

Psychospiritual Aspects - Hormones



Healthy
Hormones

Why?

- We are not counselors and we should not be “psychoanalysing” clients
- However, if something emotional is impeding their progress, we need to be aware of this:
 - 1. To help ourselves understand the clients perspective and what might be influencing them to make changes and what may be influencing their body’s response
 - 2. If possible, to help the client by having them consider that the emotional make be affecting the physical
 - 3. We may even be able to suggest an action they can take – recommending a book, or a practitioner that specializes in this



The Psycho-Spiritual

- What is going in the consciousness continuously affects the body
- The physical is affected by the emotional whether on a conscious or subconscious level
- There are several emotions that are at the root of psycho-spiritual issues that may play a role in physical issues
- With the complexity of hormonal issues, it is worth looking at these connections as this may impede the body's ability to heal



The Emotions

- Anger: Stems from obstacles that cannot be overcome and feeling powerless - as a result, instead of removing the obstacle the person turns to attacking others or the universe – health issues related to this include burning, fevers and inflammations
- Resentment: Stems from feeling powerless and like a victim – it is turned inward to fester in the body – considered a key emotion for cancer and tumours
- Guilt: Stems from anger against oneself – attacking oneself leading to punishment and pain – physically, too with muscles and joint aches, breathing difficulties and illness that cause physical damage like herpes



Emotions



- Shame: Often confused with guilt, is actually a more generalized guilt and the attack on oneself focuses more on support systems such as the blood, liver and the immune system
- Grief: A reaction to loss and being deprived – it affects lungs, bladder, kidneys and of course, the heart
- Fear: Activates the adrenals which is our emergency system – it affects the gastrointestinal system, kidneys and bladder – shutting them down as they are not needed in an emergency
- Criticism: Comes from wanting to control everything stemming from a childhood where lack of acceptance, issues of physical and emotional survival, sense of self-worth and quality of life – manifest into conditions like arthritis

Two Questions

- When trying to figure out the clients potential issues:
 1. What is the symptom stopping them from doing?
 2. What is the symptom making them do?
- Most of the symptoms are a reflection of what the person is trying to avoid dealing with



Physical/Emotional

- The physical connection to emotional is not so crazy
- Dopamine can be lowered due to being deprived of joy
- Adrenaline is elevated by fear and/or rage
- Endorphins can be lowered by a lack of love
- Serotonin is lowered by a sense of powerlessness



Adrenals

- Considerable anger and frustration with life – the person feels like he/she must constantly work to gain any success, recognition or acceptance – they are programmed to be self-defeating
- Adrenals are quite complex – they reflect the complex role they have in the physical body
- Adrenal fatigue is associated with emotional exhaustion – running on empty and drained of the life force – often the person is the family lynch-pin and can no longer carry the load
- Overactive adrenals are more about suffering from overload with a lot of fear, anxiety and threats about their well-being. There can also be control issues, too much work, responsibility, feelings of loss-paranoia and unresolved enviousness



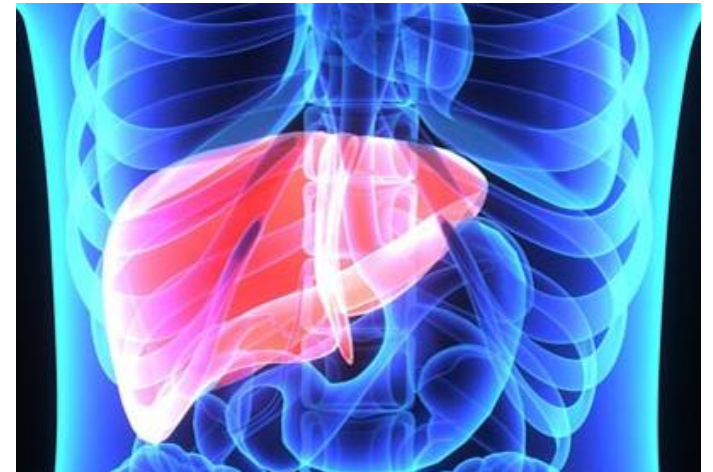
Thyroid

- A person with thyroid issues feels everything is geared for everyone else and not them
- Other people know the secret of success except them
- The person feels they have no right to express themselves, to develop themselves and use their creativity to succeed
- Might have been the odd one out in their family
- Key thought “when it is going to be my turn”?



Liver

- Issue with the cosmic intended destiny – their higher self manifestations have been thrown out of balance by a setback or a loss
- Feelings of resentment = they are angry and confused about their life – they rage at lack of recognition, unjustified criticisms and having to support themselves
- They feel frustrated and full of fear, depression, anger, hurt, need for power, even hate
- Sometimes they feel like they are a bad person continually condemn themselves – this could from a family issue
- They may have trouble facing what they have to and feel helpless



Pancreas

- Have difficulties expressing love – they don't believe they deserve it
- Can have an angry, bitterness towards life
- Do not experience joy, fun, caring or sharing and are frustrated trying to acquire goods and friendships
- May have an egocentric perspective where they are self-indulgent and feel the world owes them a living – they feel betrayed when it does not manifest



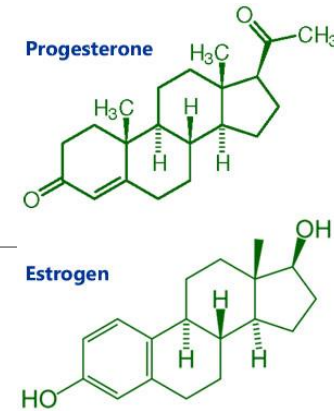
GI Tract

- Digestive problems - A sense of that the person can't take it in and has trouble assimilating their experiences
- Feels their needs were put last in the family dynamics and is a state of continual stress
- Person with gut issues may have trouble sorting things out and feel they cannot handle new things
- They refuse to go with the flow and have created fear around it
- May be due to an underlying mistrust of the universe



Reproductive Hormones

- Estrogen: Conflicted about their female nature – they are feeling unfeminine or are rejecting it
- Low Estrogen – Suppressing femininity yielding to their masculine side
- High Estrogen – Tend to be easily influenced and persuaded as to what they should be
- Progesterone: Feelings of incompetence, inadequate and not up to the job
- Tend to feel they are insufficient to make meaningful contributions
- Can be fixated on personal gain and not building a future which could include not having children



Reproductive Hormones

- Androgens (testosterone): Disrupted from being assertive, strong, aggressive and enduring
- The person is having difficulty with being motivated to make an impact
- It arises from a distorted family pattern as it relates to understanding initiative
- As we are all a combination of reproductive hormones – no one person is going to be exactly like any one of these



Remember

- This is just a snapshot of what could be involved
- It is much more complex and the goal is to remind you to consider this
- The good news is that working on the fear, anger resentment etc does not have to be complicated
- A good practitioner can sort this out and the body will then sort it out physically

Messages From The Body By Narayan-Singh

