladder polyps, gallbladder cancer, severe abdominal pain, pain beneath the right shoulder blade, pain worsens after eating a meal - particularly fatty or greasy foods, pain that increases when you breathe in deeply, heartburn, indigestion, excessive gas, feeling of fullness in abdomen, shaking and chills, stools an unusual colour (lighter, clay-coloured)
<i>Calm Thought</i>	I am liberated by letting life's goodness in.
<i>Discovery Questions</i>	Where do I feel stagnated or stuck? What news can I not breakdown and make useful?
Glands	
<i>Function</i>	Homeostasis
<i>Mind-based causes</i>	Unstable, insecure, status quo challenged, unsettled, fear of the unknown, worrisome news, anxiety
<i>Common physical conditions</i>	Glandular fever, mumps, measles, bacterial infection, ear infection, tonsillitis, swollen glands

Organ Directory

Organs + Mind-based causes	
<i>Calm Thought</i>	I am safe and feel stable as life changes.
<i>Discovery Questions</i>	Where in my life do I feel unstable and insecure? What is threatening the status quo?
Heart	
<i>Function</i>	Circulation
<i>Mind-based causes</i>	Blocked, disconnected, hurt, closed to aspects of Self, out of flow with life
<i>Common physical conditions</i>	Cardiovascular disease, heart attack, heart failure, blocked arteries, high or low blood pressure, angina, heart valve problem, weak heart muscles, heart infection, fast or irregular heartbeat, heart palpitations, dizziness, chest pains, shortness of breath, tiredness, swelling in legs and stomach
<i>Calm Thought</i>	I am open to all aspects of myself and life.
<i>Discovery Questions</i>	Where in my life do I feel disconnected or hurt? What areas of my self am I closed off to?
Large intestine	
<i>Function</i>	Excretion
<i>Mind-based causes</i>	Attachment, holding on, blocked, fear, stuck in your ways, lack mentality
<i>Common physical conditions</i>	Constipation, diarrhoea, intestinal gas, colon cancer, ulcerative colitis, diverticulosis
<i>Calm Thought</i>	I am willing to let go of what I don't need.
<i>Discovery Questions</i>	Who or what in my life do I feel attached to, holding on to and not willing to let go of? <i>Consider people, position in workplace/society or possessions.</i>
Liver	
<i>Function</i>	Purification

(continued)

EMBODYING CALM

Organs + Mind-based causes	
Liver (continued)	
<i>Mind-based causes</i>	Negativity, anger, overloaded, sluggish
<i>Common physical conditions</i>	Liver disease, hepatitis, cirrhosis, liver tumours, liver abscess, weight gain (liver is the main organ of fat metabolism), weakness, fatigue, weight loss, nausea, vomiting
<i>Calm Thought</i>	I am pure and positive about myself and life.
<i>Discovery Questions</i>	Where in my life do I feel overloaded with negativity? What/who do I find most irritating?
Lungs	
<i>Function</i>	Life force
<i>Mind-based causes</i>	Unsupported, scared, sadness, fear of death, restricted, suffocated
<i>Common physical conditions</i>	Lung cancer, asthma, chronic bronchitis and coughs, difficulty breathing, wheezing, cystic fibrosis, raspy/hoarse voice, weight loss, weakness and fatigue
<i>Calm Thought</i>	I am strong and supported by life.
<i>Discovery Questions</i>	Where in my life do I feel unsupported? What has made me feel sad or scared due to a lack of support?
Kidneys	
<i>Function</i>	Processing
<i>Mind-based causes</i>	Overthinking, fear, shock, unresolved, unsettled, unable to process events
<i>Common physical conditions</i>	Kidney disease, kidney failure, urinary tract infections, frequent urination, difficulty sleeping, difficulty breathing, leg cramps, vomiting, bad taste in mouth, weight loss, swelling in the legs
<i>Calm Thought</i>	I am able to process anything that happens.

Organs + Mind-based causes	
<i>Discovery Questions</i>	What unresolved thing am I overthinking about? What has shocked and scared me?
Pancreas	
<i>Function</i>	Sweetness
<i>Mind-based causes</i>	Numb, bored, joyless, taking on parents problems, frequently feeling let down, lacking compelling purpose
<i>Common physical conditions</i>	Diabetes type 1 and 2, cystic fibrosis, pancreatic cancer, pancreatitis, pancreatic pseudo cyst, enlarged pancreas, upper abdominal pain that radiates into the back, swollen or tender abdomen, nausea and vomiting, fever, increased heart rate
<i>Calm Thought</i>	I am grateful for and passionate about life.
<i>Discovery Questions</i>	When did I become numb to life? Where in my life am I bored or what lacks joy?
Skin	
<i>Function</i>	Protection
<i>Mind-based causes</i>	Attacked, anger, fear, separate, alone, self-critical, negativity towards self
<i>Common physical conditions</i>	Psoriasis, eczema, acne, skin blemishes, spots and pimples, rosacea, rashes, itching, warts, verrucas, blushing, herpes, measles, shingles, chicken pox
<i>Calm Thought</i>	I am secure and loveable as I am now.
<i>Discovery Questions</i>	Where do I feel attacked, separated or isolated? How am I negative towards myself? Consider personal appearances, abilities or lovability.
Small intestine	
<i>Function</i>	Absorption
<i>Mind-based causes</i>	Overwhelmed, unfed by life, unworthy of nourishment, rejection, resisting, unable to absorb what's happened

(continued)

EMBODYING CALM

Organs + Mind-based causes	
Small intestine (continued)	
<i>Common physical conditions</i>	Intestinal cancer, celiac disease, Crohn's disease, infection, obstructions, ulcers
<i>Calm Thought</i>	I am worthy of being nourished by life.
<i>Discovery Questions</i>	Where in my life do I feel overwhelmed? What am I rejecting and not absorbing?
Spleen	
<i>Function</i>	Protection
<i>Mind-based causes</i>	Powerless, defenceless, insecure, anxiety, inner conflict, defences up
<i>Common physical conditions</i>	Blood disorders, leukaemia, anaemia; enlarged spleen can cause hiccups or pain in the upper left quadrant of the abdomen; also compress the stomach making you feel unable to eat a full meal
<i>Calm Thought</i>	I am safe and secure in this loving world.
<i>Discovery Questions</i>	Where in my life do I feel powerless or defenceless? What makes me feel anxious? Where in my life are my defences up?
Stomach	
<i>Function</i>	Digestion
<i>Mind-based causes</i>	Incapable, fear, unable to comprehend or process, resisting indigestible event(s), anger, something eating away at you
<i>Common physical conditions</i>	Acid reflux, indigestion, bloating, abdominal pain, viral gastroenteritis (stomach flu), stomach ulcers, hiatal hernia, gastritis (acid imbalance), loss of appetite, nausea
<i>Calm Thought</i>	I am capable of comprehending calmly.
<i>Discovery Questions</i>	Where in my life do I feel incapable? What am I unable to comprehend or process?



SYSTEMS DIRECTORY

This lists the common mind-based causes of conditions relating to the 12 systems of the body.

HOW TO USE THE SYSTEMS DIRECTORY

Physical conditions occur within specific systems within the body. To use this directory, use the following four steps:

1. **Link the physical condition with the system:** Scan through the list of systems to find the one most appropriate to your current condition. There may be several systems involved so you may need to work with more than one.
2. **Link the system with the mind-based cause:** Explore the mind-based causes linked with the organ(s) that your current condition is associated with and select the ones that resonate or feel relevant.
3. **Find the life event/experience:** Ask yourself the recommended questions for finding the life event or experience that may be causing your physical conditions. If you cannot think of anything, don't overthink it. It will work as long as you experience how the mind-based cause feels.

4. **Use the Embodying Exercise to help heal:** Be context aware and use steps 3 + 4 from the Embodying Exercise on page 197 to clear the conflict and embody the virtue(s) you need to bring harmony to the life event or experience that may be causing your physical condition.

TOP TIP: REST AND REVEAL

Your mind-based causes might not seem obvious at first but try not to overthink it, just aim to allow your mind-based cause(s) to be revealed to you by using steps 1 + 2 of the Embodying Exercise or the Discovery Questions.

Systems + Mind-based causes	
Circulatory system	
Includes heart, blood vessels including arteries, veins + capillaries	
<i>Function</i>	Circulation + Carrying
<i>Mind-based causes</i>	Stuck, closed, blocked, unwilling to go with the flow, under pressure, overwhelm, hurt, lacking love, isolated, disconnected, alone, heartbreak, let down
<i>Discovery questions</i>	Where in my life am I experiencing a lack of flow? Where do I feel under pressure or overwhelmed? With whom do I lack connection and love? Have I had my heart broken or felt let down? Am I ignoring my body or suppressing my spiritual side?
Digestive system	
Includes mouth, oesophagus, stomach, small + large intestine, rectum, anus, liver, pancreas + gallbladder	
<i>Function</i>	Digestion + Nutritional absorption
<i>Mind-based causes</i>	Hard to stomach thoughts or events, rejection of reality, shame, distrust, unable to process or comprehend events, anger, confusion, un nourished by life, undeserving of nourishment

Systems + Mind-based causes	
<i>Discovery questions</i>	What have I found hard to stomach? What am I resisting about my current reality? What do I feel guilt or shame about? Where in my life do I feel unnourished? When did I decide I'm undeserving of nourishment? What in my life am I unable to accept, process or comprehend?
Endocrine system Includes hypothalamus, pituitary, thyroid, pineal, parathyroid glands, thymus, adrenal glands, ovaries, testes, pancreas	
<i>Function</i>	Regulation + Secretion
<i>Mind-based causes</i>	Unable to manage life, un-giving, status quo challenged, controlled, out of control, unbalanced, confused, irritated, exhausted by never-ending effort, pressure to perform, sexual confusion, conflicted messages
<i>Discovery questions</i>	What in my life am I unable to manage? Where in my life do I feel controlled and I'm not able to control myself? What am I confused about? What is requiring a never-ending effort? Do I have any sexual confusion? What am I conflicted about?
Immune system Includes lymph nodes, lymphocytes, organs that produce cells + blood vessels	
<i>Function</i>	Protection + Elimination
<i>Mind-based causes</i>	Attacked, vulnerable, unable to fight, unprotected, exposed, threatened, controlled, inner conflict, harshness towards self
<i>Discovery questions</i>	What do I feel unable to fight? What is making me feel vulnerable or exposed? Where in my life do I feel threatened or under attack? In what ways am I being way too hard on myself?

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Systems + Mind-based causes	
Integumentary system	
Includes nails, hair, skin, some exocrine glands	
<i>Function</i>	Environmental protection
<i>Mind-based causes</i>	Need to defend, closed off, alone, rejection of environment, anger, separation, external threats, bullied, invaded, violated
<i>Discovery questions</i>	What do I feel I need to defend against? Who in my life have I felt bullied by? Where in my life am I experiencing separation? What have I been rejecting or am I closed off to? Where in my life do I feel judged from external sources?
Lymphatic system	
Includes spleen, appendix, tonsils, thymus gland, lymph nodes, ducts + vessels	
<i>Function</i>	Collection + Transportation
<i>Mind-based causes</i>	Trapped, stuck, alone, stagnant, blocked, negativity, unmoved, inactivity, fear, hiding, excluded, external threats, lacking flow + movement in life
<i>Discovery questions</i>	Where do I feel stuck in my life? Where in my life is there a build up of negativity? What's stagnant? Where am I resisting moving forward? What am I hiding from?
Muscular system	
Includes 700 named muscles that consist of skeletal tissue, blood vessels, tendons + nerves	
<i>Function</i>	Strength + Movement
<i>Mind-based causes</i>	Weak, vulnerable, unable to cope, scared of own power, worry, tense, overthinking, unsupported, heavy responsibility, fear, trapped, stuck, unable to move

Systems + Mind-based causes	
<i>Discovery questions</i>	Where in my life am I suppressing my power? Where do I feel unable to cope? What is making me feel weak/powerless? What is making me feel trapped or unable to move freely?
Nervous system Includes brain, spinal cord and nerves that branch off from spinal cord + send messages to the entire body	
<i>Function</i>	Interpretation + Communication
<i>Mind-based causes</i>	Unable to comprehend, unable to respond, overwhelmed by the sensory experience, conflict, confusion, tension, blame, on-going stressful situation, negative internal dialogue, moaning, complaining + being pessimistic
<i>Discovery questions</i>	What am I finding it hard to respond to? What is making me feel overwhelmed? What am I unable to process or understand? Who am I blaming? What on-going stressful situation am I resisting? What do I often moan, complain and think negatively about?
Reproductive system Includes testes, prostate gland + penis (males), ovaries, uterus, breasts + vagina (females)	
<i>Function</i>	Reproduction + Cycle of life
<i>Mind-based causes</i>	Resistance to create, low confidence, guilt, shame, invaded, unsafe, embarrassed, sexual confusion, dislike, critical, resistance to being like parents or experiencing what parents did, fear of parenthood, holding back from giving, nothing left to give resistance to receive, concern for child

(continued)

EMBODYING CALM

Systems + Mind-based causes	
Reproductive system (continued)	
<i>Discovery questions</i>	<p>Where in my life are there relationship hurts?</p> <p>Where in my life am I playing the victim?</p> <p>What do I feel unable to create?</p> <p>What has made me feel invaded, dirty or wrong?</p> <p>What's made me feel really embarrassed?</p> <p>Where in my life do I feel repulsed?</p> <p>Where in my life do I feel criticized or am I being overly critical?</p> <p>What fears do I have surrounding being a parent?</p> <p>Am I resistant to being like a parent or experiencing what they did?</p> <p>Am I concerned over a child's safety?</p>
Respiratory system	
Includes throat, trachea (windpipe), sinuses, nasal cavity, lungs	
<i>Function</i>	Supplying + Sustaining life
<i>Mind-based causes</i>	Resisting life, lack of passion +/- or purpose, depression, lack of compelling future, having to be own life support, alone, undeserving, not giving yourself what you need, feeling suffocated, isolation, guilt, grief, fear of death, shock
<i>Discovery questions</i>	<p>What am I resisting in my life?</p> <p>Where in my life do I feel suffocated?</p> <p>When did I decide I couldn't/shouldn't support myself?</p> <p>What do I need but am not giving to myself?</p> <p>Where in my life do I feel wronged?</p> <p>When did I decide that I'm undeserving?</p> <p>What do I feel is irreversibly wrong with me?</p> <p>What has caused me to fear for my survival?</p>

Systems + Mind-based causes	
Skeletal system	
Includes bones, cartilage, tendons ligaments, teeth	
<i>Function</i>	Structure + Support
<i>Mind-based causes</i>	Inflexibility, closed-mindedness, refusal to stand up for yourself, unable to support self, unforgiveness, hate, bitterness, judgemental
<i>Discovery questions</i>	Where am I being inflexible? In what way(s) am I being closed-minded? Where in my life am I not standing up for myself? Where do I feel unable to support myself? What do I feel bitterness about or am I being overly judgemental?
Urinary system	
Includes bladder, kidneys, ureters, urethra	
<i>Function</i>	Cleansing + Controlling
<i>Mind-based causes</i>	Negativity, holding on, holding back, angry, bitter, blocked, unbalanced, impure, unclean, out of control, controlling, marking territory, invasion of your space
<i>Discovery questions</i>	Where in my life am I holding onto negativity? What in my life is out of balance? What am I feeling upset about? Where am I unable to separate the good from the bad? Where do I feel my personal space is being invaded?



SENSES DIRECTORY

This offers guidance on the common mind-based causes of issues relating to your five senses.

HOW TO USE THE SENSES DIRECTORY

The Senses Directory includes the following:

- Ears – hearing/auditory
- Eyes – sight/visual
- Nose – smell/olfactory
- Receptors – touch/somatic
- Tongue – taste/gustatory

Within the context of your body adapting to keep you safe, survive and highlight aspects of your life that are in disharmony, the senses are highly symbolic. For each of the senses, if they have changed at a certain time in your life, then consider the descriptions provided in the directory and answer the corresponding questions in relation to what's been going on in your life using the following three steps.

1. **Read the common reasons:** Scan through list of senses to find the one most appropriate to your current condition. Read the common reasons for issues relating to the sense
2. **Ask the Discovery Questions:** Answer the questions to find your mind-body cause. Remember; don't worry if you cannot think of any specific event. It will work as long as you experience how the mind-based cause feels.
3. **Use Embodying Exercise:** Be context aware and use steps 3 + 4 from the Embodying Exercise on page 197 to clear the conflict and embody the virtue(s) you need to bring harmony to that may be causing your physical condition.

Senses + Mind-based causes	
Ears	
<i>Sense</i>	Hearing
<i>Function</i>	Receiving
<i>Mind-based causes</i>	<p>Hearing can link with your willingness to hear certain things and receive certain information from other people or during life events/experiences.</p> <p>Hearing tends to be reduced when you are resisting or rejecting what you have heard or are currently hearing. This can include not wanting to listen to your own inner voice. Hearing problems can also stem from being attached to hearing certain people or things, for example, the loss of a loved one and therefore no longer being able to hear their voice.</p>
<i>Discovery Questions</i>	<p>Who or what do I not want to listen to?</p> <p><i>This may be a family member or partner. It may also relate to news you received that you rejected and did not want to hear.</i></p> <p>Where in my life am I not listening to my inner voice?</p>

(continued)

EMBODYING CALM

Senses + Mind-based causes	
Eyes	
<i>Sense</i>	Sight
<i>Function</i>	Perceiving
<i>Mind-based causes</i>	<p>Capacity to see the past, present and future clearly. If there are certain things you don't want to look at or cannot see/imagine, then your eyes can adapt. Vision tends to become short-sighted when you cannot or do not want to see far into your future i.e. you do not have a compelling future or are resisting what might happen.</p> <p>Vision tends to become long-sighted when there are things in your close proximity that you don't want to see, look at or imagine. There's a tendency in longsighted people to want to ignore the past or present and focus more on the future.</p>
<i>Discovery Questions</i>	<p>What in my life don't I want to look at?</p> <p>What am I imagining about my possible future that I don't like to visualize?</p> <p>What has happened to make me want to ignore the past or focus on the future more?</p>
Nose	
<i>Sense</i>	Smell
<i>Function</i>	Selectivity
<i>Mind-based causes</i>	<p>Smell is links with selectivity. If you are not being selective in certain areas of your life then your sense of smell can be impacted. Your body is reflecting your compromised selectivity by lowering the sense of smell. Or if you are finding it hard to decide between different options then your smell can become over-sensitive. Your body is trying to help you to be better able to select between options.</p>

Senses Directory

Senses + Mind-based causes	
<i>Discovery Questions</i>	Where in my life do I need to be more selective? Where in my life am I finding it hard to choose between different options?
Receptors	
<i>Sense</i>	Touch
<i>Function</i>	Connection
<i>Mind-based causes</i>	<p>Touch is about your connection with your self, others and life. If you are resisting anything you are currently connected to or attached to staying connected, your sense of touch can be impacted. If you are resisting, touch can be reduced and if you are overly attached you can become hypersensitive.</p> <p>Touch can also be impacted if there is something in your life that you are finding hard to grasp. You may also experience an inability to physically feel if you are unwilling to feel certain emotions. When this happens your body is mirroring your mind's unwillingness to feel by reducing its sense of touch.</p>
<i>Discovery Questions</i>	<p>Who or what in my life do I feel disconnected from?</p> <p>Who or what in my life do I have a resistance to being touched by and/or touching?</p> <p>What in my life am I finding hard to grasp and/or feel I've lost a grasp of?</p> <p>What emotions am I suppressing?</p>
Tongue	
<i>Sense</i>	Taste
<i>Function</i>	Discriminating

(continued)

Senses + Mind-based causes	
Tongue (continued)	
<i>Mind-based causes</i>	<p>Your taste helps you to discriminate between good and bad, sweet and sour and, in turn, conclude whether or not you want to swallow something. Hard-to-swallow events can impact your taste, your ability to create saliva and your ability to physically swallow, so the throat can also be linked with taste conflicts. Taste can also become compromised if there are distasteful things in your past or present. These events or experiences may have left a bad taste in your mouth.</p>
<i>Discovery Questions</i>	<p>Where in my life am I finding it hard to differentiate between good/bad, right/wrong?</p> <p>What in my life have I found distasteful?</p> <p>What areas of my life have turned sour?</p> <p>What have I found hard to swallow?</p>



CONDITIONS DIRECTORY

This lists the common mind-based causes of 101 physical conditions.

HOW TO USE THE CONDITIONS DIRECTORY

This directory shares the mind-based causes for 101 physical conditions. To use it, engage GAAWO and read the common causes by feeling them from awareness. This will enable you to recognize the mind-based causes that resonate with you the most. Then ask: *Where has this feeling of experience shown up in my life?* before using steps 3 + 4 of the Embodying Exercise on page 197.

You may notice that there are multiple emotional causes for each condition. Everyone is unique so conditions can have a range of possible mind-body connection causes. You want to only focus on the reasons that resonate with you.

Condition Specific Calm Thoughts

Every condition has a recommended Condition-Specific Calm Thought that you can use during your Calm Sittings (before ending with I AM HEALED) and Calm Moments (whenever you

notice you've been thinking about your condition or throughout your day whenever you remember to do it). If your condition relates to a specific area of your body then feel free to put your awareness on that area as you think the Calm Thought. For example, if you have acid reflux and you feel discomfort in your throat, you want to think '*I am accepting of myself and life*' with your awareness on your throat area.

Based upon this Conditions Directory, I've recorded a series of guided meditations that can give you extra support to help heal the mind-based causes of specific conditions. Please visit www.sandynewbigging.com for track listings and to download them.

Conditions + Mind-based causes	
Acne	Negativity towards self, comparison, feeling less than, lacking self-love, unaccepted, nervousness, unworthiness, unresolved pubescent event(s), perfectionistic, controlling, anger, 'There's something wrong with me'
<i>Calm Thought</i>	I am lovingly gentle towards myself.
Acid reflux	Certain thing(s) hard to digest in relation to what you've witnessed and/or experienced, rejecting news, fear, anxiety, communication difficulties, anger about injustice, guilt and shame surrounding past action(s), self-doubt, acidic thinking
<i>Calm Thought</i>	I am accepting of myself and life.
Allergies	Anger, unfriendly environment, unprotected, powerless, scared about getting in trouble, difficulty relaxing, unresolved hurt, blame/victim mentality, feeling controlled, unclear boundaries
<i>Calm Thought</i>	I am friendly with the unfamiliar and responsible for how I respond to life.

Conditions + Mind-based causes	
Anaemia	Scared of what life might bring, expectation of difficulties arising, uneasy, worrisome thinking, unable to cope, questioning of abilities, feeling someone/something has 'drained the life' out of you, giving out without allowing yourself to receive back
<i>Calm Thought</i>	I am joyfully facing life and assuming the best.
Appendicitis	Lacking inspiration in life, helpless, scared of what might happen, stuck unable to get away from toxic situation, angry, disappointed, loyalty conflict, let down by life, too hard on yourself
<i>Calm Thought</i>	I am grateful for what I have and empowered to bring in even better.
Arthritis	Holding on, fixed ideas, identity attachment, anger, grief, resentment, giving out without getting back what you need, 'other people's goals more important than mine', unforgiveness, unresolved childhood rejections, unhappy with life but not doing anything about improving things
<i>Calm Thought</i>	I am able to let go, let in the new and take action to be happy.
Asthma	Fear of death, unsupported in life, unable to cope, suppression of self, picking up on the stress and tension of parent or person close to you, undeserving of good things, need to prove worth, people pleasing to get love
<i>Calm Thought</i>	I am supported, deserving of the good and willing to say no when required.

(continued)

EMBODYING CALM

Conditions + Mind-based causes	
Atherosclerosis	Feeling blocked, hard relationships, narrow-minded (but wouldn't want to admit it), limited range of feeling, disconnected from multifaceted self (for example, too physical not enough spiritual), not going with the flow, separate, isolation
<i>Calm Thought</i>	I am open-minded and -hearted and connected to my entire self.
Athlete's foot	Taking on-board someone else's stale thinking/ ways, anger at a perceived lack of love, feeling restricted and prevented from freely moving forward, looking outside for permission to act
<i>Calm Thought</i>	I am accepted for who I am and free to move forward with fresh ideas.
Auto-immune	Vulnerable, feeling attacked and/or under-threat, inner conflict, unable to fight or run from external problem/threat, unsure who/ what to trust, shutting down to protect, 'world is a dangerous place' mentality, overprotective, being hard on yourself
<i>Calm Thought</i>	I am safe and protected within myself and the world.
Back pain (lower)	Unsupported, unable to support self, resistance +/- attachment to support others, unsafe, weak, vulnerable, incapable
<i>Calm Thought</i>	I am supported and willing and able to support myself and others.
Back pain (middle)	Disconnected from self, others +/- life force, threat from unseen source, hurt
<i>Calm Thought</i>	I am connected to all aspects of myself.

Conditions + Mind-based causes	
Back pain (upper)	World on your shoulders, people pleasing, carrying expectations, taking on other people's issues, unresolved pressing problem, suppressed, resistance to carry heavy problems/emotionally heavy people, attached to being carried
<i>Calm Thought</i>	I am blessed by being able to carry myself and other people lightly.
Bacterial infection	Tired, fragile, vulnerable to being negatively impacted by other people and external events, feeling unloved/unsupported, stuck in a situation, angry at unfair treatment
<i>Calm Thought</i>	I am strong and inwardly reliant and able to move into a happier space.
Bad breath	Personal space being invaded, desire to create separation, loner, past hurts leading to self-isolating tendencies, disgust towards inner voice
<i>Calm Thought</i>	I am open to being close and to feeling connected to myself and others.
Bleeding gums	Unspoken insecurities, unnourished by others and life, angry and alone with a lack of support
<i>Calm Thought</i>	I am secure and supported by life.
Burping (and also sneezing)	Unspoken thoughts about things you dislike, rejection of ideas, unresolved conflict(s) in relation to what you have recently consumed
<i>Calm Thought</i>	I am free to speak my mind.
Cancer	Resistance to life, hurt, bitterness, anger, victim mentality, unforgiveness, guilt, grief, regret, perceived lack of love, out of control, unresolved past hurts, invaded, hiding and resistance to true feelings, attached to a different life

(continued)

EMBODYING CALM

Conditions + Mind-based causes	
Cancer (continued)	
<i>Calm Thought</i>	I am free to forgive and I love life in a loving and compassionate world.
Candida	Vulnerable, invaded, untrusting, imbalance between taking and giving, feeding off others, doubt, anger towards an irritating person/situation
<i>Calm Thought</i>	I am able to forgive and feed my own needs.
Celiac disease	Judgemental, good vs. bad thinking, attached to good, resisting bad, sensitive to external influences, unable to cope with criticism, self-dislike, unable to digest being unheard/uncared about, hiding true thoughts/feelings, unseen
<i>Calm Thought</i>	I am accepting and allowing, and release the need for others to nourish me.
Chronic pain	Anger, resentment, resisting emotions, not being honest or feeling true feelings, things left unsaid +/-or unmet, unforgivingness
<i>Calm Thought</i>	I am free to feel and speak my feelings.
Colds	Overwhelmed, overworking, fast-paced non-stop living, uncertainty, confusion, escaping environmental negativity
<i>Calm Thought</i>	I am safe when I slow down and rest.
Cold sores	Feeling run-down, uncommunicative, concerns around being accepted, awkwardness, feeling controlled by others and let down by life
<i>Calm Thought</i>	I am accepted for who I am and able to feel comfortable when showing myself.
Colitis	Hurt, helpless, sad, confused, 'what's the point?' mentality, want external help instead of helping yourself, unable to process or comprehend what's happened, holding onto to painful past

Conditions Directory

Conditions + Mind-based causes	
<i>Calm Thought</i>	I am free from past hurts and able to help myself heal and be happy.
Conjunctivitis	Fear of what might happen, worry, resisting the possibility others see you in a negative light
<i>Calm Thought</i>	I am loved always, with love being the unseen connector within all of life.
Constipation	Undecided, holding on, fear of not having enough, ungratefulness, loss, resisting change, hoarding, giving what you need, uncomfortable to receive, stuck in worrisome thinking pattern, scared about what might happen
<i>Calm Thought</i>	I am grateful for having enough and make courageous decisions.
Cough	Feeling unseen +/- or unheard, barking at life, feeling left out, unable to ask for what you want or need, ignoring issues, irritation at self and others, inaction
<i>Calm Thought</i>	I am included, important and able to make positive changes.
Dandruff	Feeling sucked dry by pressures, people +/- or responsibilities, too many things to do, overworking, people pleasing, hiding true feelings relating to how stressed you feel, suffering in silence
<i>Calm Thought</i>	I am capable of meeting the demands of my day and do what's comfortable.
Deafness	Resistance +/- or rejection to what you are hearing/ have heard, more interested in your inner world than external world, overloaded by negativity, unresolved past events where you've heard upsetting things, feeling unheard and/or controlled by others, unwilling to receive guidance

(continued)

EMBODYING CALM

Conditions + Mind-based causes	
Deafness (continued)	
<i>Calm Thought</i>	I am receiving my inner and outer world loud and clear.
Dermatitis	Highly critical towards self and others, anger, feeling concerned and stressed about external life and circumstances, rejection of environment, feeling used +/- or violated
<i>Calm Thought</i>	I am accepting of my world and calm with circumstances.
Depression	Thinking about life instead of living, lack of compelling purpose, pointlessness, resistance to feeling fully to the point of numbness, unseen, overthinking, 'surviving life is difficult' thoughts
<i>Calm Thought</i>	I deserve the good in life and let 'what is' be good enough.
Diabetes	Lacking sweetness, numb, bored, taking on parents problems, frequently feeling left down, self-suppression, wanting more from life but unsure how to get it, fear, lacking compelling purpose, judgement instead of joy, effort to exist
<i>Calm Thought</i>	I am the sweetness I want and worthy of being myself fully.
Diarrhoea	Emotional upset, strategy for getting away/ avoiding, angry at being told what to do, perceived lack of choice, escaping, uncertainly surrounding choices, fear, rejecting before you are rejected
<i>Calm Thought</i>	I am free to choose what feels safe and do what I want.
Diverticulitis	Unexpressed non-acceptance, anger and agitation about what life has given you, resistance to 'what is' and attachment to something else happening, controlling, 'My way or no way'

Conditions Directory

Conditions + Mind-based causes	
<i>Calm Thought</i>	I am accepting of what is and open to new ways of being and doing.
Dizziness	Imbalanced, ungrounded, loss of stability, don't know where you stand, too in your head, disconnected from body, resistance to uncertainty
<i>Calm Thought</i>	I am grounded within my still stable Self.
Dystonia	Constricting inner power, scared of own strength, shame about things you shouldn't have done, scared of hurting others, conflict towards completion, 'I can't do it' attitude
<i>Calm Thought</i>	I am free to use my strength and commit to completing.
Earache	Not listening to inner voice, rejection to what you are hearing from external sources, protecting yourself by trying to ignore what you are hearing, closed to other opinions and ideas, annoyance
<i>Calm Thought</i>	I am open to hearing opinions knowing I am a good person.
Eczema	Sadness-based anger, alone in the world, skin trying to find lost connection, isolated, irritated, emotionally sensitive, unstable without physical contact, separation anxiety
<i>Calm Thought</i>	I am calm and connected.
Endometriosis	Closed off to love, need for pity, sexual shame, intimacy vulnerability, anger, feeling misunderstood or undervalued, attachment or resistance to past sexual partner(s), resistance to rejection
<i>Calm Thought</i>	I am open to connecting deeply.

(continued)

EMBODYING CALM

Conditions + Mind-based causes	
Fatigue	Unable to fight or get away from something stressful/scary +/- negative, feeling suppressed, overwhelmed, chronic resistance, rejecting life before it rejects you again
<i>Calm Thought</i>	I am accepting of my inner power.
Flatulence	Difficulty digesting inner thoughts or external events, inner concern, keeping things to yourself, feeling undecided
<i>Calm Thought</i>	I am able to make decisions and digest what's happened and happening.
Fungal infections	Stale thinking, acting against your inner knowing/heart, relationship secrets that make you feel unclean, holding onto a past that no longer serves you today
<i>Calm Thought</i>	I am fresh in my thinking and free of the past.
Gallstones	Unresolved hurt(s), loss, feeling like you should have done more with your life, anger towards self, unforgiveness
<i>Calm Thought</i>	I am at peace with what's happened and capable of creating.
Glandular fever	Feeling unwanted, anger and hurt towards a perceived lack of love, 'If nobody else cares why should I?' mentality, tired of trying to prove lovability, dejected, unable to express, resistance to feeling inner emotions fully
<i>Calm Thought</i>	I am loved and wanted and am willing to feel and be me.
Haemorrhoids	Holding on, emotionally uncomfortable with choices you've made, unsure what to do next, feeling under pressure, unforgiving towards self and others
<i>Calm Thought</i>	I am at peace with past choices and open to knowing and doing what's best.

Conditions Directory

Conditions + Mind-based causes	
Hair loss	Feeling vulnerable, unprotected, fear of the unknown, prolonged stress, underlying frustrations, resistance to feminine aspects of self
<i>Calm Thought</i>	I am safe and calmly face anything that comes my way.
Hay fever	Environmental threats, rejecting or questioning your place on Earth, guilt, resistance to receive, resisting location, lacking space, fighting feelings
<i>Calm Thought</i>	I am happy where I am with space to think, feel and be still.
Headaches	Something on your mind, overthinking, denial, guilt, shame, regret, self-suppression, deserving of punishment, invasion of space, angry thoughts
<i>Calm Thought</i>	I am accepting of myself and life.
Heart disease	Hurt, closed-off, sadness, ignoring the needs of the physical, emotional +/- or spiritual aspects of your self, divided, disconnected, hard relationships
<i>Calm Thought</i>	I am open to all aspects of myself.
Herpes	Belief of being 'bad', sexual shame, deserving of punishment, needing excuse to avoid intimacy, feeling used, violated or unclean
<i>Calm Thought</i>	I am a good person with pure intentions.
Hives	Angry and irritated with self, others +/- or life, overwhelmed by feelings +/- or circumstances, fear, helplessness
<i>Calm Thought</i>	I am calm and at peace with myself, others and my environment.

(continued)

EMBODYING CALM

Conditions + Mind-based causes	
Hyperhidrosis	Anger, irritated, unfairness, resistance to being in the hot seat and the centre of attention, need to mentally and emotionally cool down, unresolved shock, scared of own strength
<i>Calm Thought</i>	I am cool with being the centre of attention and calm about the past.
Hypertension	Resistance, worry, anxiety, belief the world is a dangerous place, controlling, not safe to relax, unwilling to let go, attached to things happening 'my way'
<i>Calm Thought</i>	I am at peace with how the world is
Hyperthyroidism	Resistance to maintaining status quo, need to get going, nervous tension, anxious, irritability, feeling held back +/- or being/doing what you need to do, desire to move forward but feeling blocked, pressure from responsibilities, questioning readiness to support self, felt forced to grow up to quickly.
<i>Calm Thought</i>	I am free to make progress towards my purpose at a peaceful pace.
Hypotension	Drained by attachments, not getting what you want, tired of trying, negativity around own abilities and purpose, belief that nobody is there for me, what's the point if nobody cares?
<i>Calm Thought</i>	I am passionate about going for my purpose without needing it.
Hypothyroidism	Unsafe, unable to cope, weak, vulnerable, too much to deal with, resisting a perceived lack of support in past or present, resistance to responsibilities, need to retreat to protect and feel safe, 'Life is hard', 'I can't do this' +/- or 'What's the point?'

Conditions Directory

Conditions + Mind-based causes	
<i>Calm Thought</i>	I am capable of coping with life and more supported than I may think.
Infections	Feeling vulnerable to external attack, overpowered by external influences, low defences, unable to cope, anger towards nobody noticing your difficulties, prolonged pressure to perform, tired of trying so hard
<i>Calm Thought</i>	I am able to cope and give myself permission to be at ease and enjoy life.
Infertility	Imbalance between masculine and feminine energies, resistance to receiving +/or creating, feeling inadequate, unresolved past fears around falling pregnant, unresolved issues with parent(s), avoidance of and fears around making the same mistakes your parents did or having similar experiences
<i>Calm Thought</i>	I am balanced in my ability to give and receive and thankful for what my parents have taught me.
Influenza	Too much external negativity, weak and vulnerable, running on empty, finding it hard to carry responsibilities, wanting to get away from it all, needing to justify taking time off/get away
<i>Calm Thought</i>	I am free to take time for myself to rest and let go of extra responsibilities.
Insomnia	Not safe to switch off, need to stay alert, ignoring unresolved events, undeserving of the reward of rest, over-compromising, unheard heart
<i>Calm Thought</i>	I am at peace with being peaceful.

(continued)

EMBODYING CALM

Conditions + Mind-based causes	
Irritable bowel syndrome (IBS)	Irritated, unable to process, comprehend or understand, fear, emotional upset, untrusting, holding onto out-of-date thinking, uncertainty conflict between needing to let go/get away and holding on to what no longer serves, attached
<i>Calm Thought</i>	I am clear-minded, light-hearted and pursue my purpose with positivity.
Itching	Anger, irritation, hot-headedness, self-punishment, shame, hiding secrets that sit below the surface, worry, angst
<i>Calm Thought</i>	I am secure within the skin I'm in.
Kidney infection	Feeling upset, bitter, impure, holding onto negativity, fear, unsafe, perceived threats to your boundaries, low confidence, powerless due to exhaustion, tired of trying
<i>Calm Thought</i>	I am confident and able to maintain healthy boundaries.
Kidney stone	Fear-based anger, lacking trust, need to be hard to protect and feel safe, set in your ways, focused on the past to the detriment of the present and the future, feeling 'less than', pressure to perform
<i>Calm Thought</i>	I am trusting that I am safe and take positive action into new territory.
Lips (dry/cracked)	Unconfident, scared to look stupid, be rejected and make a fool of yourself, nervousness, questioning abilities to deliver, uncertainty around what you are saying
<i>Calm Thought</i>	I am carefree around what people think and believe in my abilities to deliver.

Conditions Directory

Conditions + Mind-based causes	
Menopausal symptoms	Buying into cultural beliefs around aging, suppressed anger and frustration, resisting loss of youthfulness +/-or desirability
<i>Calm Thought</i>	I am loving life as an ageless goddess.
Migraines	Resistance to unfair events, guilt, regret, shame, self-punishment, invasion of space, shutting the world out, unable to ask for what you need, safer to be sick than face the world, unable to cope, denial, grief
<i>Calm Thought</i>	I am capable with a good heart.
Mouth ulcer	Anger eating away at you, not expressing personal opinions, resistance to what you are thinking or saying, holding in frustration, attached to old thinking habits that promote problems rather than peace
<i>Calm Thought</i>	I am open to new perspectives that allow me to be at peace.
Mumps	Overthinking, ignoring/going against inner knowing, unable to say what you think, instability, status quo challenged, uncertain, fear of the unknown
<i>Calm Thought</i>	I am comfortable with uncertainty and can rely on my inner knowing.
Myalgic encephalopathy (ME)	Resistance towards and fighting life, viewing life as a struggle, anger due to feelings of unfairness, unexpressed thoughts/feelings, retreating from responsibilities, under pressure to fulfil commitments, unable to fight or get aware from stressful person/situation
<i>Calm Thought</i>	I am free to be and do what I want and at peace with what life brings.

(continued)

EMBODYING CALM

Conditions + Mind-based causes	
Nausea	Confusion, constant questioning, feeling out of control, unable to receive what you want/need, rejection of information +/- an unwanted experience, holding a poisonous perspective, sick to the stomach by something or someone, ungrounded
<i>Calm Thought</i>	I am stable in what I know is right.
Numbness	Unwilling to feel feelings fully, untrusting of instincts and intuition, unresolved emotions from the past, detached from aspects of yourself
<i>Calm Thought</i>	I am willing to feel fully and trust my instincts and intuitions.
Osteoporosis	Inflexibility, rigid thinking, fixed ideas, unwilling to change, lack of structure, unable to support self, weak from supporting others, feeling inferior, bitterness, hate, resistance to standing up for yourself +/- attachment to external source of structure/support
<i>Calm Thought</i>	I am flexible and stand strongly in love.
Parasites	Negativity, powerless, feeling people/events are feeding off your energy, invaded, unclear boundaries, imbalance between giving and receiving (less gained than given), imbalance
<i>Calm Thought</i>	I am empowered by having balance between giving and receiving.
Parkinson's disease	Moving fearfully through life, unresolved past events that caused panic, stuck energy, feeling stuck in situations, conflicted between what's right for you and what's best for others, hiding and suppressing your true feelings
<i>Calm Thought</i>	I am free and express my true feelings.

Conditions + Mind-based causes	
Period pains	Resistance to not being pregnant, grief, anger, unresolved emotions relating to around the time in life when periods first started, resistance to female roles and responsibilities, 'not fair' mentality
<i>Calm Thought</i>	I am at peace with letting go.
Pneumonia	Unsupported by life, looking outside for sustenance, alone, isolated, drained by daily duties, unwilling or unable to face life challenges, feeling restricted, closed
<i>Calm Thought</i>	I am supported by life and able to stand strongly when faced with challenges.
Polymyalgia rheumatica	Rigid thinking, unwilling to accept other viewpoints, frustrated that your viewpoints are unheard, not listening to or acting upon inner voice, carrying heavy responsibilities, 'what's the point' mentality, feeling controlled, unable to make progress towards what you want
<i>Calm Thought</i>	I am open-minded, share my opinions without attachment and am able to make progress.
Prostate	Feeling taken over or controlled, conflicts around getting older, intrusion of work or personal space, status quo challenged
<i>Calm Thought</i>	I am secure with my space in the world.
Psoriasis	Feeling bullied, unprotected, vulnerable, fear, need extra thick line of defence, unresolved near-death experience, hurt
<i>Calm Thought</i>	I am protected and powerful.
Raynaud's disease	Ignoring/closed off to aspects of yourself and life, not going with the flow, isolated, disconnected, alone
<i>Calm Thought</i>	I am going with the flow and open to all aspects of myself and life.

(continued)

EMBODYING CALM

Conditions + Mind-based causes	
Shingles	Highly sensitive, unable to cope and/or keep up with demands, concerns relating to circumstances, environmental fears, masculine/ feminine imbalance (depending on side of body the symptoms are showing – see Body Part Directory, pages 209–15)
<i>Calm Thought</i>	I am at peace within myself and comfortable with circumstances.
Sinusitis	Frustration towards self, others +/- environmental concerns, feeling blocked with a desire to run away, facing life with a lack of tenderness, unable to select/choose between multiple options, indecision, fear of getting it wrong due to unresolved emotions relating to perceive past mistakes
<i>Calm Thought</i>	I am at peace with the world, trusting of my instincts and choose what's right.
Snoring	Not feeling heard, things on your mind that remain unsaid, holding back from taking the action you know you need to take, fear of the new, stuck in ways
<i>Calm Thought</i>	I am free to be and do what I want.
Sore throat	Not speaking truth, holding thoughts and feelings in, 'What I have to say doesn't matter or make a difference'
<i>Calm Thought</i>	I am free to speak my mind.
Stomach pain + bloating	Indigestible news, unable to process or understand, things unsaid/unfelt, suppression of true thoughts/feelings
<i>Calm Thought</i>	I am welcoming of unexpected news and I am honest with myself and others.

Conditions + Mind-based causes	
Stye (eye)	Losing sight of someone or something you love dearly, feeling separated, loss of love, confusion, scared, disorientated, unresolved anger and disappointment
<i>Calm Thought</i>	I am open to love from new sources.
Teeth grinding	Responsibilities playing on your mind, bitten off more than you can chew, worry, anger, hidden desire to bite out, indecision, processing something
<i>Calm Thought</i>	I am clear on what to do and will do it with calmness and confidence.
Thrush	Angry and irritated towards self about past decisions and actions, upset with partner, self-judgemental, self-critical, feeling invaded by other people's ideas, opinions or needs, ignoring own needs
<i>Calm Thought</i>	I am at peace with my past decisions.
Tinnitus	Rejection of what you are saying to yourself or what you have heard, isolation, lost in your own world, resistance to silence or sound
<i>Calm Thought</i>	I am engaged with life and eager to hear.
Tonsillitis	Not speaking truth, protecting secrets, guilt, fear of being found out, need to put defences up, suppressing self, feeling frustrated +/- stifled
<i>Calm Thought</i>	I am imperfectly perfect like everyone else.

(continued)

EMBODYING CALM

Conditions + Mind-based causes	
Tumours	<p>Hurts, emotional wounds, unresolved trauma +/or shock, inner conflict caused by jealousy towards others and not believing it's possible for you +/or not feeling deserving/worthy</p> <p><i>Also explore the other directories regarding the body area, organ +/or system in which the tumour(s) are located for possible mind-based causes.</i></p>
<i>Calm Thought</i>	I am worthy of calm and completeness.
Ulcers	<p>Something eating away at you, bitter, acidic thinking/feeling, pushing down, resentment in your responsibilities</p>
<i>Calm Thought</i>	I am allowing of life.
Warts	<p>Anger due to an event that made you feel scared, extra thick defence against singular event, feeling incapable, ugly</p>
<i>Calm Thought</i>	I am at peace with no need to protect.
Water retention	<p>Relationship problems, sadness, overflowing with emotions, feeling stagnant, need for the new, not making the changes you know you need to make, holding back from being happy</p>
<i>Calm Thought</i>	I am in flow with my feelings and open to knowing how to be happy.
Weight gain	<p>Unprotected, unsafe, unfamiliar +/or unfriendly environment(s), no control, hiding, withholding true feelings, unable to cope, loss of comfort, harsh self-speak that body needs to protect itself from, lack of self-love/acceptance</p>
<i>Calm Thought</i>	I am surrendering to how my delicious destiny is being revealed to me.

Conditions Directory

Conditions + Mind-based causes	
Weight loss	Dissatisfaction, unfed by life, undeserving of nourishment, cry for help, controlling, vulnerable, unresolved resistance to lack of support, unable to take what you need, unworthy of the good, shame, 'It's my fault' mentality.
<i>Calm Thought</i>	I am nourished and deserving of the good in life.
Verrucas	Angry at self, guilt, something eating away at you, secret(s), needing to take action steps but letting fear stop you, feeling ungrounded due to the confusion arising from the multiple options available
<i>Calm Thought</i>	I am at peace with myself and am willing to do what I know I need to do.
Viruses	External environmental issues (making you feel vulnerable, invaded, attacked, unfairly 'got at'), under pressure, scared and/or stuck, feeling unable to fight, unprotected, living in a state of high alert, inability to relax, inner unease
<i>Calm Thought</i>	I am safe and protected and can keep calm amid challenging circumstances.
Voice loss	Unheard, what you say doesn't matter, powerless to make a positive difference, ignoring your inner voice, feeling unable to fully express your feelings
<i>Calm Thought</i>	I am heard and know what I feel is important even if others don't appear to listen.
Yeast infections	Feeling invaded by other people's ideas, opinions or needs, ignoring own needs, lack of self-love and respect
<i>Calm Thought</i>	I am able to think whatever I want.

TOP TIP: NEED MORE HELP?

If your condition is not listed, then explore the Body Parts, Organ, Systems and Senses Directories for potential causes. If you are unsure or feel uncomfortable working on what you find on your own, then please contact a Body Calm Coach (see Next Steps on pages 263–4 for details).