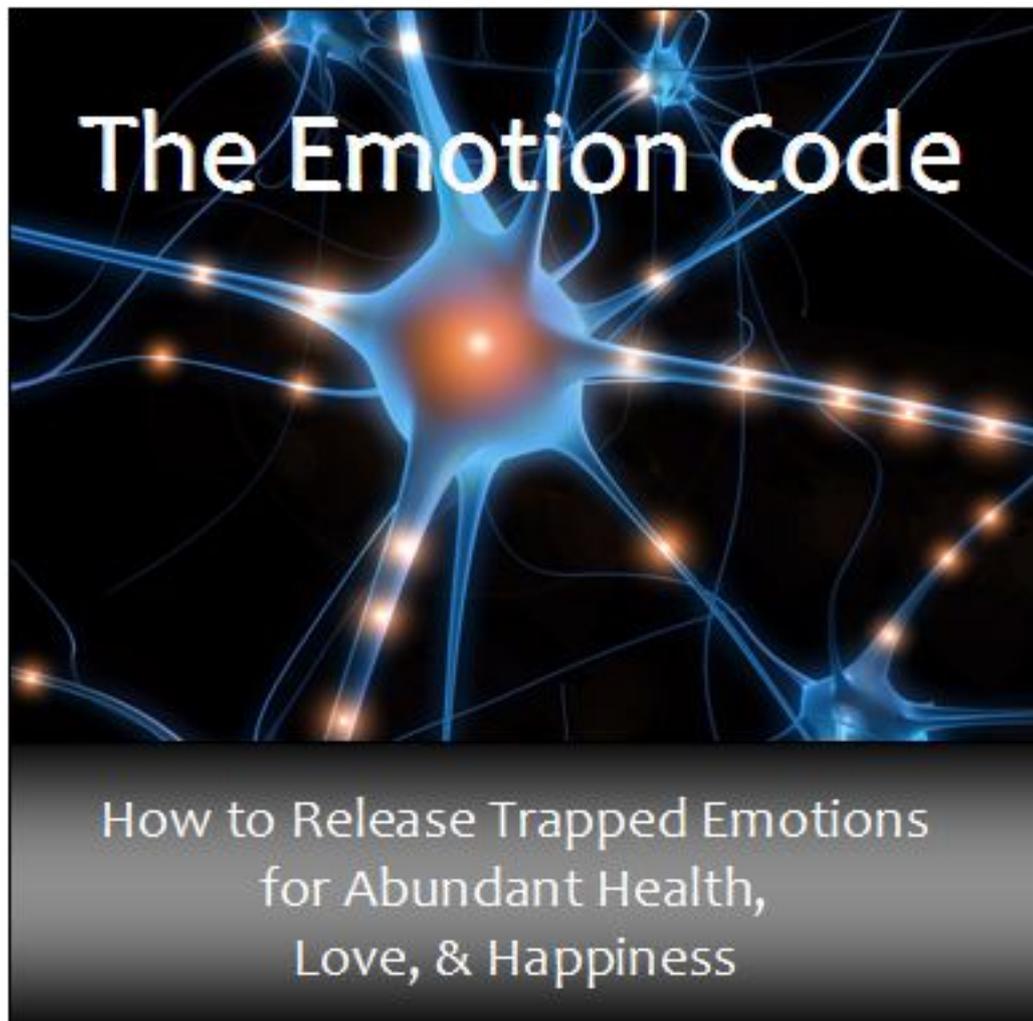


PASCAS CARE

Emotion Code

Circuitry Vol I



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each persons perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

<p>Treatment Session = Management of energy flow within in our bodies = Release of Negative Emotions.</p>
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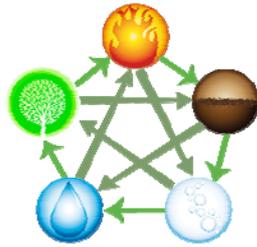
Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.

JD

BODY CODE™ CHART

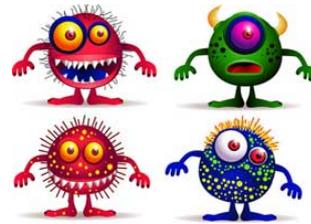
Energies

- Emotional
- Post-Traumatic
- Allergy or Intolerance
- Mental
- Offensive



Pathogens

- Parasites
- Fungal
- Bacterial
- Viral
- Mould



Toxicity

- Heavy Metals
- Free Radicals
- EM Spectrum
- Chemicals
- Microbial



Body Code System

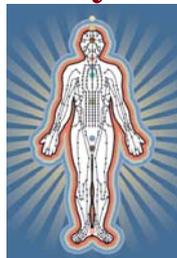
Structural



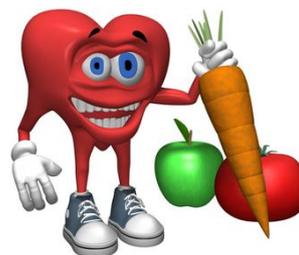
- Bones
- Nerves
- Muscles
- Connective Tissue
- Organs or Glands

Circuitry

- Organs
- Glands
- Chakras
- Disconnections
- Meridians



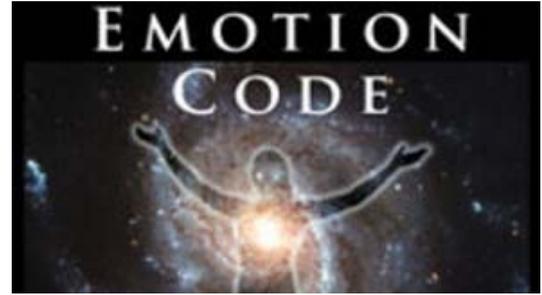
Nutritional



- Ph Imbalance
- Foods
- Herbs
- Nutrients
- Dehydration
- Magnetic Field

BODY CODE – CIRCUITRY Vol I of II:

The purpose of this module is to help you understand the connections between the organs and glands and muscles of the body, to understand the chakras, and to understand the interface between the physical body and the spirit body. You will also learn how to detect and correct these kinds of imbalances.

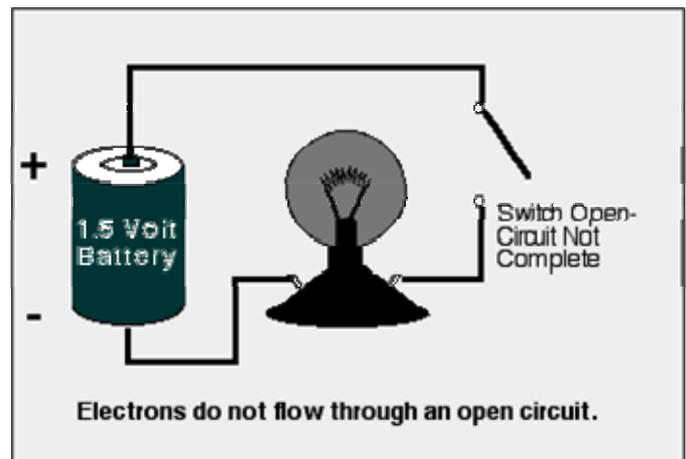


PURPOSE of this MODULE

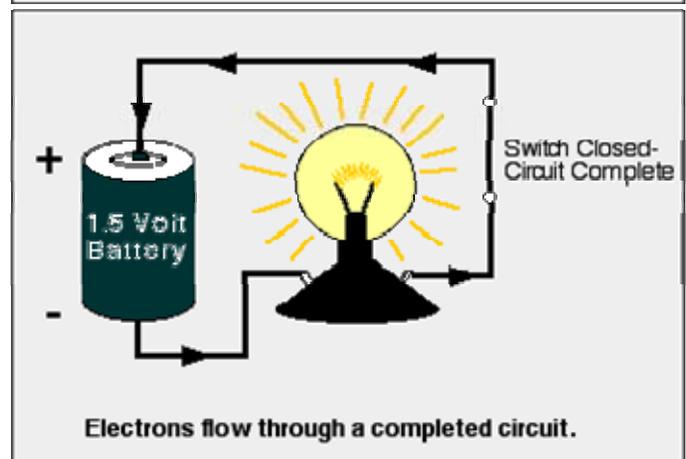
- **Understand the connections between the organs and glands and muscles of the body.**
- **Understand the Chakras.**
- **Understand the interface between the physical body and the spirit body and the soul.**
- **Understand how to detect and correct these imbalances.**

Circuits

Take a look at this picture of a circuit. You can see that on the left we have a battery, and the positive pole of the battery is connected to a wire that is going across the top of the picture. The negative pole of the battery is connected to a light. You can see that the right side of this diagram, the switch is open and the circuit is not complete.



Now take a look at the next picture. You can see that when the circuit is working, we have electricity flowing through the completed circuit and in this case, the light is on. You will find that the body operates on a similar principle to this, and it helps if you understand this.



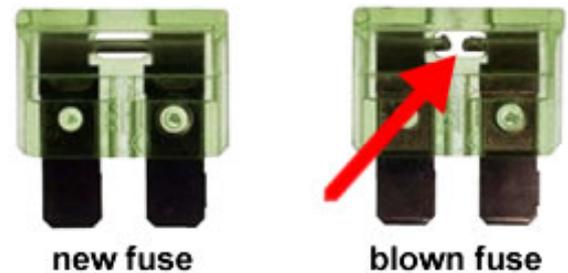
Fuses

If we take a look at this picture, you will notice that you probably have something very similar to this in your house. You know that if you plug in too many blow dryers, or too many curling irons or vacuums, you will blow a fuse. Everyone has done this at one time or another. When we plug in too many things to an electrical outlet, we draw too much power and we blow a fuse. Suddenly the lights go out, or the power goes out to that area of the house. If the lights go out in the room you are in, is it possible that the next room, your stereo, which may be playing you favourite song, may suddenly shut off as well? How does that happen? It can only happen if the stereo is on the same circuit as the fuse you just blew.

There are all kinds of fuses. In cars, they often look like this:

A Blown Fuse

If you pull one of the automotive fuses out that happens to be blown, it will probably look like this. You can see the fuse in the centre (red arrow) has blown. There used to be a little metal arc that would go across that area. That arc melted and that's how the fuse blew. In this case, too much electricity passing through the metal was enough to burn the metal connection or melt it, and instantly the electricity stops flowing.

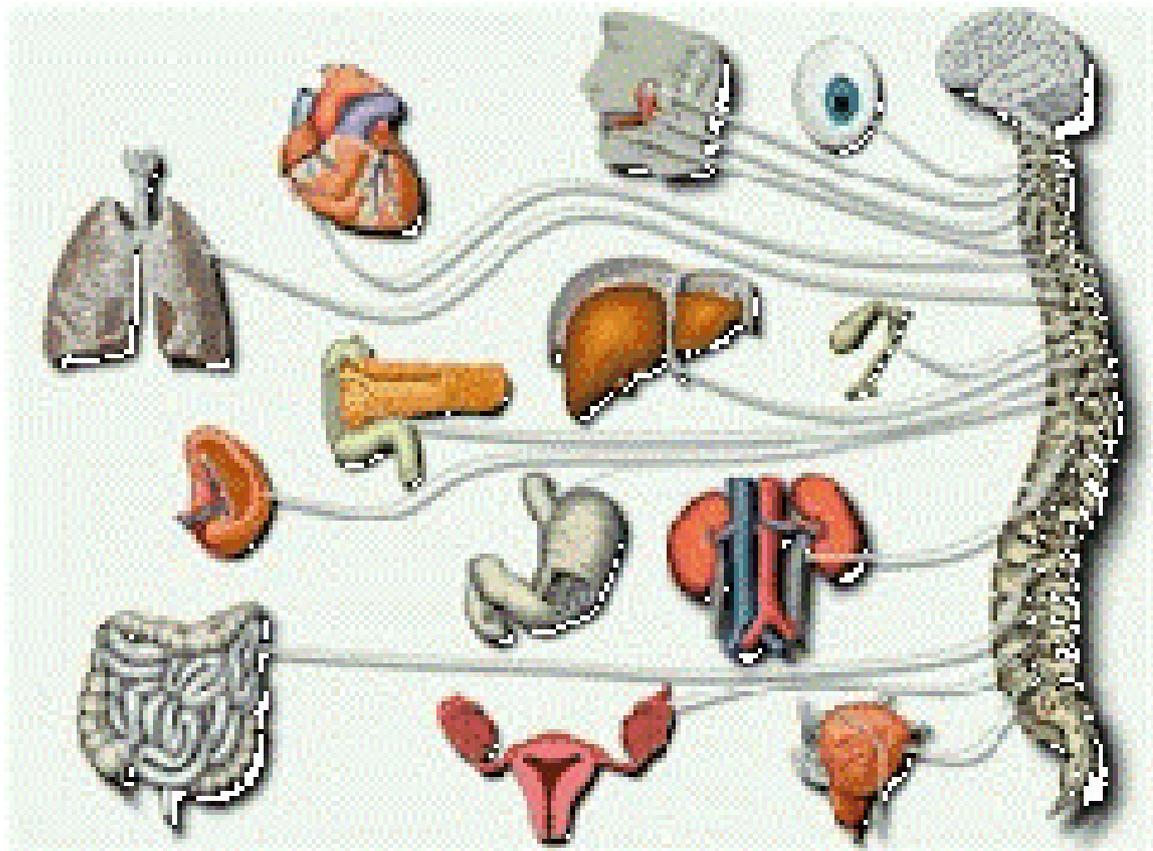


Feelings first

LIVE FEELINGS FIRST

“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

ORGANS & GLANDS:



In your body, every organ and gland has the equivalent of an electrical fuse. If you overload any organ, you can blow that organ's fuse, in a way. Here's how this can happen in our bodies. Let's take the liver, for example. The liver's is to detoxify the body. How could you overload the liver? One of the ways that you might overload the liver is by taking things into your body that are toxic.

If you are exposed to pesticides, or herbicides, or maybe too much perfume, or some kind of toxin from the air or water, from food additives, etc., that can overload the liver and blow its "fuse". A liver that is imbalanced in this way will tend to cause pain in between the shoulder blades, because there is a specific muscle (or muscles) that connects up to every individual organ or gland and is on the same circuit as the organ.

Another example, if the gallbladder becomes overloaded and blows its fuse from eating too much fat, it will tend to cause right knee pain, since the muscles in the right knee are on the same circuit as the gall bladder. By the way, trapped emotions are the most common underlying cause of imbalances in the organs in the body.

We are going to go through all the connections between the organs and the muscles. By the end of this chapter you will understand how to look at the body in a completely different way than ever before.

Connections

In the body, there are specific connections between individual organs and glands and certain muscles. When an organ or gland becomes imbalanced, the muscles associated will also imbalance, leading to pain or discomfort in the area. If these imbalances are not corrected it can lead to more serious problems like arthritis and disease. You will learn the common symptoms of imbalance in each of these organs and glands and what to look for. Most of the organs or glands produce certain emotions and you will also learn what those are.

Every organ and gland has a specific test point on the body that you can touch when testing for imbalances. One of the convenient things about all of these points is that they will become larger when the organ or gland is imbalanced. If an organ or gland is balanced, the point will be very small. But if the organ or gland is imbalanced, these points become quite large so that they're actually about the size of a music CD. So if you are anywhere close to the test point you are hoping to test, if the organ or gland is imbalanced, the point will be enlarged, making it much easier to find the imbalance. To test for imbalance, simply touch the skin overlying the test point and perform a muscle test. If the muscle test is weak, that means there is an imbalance there. If the test is strong, the organ or gland is balanced.

With any organ or gland imbalance there is always a muscle imbalance that will be associated with it. You may or may not have symptoms such as pain or weakness, but there will be an imbalance there nevertheless. To test for a muscle imbalance in a certain organ or gland, you can simply touch the area of the skin that overlies this corresponding muscle, and you'll get weakness on performing a muscle test in that case.

Once you correct any imbalance you can perform a muscle test to check your work. If the muscle test is strong, that means you succeeded in correcting the imbalance. If the test is weak, you may need to try correcting it again, or there may be something else going on with that organ or gland, and you may need to dig deeper.

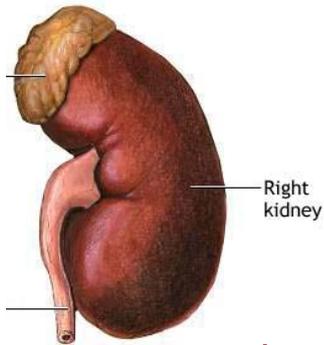
Anytime you have a paired set of organs, a left and a right, (like the adrenal glands, the lungs, or the kidneys), the organ on the left is always the "main" and the right side organ is always the "back up" or the "reserve". As a result the left side organ will usually become imbalanced first.

In the pictures following, you can see the kidney on the upper left and just below that, you can see a picture of the low back with a little circle, indicating that when the kidney imbalances energetically, it will imbalance muscles in that area and you'll tend to have low back pain.

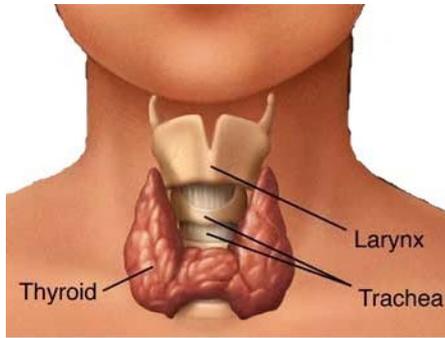
In the middle picture on the top, you see the thyroid gland. The thyroid will tend to create shoulder problems, as you can see in the picture directly below the thyroid.

On the top right side, we have a picture of the gall bladder, imbalance of which will usually cause trouble in the right knee, as you can see the picture below.

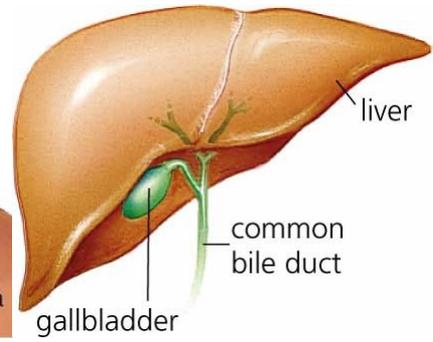
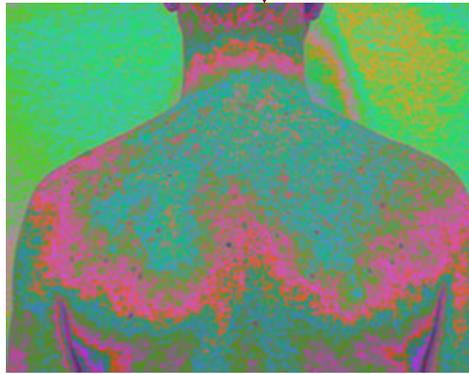
CONNECTIONS



Kidneys interact with low back



Thyroid interact with shoulders



Gall Bladder interact with right knee



PASCAS HEALTH



Feeling Healing with Divine Love is the key!

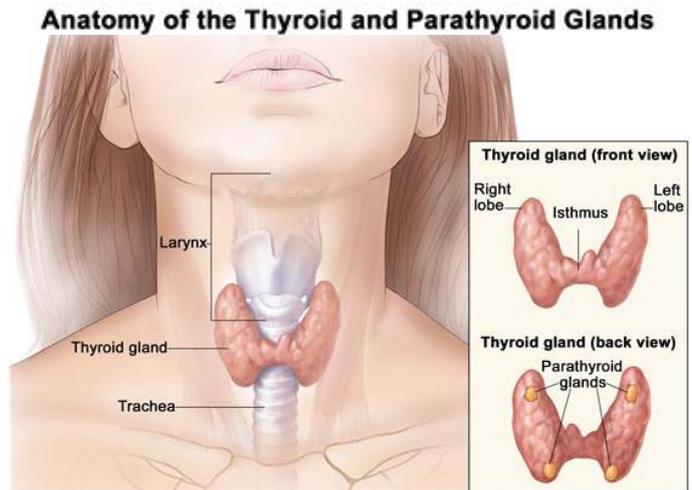


The THYROID GLAND:

We'll start with the *thyroid gland*. The thyroid gland is situated right in the lower part of the front of the throat. This is a very important gland.

PURPOSE of the THYROID

- **Thyroid is a gland.**
- **Secretes Hormones.**
- **Control metabolism and blood calcium.**



The thyroid's purpose is to secrete hormones that control metabolism and blood calcium. The thyroid produces a hormone called *Thyroxine* and when the thyroid is imbalanced and it's not producing enough thyroid hormone, we refer to that condition as *Hypothyroidism*.

HYPOTHYROIDISM (Low Function)

- **Sluggishness**
- **Weight gain**
- **Fatigue**
- **Thin, brittle nails**
- **Cold intolerance.**



Common Symptoms of Hypothyroidism

Some of the signs of hypothyroidism are sluggishness, weight gain, fatigue, thin and brittle nails, and cold intolerance.

Hyperthyroidism

On the other side of the coin is what we call *Hyperthyroidism*, where the thyroid is actually producing too much thyroid hormone. This creates a racing metabolism, and is called *Grave's Disease*.

HYPERTHYROIDISM (High Thyroid Function)

- **Overproduction of thyroid hormone**
- **Grave's disease**
- **Nervousness**
- **Hair loss**
- **Rapid heart rate.**



Common Symptoms of Hyperthyroidism

One of the hallmarks of Grave's disease is what you see in this picture, where this woman's eyes seem to be popping right out of her head. That's a very obvious sign of this. Nervousness is very common, and hair loss and rapid heart rate go along with that too.

Most of the time when people have a thyroid imbalance, you won't see these extremes. Many people have thyroid imbalances that are not so pronounced that they get these major symptoms.

THYROID EMOTIONS

- | | |
|----------------------|--------------------|
| • Humiliation | • Pride |
| • Jealousy | • Shame |
| • Longing | • Shock |
| • Lust | • Unworthy |
| • Overwhelm | • Worthless |

Emotions Produced by Thyroid

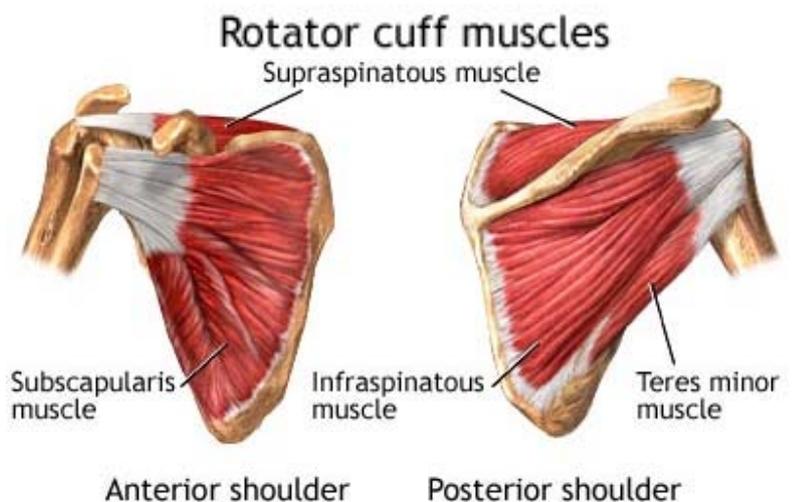
The thyroid emotions are *Humiliation, Jealousy, Longing, Lust, Overwhelm, Pride, Shame, Shock, Unworthy* and *Worthless*.

Thyroid Muscle Connections

The thyroid can affect both sides of the shoulders and here we have an example of the thyroid's muscle connections in the right shoulder. The muscle that we have pictured here is the *Teres Minor muscle*. It's a little muscle that crosses from the bottom side of the shoulder blade over to the shoulder joint itself, to the head of the *Humerus* bone. The Humerus bone is shown at the upper right of the picture.

So what we're looking at here is the back of the individual. We're looking at their right shoulder blade. Their spine would be coming down vertically on the left of the Teres minor muscle in the centre of the picture. When the thyroid imbalances, the accompanying imbalance in the teres minor muscle would tend to imbalance and create weakness in the shoulder.

One of the examples of this that I (Dr Bradley Nelson) remember very well from practice was a young man who played high school sports. He had a big problem because he would frequently wake up in the middle of the night screaming because his shoulder would dislocate very, very easily. What we found was that he had a thyroid imbalance, which we were able to correct. By correcting that imbalance we were able to correct the weakness in the *Teres Minor* muscle,



and that was enough to stop his shoulder coming out of the joint. It's funny because I remember when we found this imbalance he said, "You know, my mother has a thyroid problem and so does my grandmother." Some things do run in the family.

THYROID TEST POINT



Thyroid Test Point

The thyroid test point is right at the hollow of the neck. If you come down the front of the neck to a little hollow between the two collarbones, that's the test point.

Testing for Imbalance

With all of these organs and glands, you can simply take two adjacent fingers, put them on the test point, and then do a muscle test. If that organ (or gland) is imbalanced, you will find weakness in the arm that you're testing. Then you can uncover the reason or reasons why that organ is imbalanced.

Common Symptoms of Thyroid Imbalance

The most common symptoms of an imbalanced thyroid are lack of energy, feeling lethargic, weight gain while eating the same or less, and discomfort in the shoulder, elbow, or wrist. These things aren't necessarily common knowledge at least as far as Western medicine goes, in particular the shoulder elbow or wrist symptoms, but these are the things that I have found when the thyroid is imbalanced.

Thyroid – Most Common Symptom(s):

- **Lack of energy, feeling lethargic.**
- **Weight gain while eating the same or less.**
- **Discomfort in the shoulder, wrist or elbow.**

**Feeling
Healing with
Divine Love is
the key!**



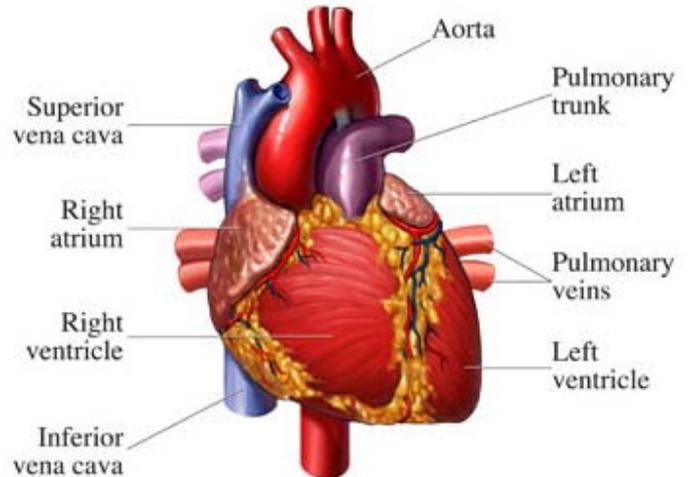
**PASCAS
PERS**

The HEART:

Let's take a look now at the *heart*. Your heart is a pump about the size of your clenched fist. The heart is a muscle and it pumps blood, but it also is a second brain. We know now that the heart puts out a much larger energy field than the brain itself, a magnetic field that extends out from the body up to 12 feet (4 metres) in diameter.

Purpose of the Heart

I (Dr Bradley Nelson) believe that the heart is the seat of the subconscious mind, the seat of the soul, and the core of your being. There's really much more to the heart than just being a pump. It's also the source of all your creativity and that's one of the reasons why it is so important to get rid of the Heart-Wall if you have one. But the heart can also become imbalanced in other ways.



(You have a physical body, a spirit body which looks much like your physical body, and a soul. Your mind resides within your spirit body, your intelligence, memories, personality, emotions, creativity, aspirations, desires, etc., reside in your soul. Your soul is located around the area of your solar plexus.)

PURPOSE of the HEART

- **The heart is a muscle.**
- **Pumps blood.**
- **Second brain.**
- **Seat of subconscious.**
- **Source of creativity.**



Common Symptoms of Heart Imbalance

Heart malfunction causes low energy and exhaustion. People who have a very difficult time just walking up a flight of stairs often have heart trouble. Often people who have heart trouble will experience palpitations, where the heart suddenly will stop beating for an instant and then start again, which can be very unnerving.

HEART MALFUNCTION

- **Low Energy**
- **Exhaustion**
- **Palpitations**
- **Etc.**



Emotions Produced by Heart

The heart emotions are *Abandonment*, *Betrayal*, *Forlorn*, *Lost*, *Love Unreceived*, *Effort Unreceived*, *Heartache*, *Insecurity*, *Overjoy*, and *Vulnerability*.

Forlorn is a feeling of being lost, alone and sad. The old expression is to be “*forlorn of hope*”, so it’s kind of a hopeless feeling. *Love Unreceived* is where you’re sending out love to someone and it’s bouncing off of them or they’re not receiving that love. This emotion may be felt in a relationship where the other person is just not as in love as you are. It can also show up when someone dies and the love that you had and that you were able to send to that person is no longer being received by them because it now has nowhere to go. *Effort Unreceived* is simply where you put out a significant effort and at the end of it nobody really cares, or you just don’t get what you want. It’s the kind of feeling that you get if you work really hard to get a good grade or a promotion, for example, and you end up flunking or being passed over anyway. It’s the kind of feeling that you have when you say to yourself “Why did I even bother?”

HEART EMOTIONS

- | | |
|--------------------------|----------------------------|
| • Abandonment | • Effort Unreceived |
| • Betrayal | • Heartache |
| • Forlorn | • Insecurity |
| • Lost | • Overjoy |
| • Love Unreceived | • Vulnerability |

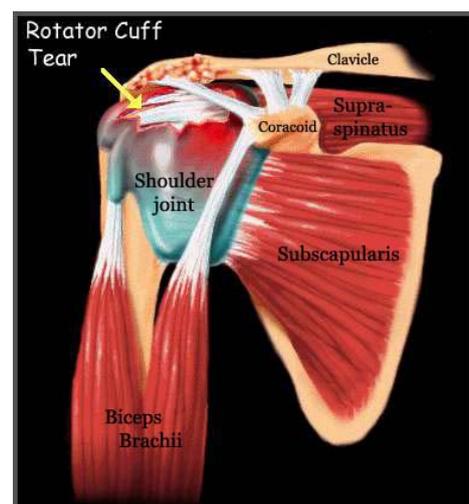
The other emotion that I want to mention is *Overjoy*. Sometimes positive emotions can also be overwhelming to us and they can imbalance the body as well. The positive emotions all fall under *Overjoy*. If you get overly excited or you’re giddy with happiness because something great and wonderful is happening, that still can have an imbalancing effect on you, and if this energy becomes trapped in the body, it shows up as *Overjoy*. We don’t see this emotion very often but it’s on the list and it does show up on occasion.

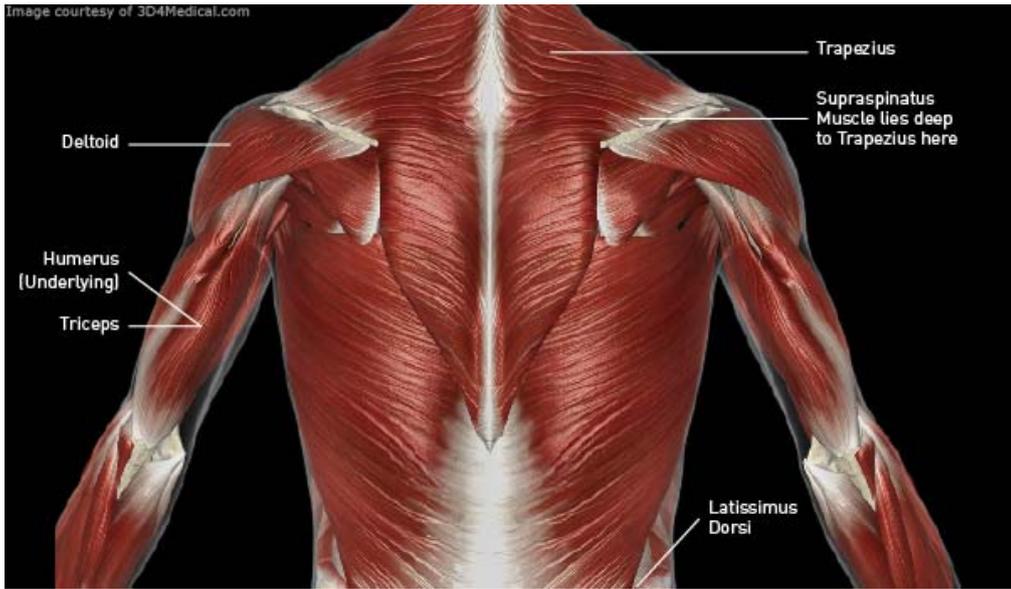
HEART- MUSCLE CONNECTIONS

- **Subscapularis**
- **Underside of shoulder blade.**

Heart Muscle Connections

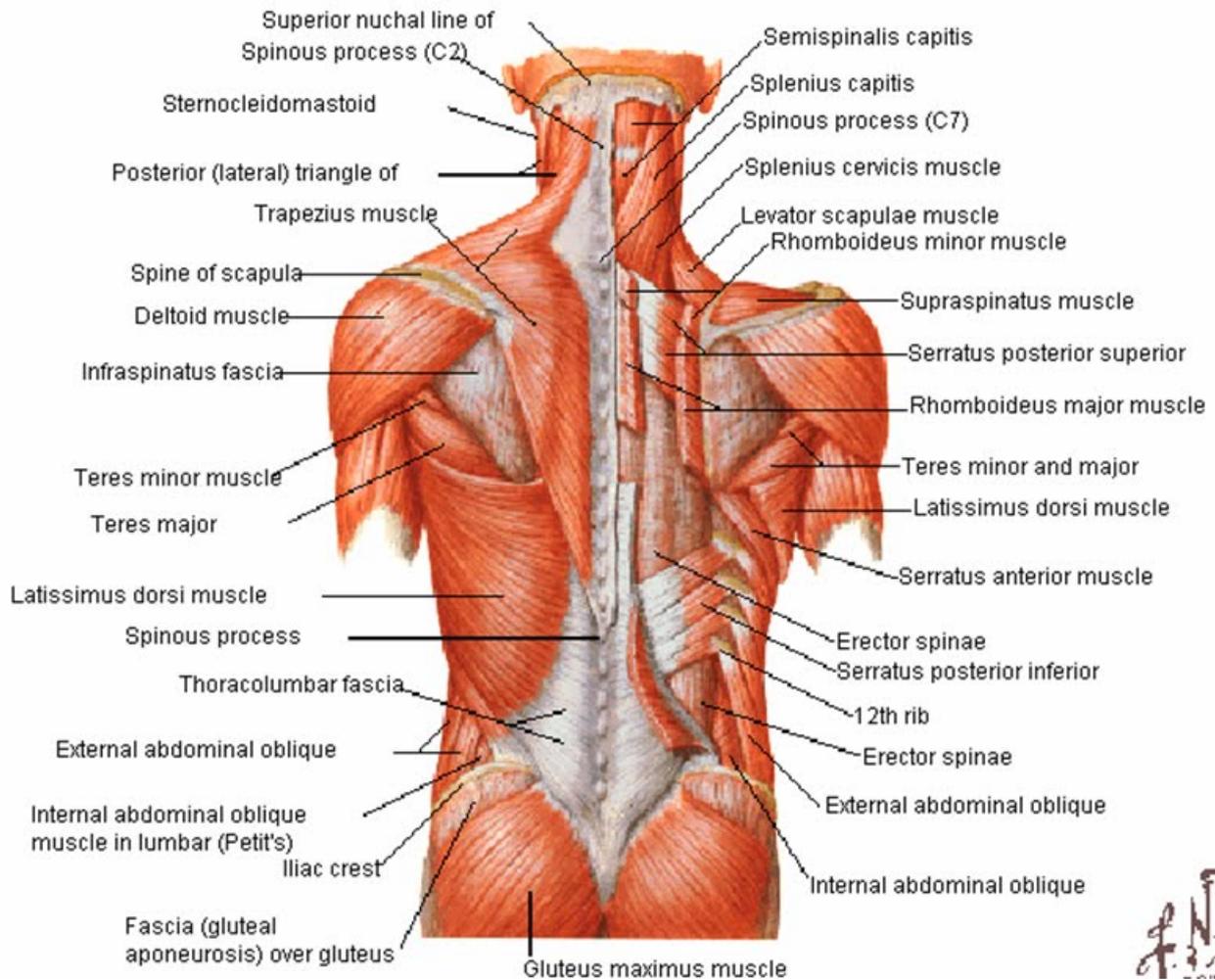
Like all the organs, the heart is energetically connected with certain muscles, in this case, the Subscapularis muscles. They lie on the underneath side of the shoulder blades.





Snapped with HyperSnap-DX
<http://www.hyperionics.com>

Muscles of Back Superficial Layers



F. Netter M.D.

Heart Test Point

The heart test point is right in the centre of the sternum. It's directly in the centre of the chest if you go straight across the chest from the armpits.

Common Symptoms of Heart Imbalance

The most common symptoms of imbalance in the heart are low energy, skipping beats or palpitations, and discomfort in the chest and shoulders.

Most common symptom(s):

- **Low energy**
- **Skipped beats (palpitations)**
- **Discomfort in the chest and shoulders.**



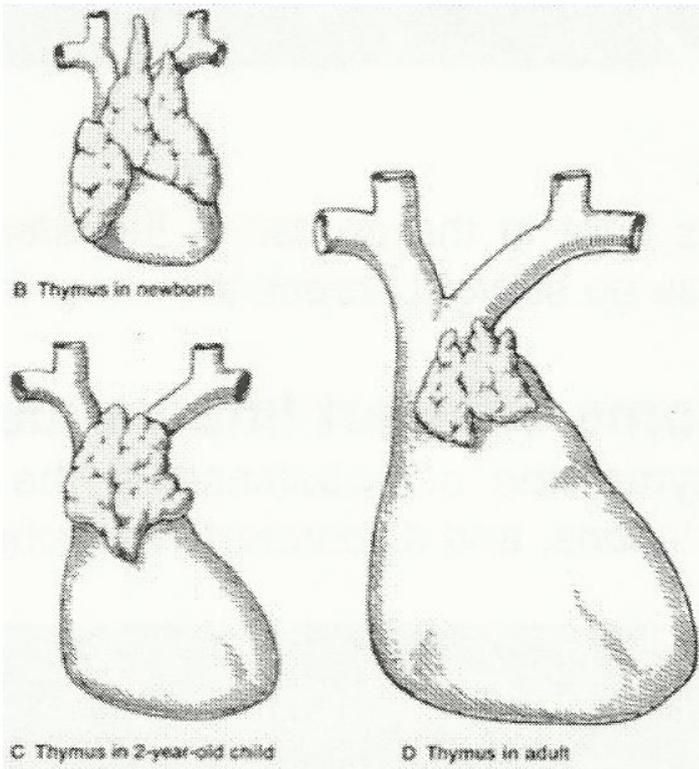
Release one's pain through expressing one's feelings.

in conjunction with

Longing for the Truth when also longing for Divine Love.

The THYMUS GLAND:

The thymus gland is a very interesting gland. In a newborn, the thymus is quite large in relation to the heart (as you can see at the top left of this picture). As the heart grows, the thymus does not, but stays the same size.

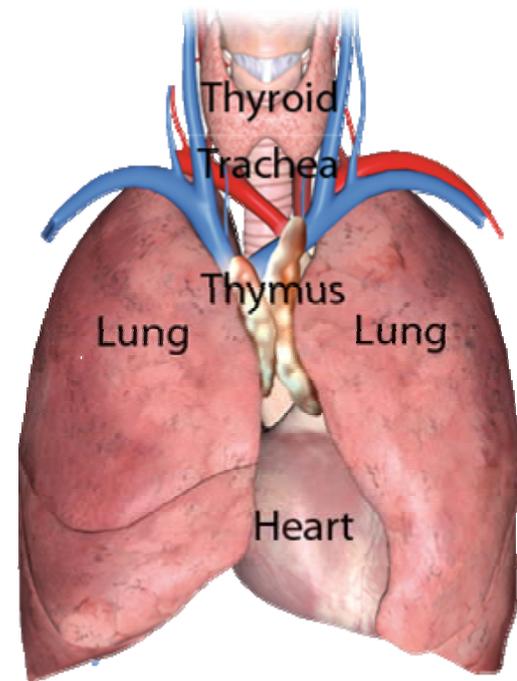


PURPOSE of the THYMUS GLAND

- **Helps T-Cells to mature.**
- **Helps protect against autoimmune disease.**

Purpose of the Thymus Gland

You've probably heard of *T-cells*. The T in T-cell actually stands for thymus. T-cells mature in the thymus and protect the body from infection. These cells help to protect against autoimmune diseases as well, so you can see that the thymus has some very important immune functions.



THYMUS GLAND EMOTIONS

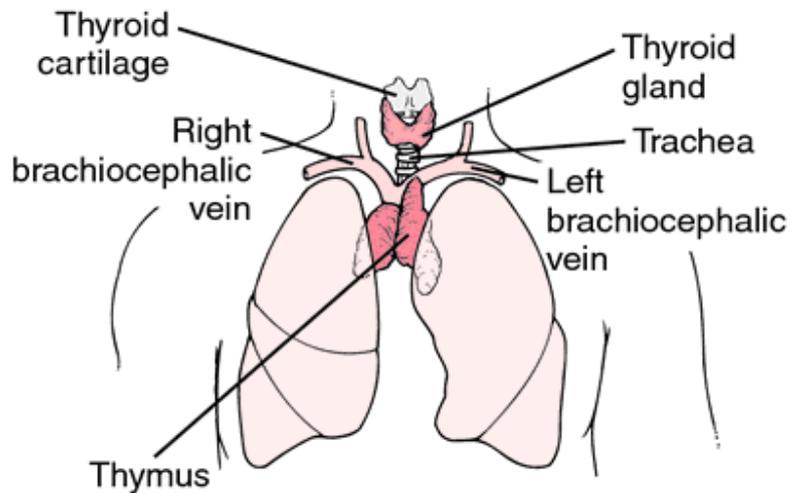
- | | |
|----------------------|--------------------|
| • Humiliation | • Pride |
| • Jealousy | • Shame |
| • Longing | • Shock |
| • Lust | • Unworthy |
| • Overwhelm | • Worthless |

Emotions Produced by Thymus Gland

The thymus gland emotions are *Humiliation, Jealousy, Longing, Lust, Overwhelm, Pride, Shame, Shock, Unworthy, and Worthless.*

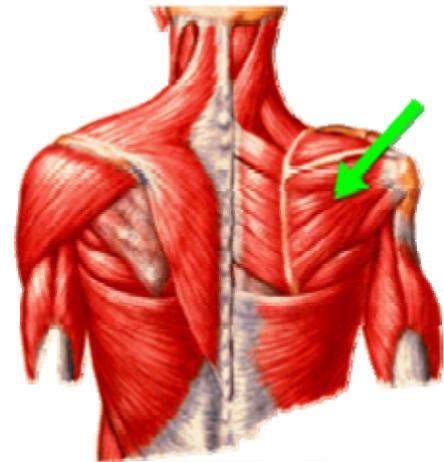
Thymus Gland Muscle Connections

The *infraspinatus* muscles are connected energetically with the thymus. These are the muscles that lie on the bottom half of the shoulder blades and connect the shoulder blades to the shoulder. They help to rotate the shoulder externally and also bring the shoulder and the arm backwards.



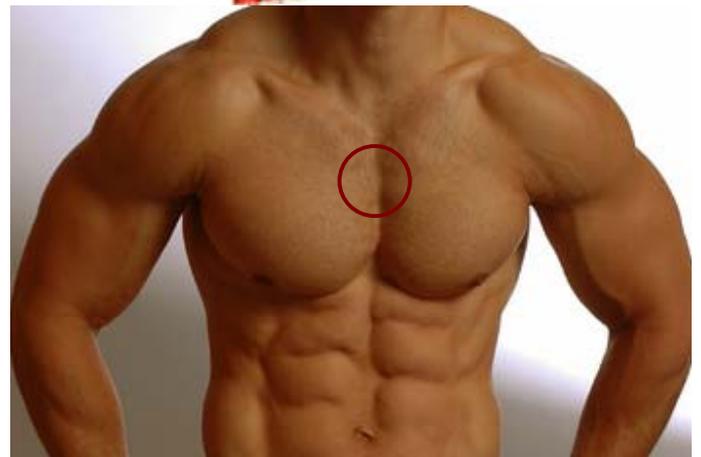
THYMUS GLAND – MUSCLE CONNECTIONS

- **Infraspinatus Muscle**



Thymus Gland Test Point

The thymus gland test point is just a little bit below the notch where the thyroid point is. If you go down from that point, about three or four finger widths, that's the thymus gland test point. You can touch that point with two fingertips and test the arm for the thymus gland balance.



Common Symptoms of Thymus Imbalance

The most common symptoms of thymus imbalance are discomfort in the shoulder, lowered immunity, and autoimmune problems.

Most Common Symptom(s):

- **Discomfort in the shoulder.**
- **Lowered immunity.**
- **Autoimmune problems.**

The LUNGS:

The lungs are responsible for oxygenating the blood. They take in oxygen and they also eliminate carbon dioxide.

PURPOSE of the LUNGS

- **Oxygenate the Blood.**
- **Eliminate CO₂.**

Common Symptoms of Lung Imbalance

Lung malfunction can result in asthma, discomfort between the shoulders and discomfort in the ribs or upper back.

LUNG MALFUNCTION

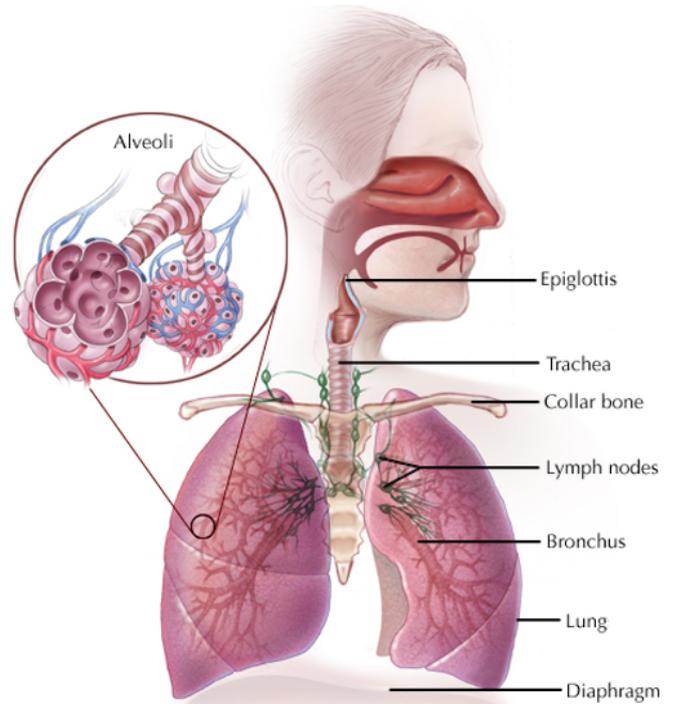
- **Asthma.**
- **Discomfort in between the shoulders.**
- **Discomfort in the ribs or the upper back.**

LUNG EMOTIONS

- | | |
|-------------------------|------------------------|
| • Crying | • Confusion |
| • Discouragement | • Defensiveness |
| • Rejection | • Grief |
| • Sadness | • Self-Abuse |
| • Sorrow | • Stubbornness |

Emotions Produced by the Lungs

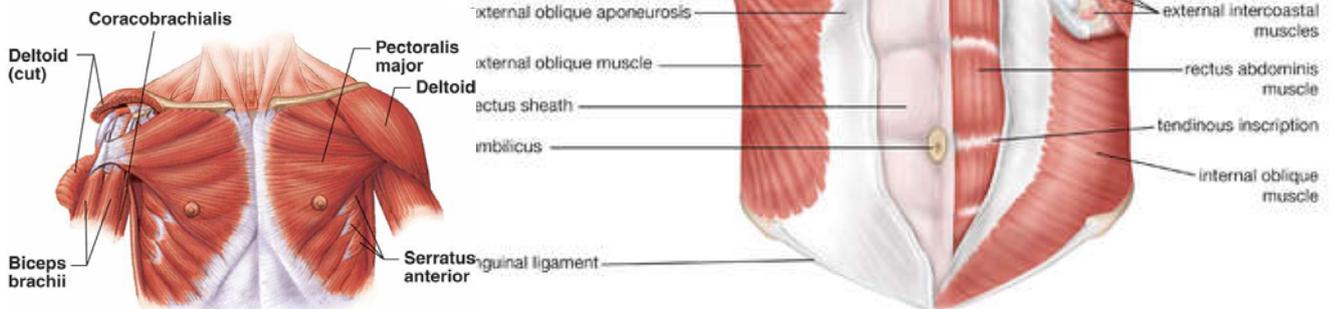
The lung emotions are *Crying, Discouragement, Rejection, Sadness, Sorrow, Confusion, Defensiveness, Grief, Self-Abuse,* and *Stubbornness.* I think that these are all pretty self-explanatory, but let me just quickly go over *Self-Abuse.*



Self-Abuse typically results from bad internal dialogue when we're being hard on ourselves for some reason. I think most people at one point or another suffer from this. Maybe you do something stupid and then you berate yourself, "I can't believe I'm so stupid. How could I do that? I'm such an idiot." It can border on Self-Hatred at times. That's typically where this emotion comes from.

LUNG-MUSCLE CONNECTIONS

- **Deltoid Muscles of the Shoulders.**
- **Serratus Anterior (sides of chest).**
- **Coracobrachialis (not shown).**

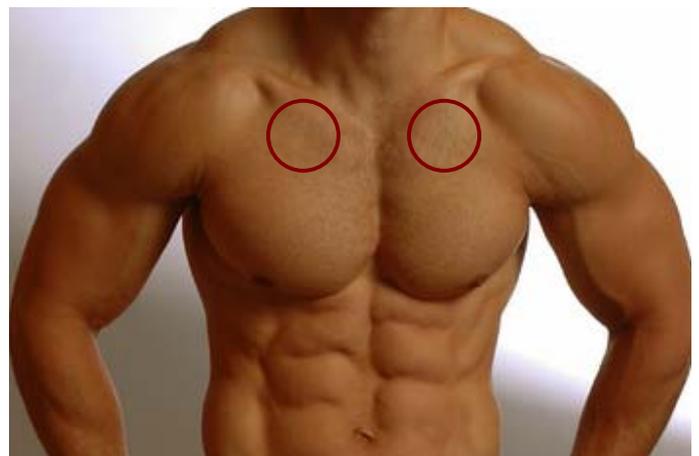


Lung Muscle Connections

The lungs are connected with the Deltoid muscles of the shoulders, the Serratus Anterior muscles, which are in the sides of the chest, and the Coracobrachialis muscle, which draws the Humerus forward towards the torso.

Lung Test Points

The lung test points are right below the centre of each of the collarbones. If you can find where the collarbone begins right near the thyroid test point, just follow that out and go down about halfway to the middle of the chest. You can see that those points are in kind of a hollow area just below where that bone is. Again, remember if there's an imbalance in the lung, the point will enlarge to be about as large as the circles you see here, so you'll be able to detect a lung imbalance through muscle testing quite easily.



The SPLEEN:

The spleen is situated just to the left side of the stomach and it has some interesting purposes.

Purpose of the Spleen

One of the reasons that the spleen exists is to help dispose of old red blood cells. It has some important immune functions as well, and it is a blood reservoir. Sometimes people will have a traumatic injury and their spleen will be ruptured, and they'll need to have it removed. You can survive without a spleen but you survive a little better with one. When the spleen is imbalanced or has been removed, it tends to create increased susceptibility to infection and anaemia.

PURPOSE of the SPLEEN

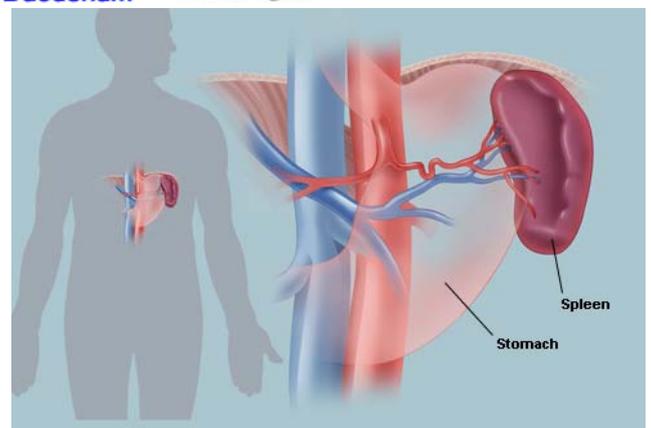
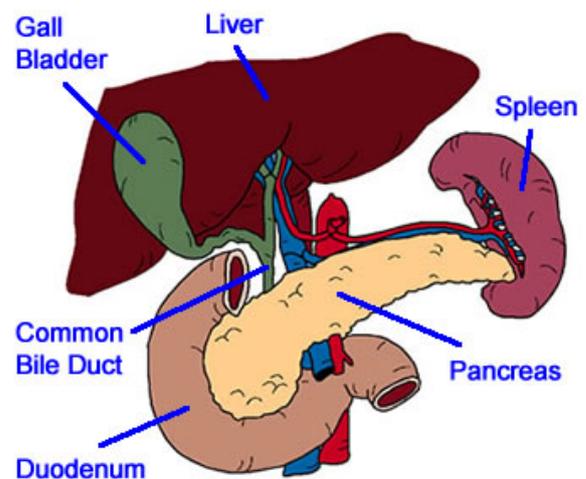
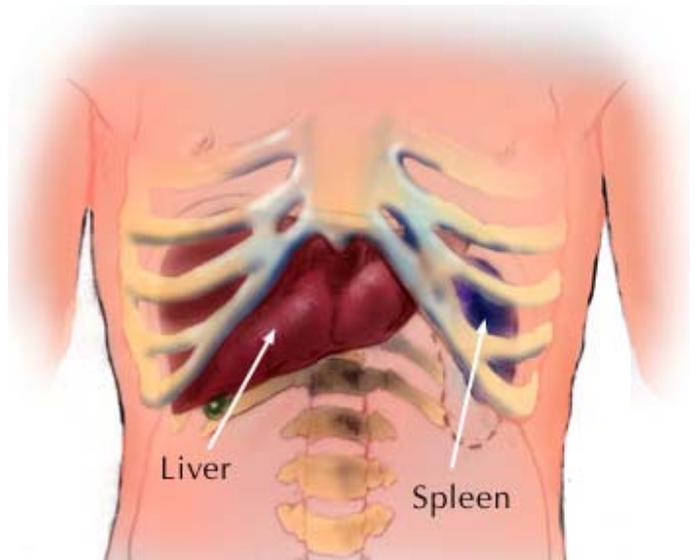
- Disposes of old red blood cells.
- Important immune functions.
- Reservoir of blood.

SPLEEN MALFUNCTION

- Increased susceptibility to infection.
- Anaemia

SPLEEN EMOTIONS

- | | |
|---------------|-------------------|
| • Anxiety | • Failure |
| • Despair | • Helplessness |
| • Disgust | • Hopelessness |
| • Nervousness | • Lack of control |
| • Worry | • Low Self-Esteem |

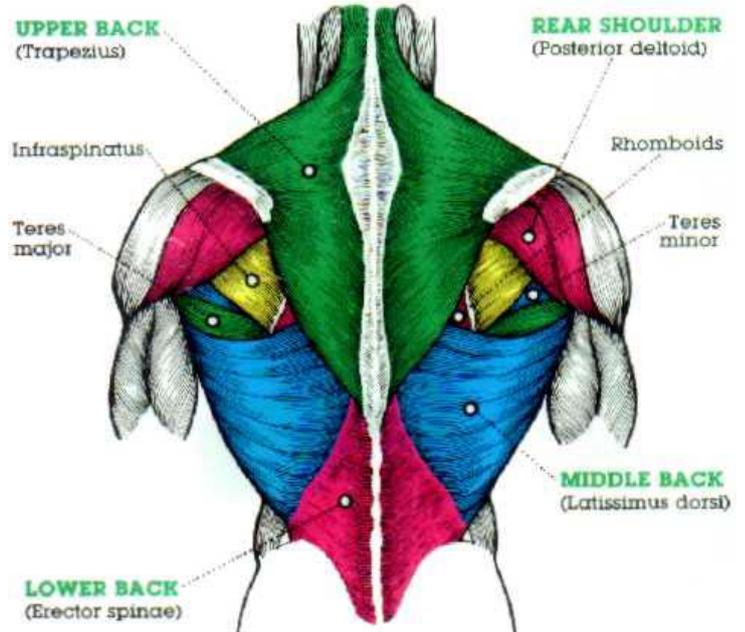


Emotions Produced by the Spleen

Spleen emotions are *Anxiety, Despair, Disgust, Nervousness, Worry, Failure, Helplessness, Hopelessness, Lack of Control, and Low Self-Esteem.*

Spleen Muscle Connections

When the spleen becomes imbalanced it will affect the *Trapezius* muscle, specifically the mid and the lower Trapezius. Remember that you can touch the skin that overlies any of these specific muscles and if the organ is imbalanced, you will also get a weak muscle test.



Spleen Test Point

The spleen test point is in direct line just below the armpit, straight back from where the nipple is, on the left side of the body only.

Common Symptoms of Spleen Imbalance

The most common symptoms of imbalance in the spleen are discomfort in the mid-back or left shoulder, and lowered immunity.

- | |
|--|
| <p>Most Common Symptom(s)</p> <ul style="list-style-type: none"> • Discomfort in the mid back. • Discomfort in the left shoulder. • Lowered Immunity. |
|--|



SPLEEN TEST POINT

The STOMACH:

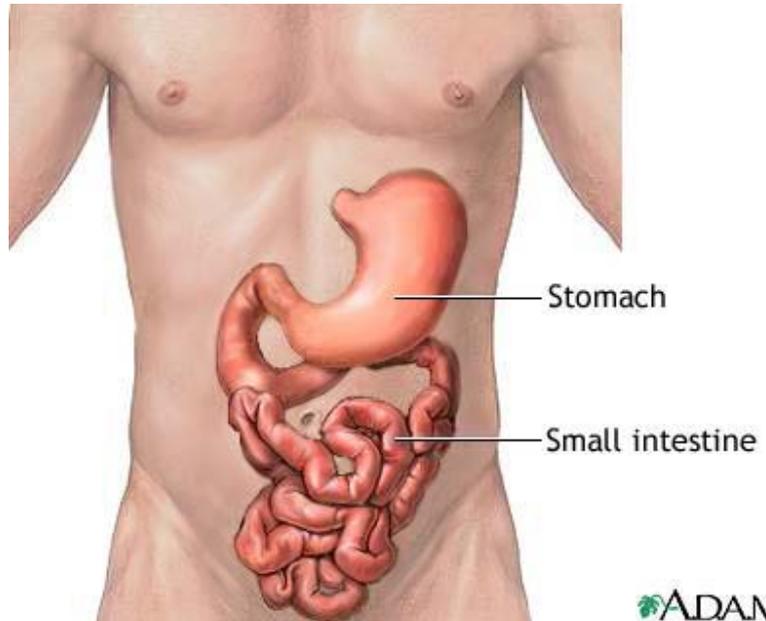
The purpose of the stomach is to secrete protein digesting enzymes, hydrochloric acid, and mucus. It helps to churn up swallowed food so that it can begin the digestive process. Stomach malfunction causes indigestion, gas, bloating, discomfort, and ulcers.

PURPOSE of the STOMACH

- Secretes protein-digesting enzymes, hydrochloric acid and mucous.
- Churns swallowed food.

STOMACH MALFUNCTION

- Indigestion
- Gas
- Bloating
- Discomfort
- Ulcers



STOMACH EMOTIONS

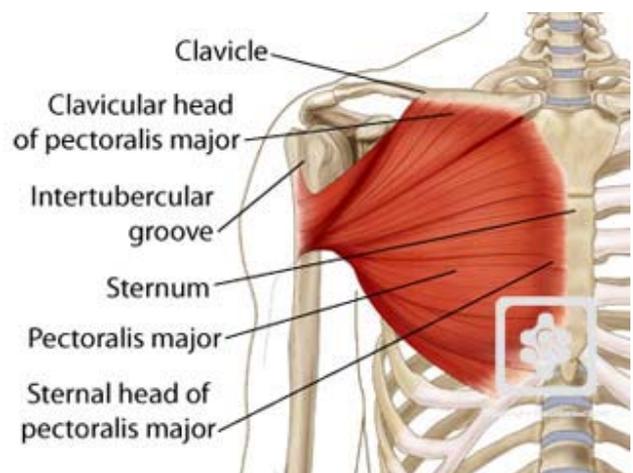
- | | |
|---------------|-------------------|
| • Anxiety | • Failure |
| • Despair | • Helplessness |
| • Disgust | • Hopelessness |
| • Nervousness | • Lack of control |
| • Worry | • Low Self-Esteem |

Emotions Produced by the Stomach

The stomach emotions are *Anxiety, Despair, Disgust, Nervousness, Worry, Failure, Helplessness, Hopelessness, Lack of Control, and Low Self-Esteem.*

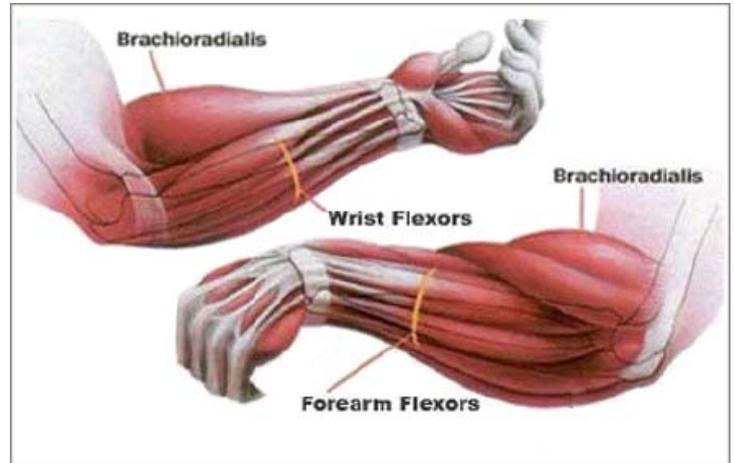
Stomach Muscle Connections

The muscles that are associated with the stomach are known as the *Pectoralis Major Clavicular* muscles. They're part of the *Pectoralis* muscles, but they're really the upper portion that attach to the clavicle, or the collarbone as you can see here.



By the way, very rarely will muscles imbalance by themselves. If there's an imbalance in the muscles, there's almost always an imbalance in the associated organ. And the most common cause of organ imbalance is ... trapped emotions!

The *Brachioradialis* muscle, which you can see here, is also connected with the stomach. It will tend to affect the elbow and/or the wrist.



Stomach Test Point

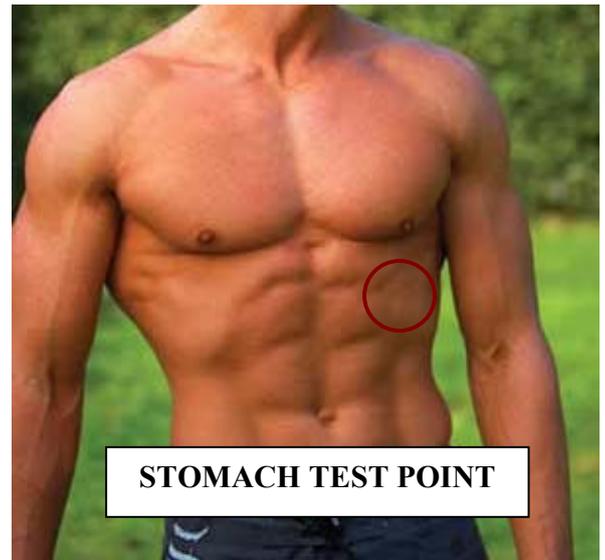
To find the stomach test point, just find the edge of the rib cage and follow it around so that you're directly below the nipple.

Common Symptoms of Stomach Imbalance

The most common symptoms of stomach imbalance include discomfort in the shoulders, discomfort in the elbows or wrists, and discomfort in the neck.

Most Common Symptom(s):

- **Discomfort in the shoulder area.**
- **Discomfort in the elbow or wrist.**
- **Discomfort in the neck.**



STOMACH TEST POINT

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

Firstly, consider discovering the truth of your emotional pain through Feeling Healing. Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing. Primary and most important readings are the writings of James Moncrief. Then consider the Padgett Messages, and then The Urantia Book.

The PANCREAS:

The pancreas is located beneath the liver and sits between the liver and the stomach.

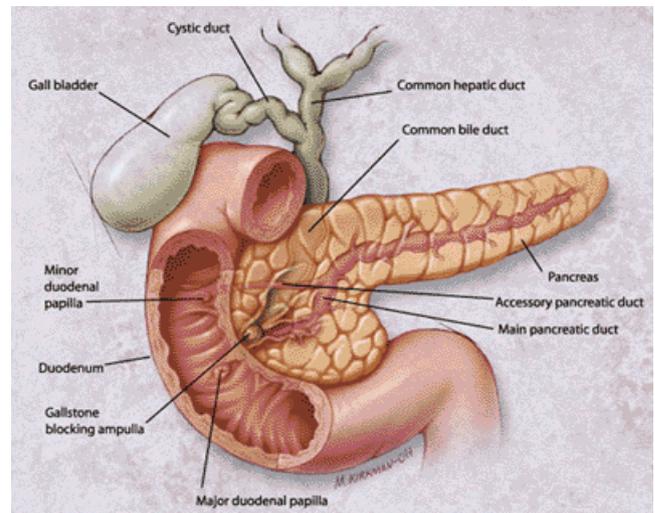
Purpose of the Pancreas

The pancreas secretes insulin and other hormones. Insulin is a necessary component for our bodies because it allows sugar to absorb into our cells. The pancreas also secretes enzymes that help us digest our food. When the pancreas malfunctions, we may get indigestion because we're not secreting enough enzymes to properly digest our food. We may also get gas, bloating, discomfort, and ulcers. If the pancreas malfunctions we can also end up with *Diabetes* because the body will not be producing enough insulin to help us digest and metabolize sugar.

PURPOSE of the PANCREAS

Secretes the following:

- **Insulin and other Hormones.**
- **Digestive Enzymes.**



PANCREAS MALFUNCTION

- **Indigestion**
- **Gas**
- **Bloating**
- **Discomfort**
- **Ulcers**



PANCREAS EMOTIONS

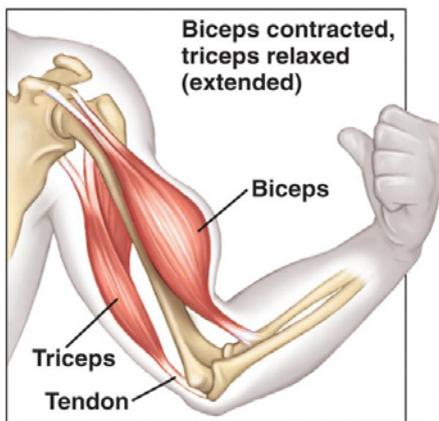
- | | |
|----------------------|--------------------------|
| • Anxiety | • Failure |
| • Despair | • Helplessness |
| • Disgust | • Hopelessness |
| • Nervousness | • Lack of control |
| • Worry | • Low Self-Esteem |

Emotions Produced by the Pancreas

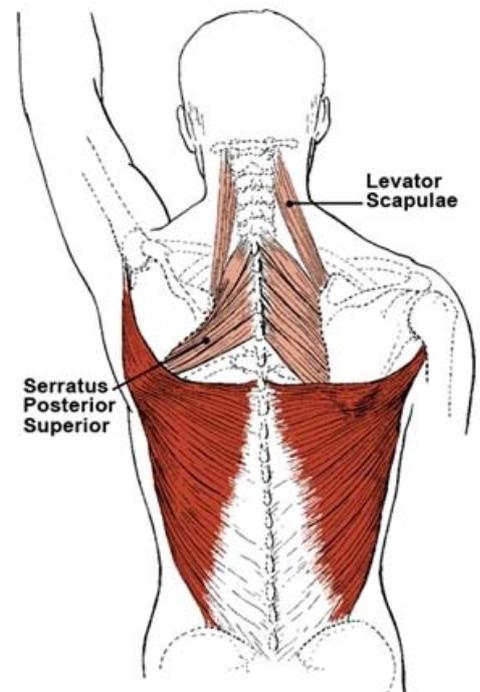
Emotions produced by the pancreas include *Anxiety, Despair, Disgust, Nervousness, Worry, Failure, Helplessness, Hopelessness, Lack of Control, and Low Self-Esteem.*

Pancreas Muscle Connections

The *Triceps* muscles and the *Latissimus* muscles are connected to the pancreas. The Triceps muscles are located in the back of the arms. The Latissimus muscles are the ones you can see here in the lower and mid-back area.



Latissimus Dorsi

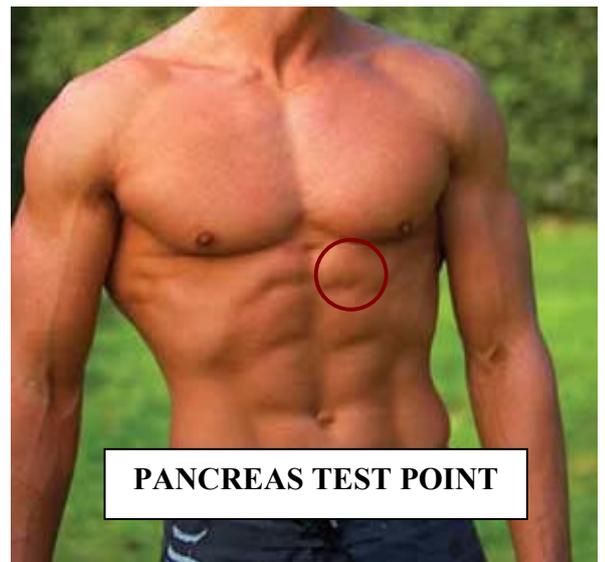


Pancreas Test Point

You will find the pancreas test point inward a little ways, about three finger widths, from the midline of the body on the edge of the rib on the left side as you can see here. Follow the rib cage around to where it curves upwards and it should be easy to find.

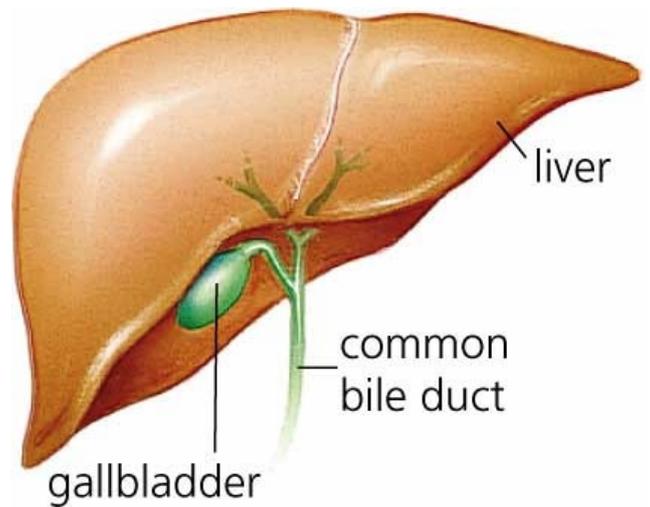
Common Symptoms of Pancreas Imbalance

Some of the most common symptoms of pancreas imbalance are discomfort in the mid back and the left shoulder and discomfort in the low back. You may also find discomfort in the neck, the wrist or the thumb, should the pancreas become imbalanced.



The GALL BLADDER:

The Gall Bladder nestles into the underside of the liver as you can see in this drawing.



PURPOSE of the GALL BLADDER

- **Secretes bile, which helps us to absorb fat.**

Purpose of the Gall Bladder

The purpose of the Gall Bladder is to secrete *bile*, which helps us to absorb fat. Bile is basically the body's detergent. If you've ever put a drop of detergent into a sink full of greasy or oily water and seen how it breaks up the grease or oil immediately, you will understand. When we take fat into our body, the Gall Bladder injects bile into the intestine, which then breaks down the fat and helps it to absorb into the bloodstream. When the Gall Bladder malfunctions, the most common things you will find are pain in right side of the chest, nausea, vomiting, gas, and bloating.

GALL BLADDER MALFUNCTION

- **Pain in right chest**
- **Nausea**
- **Vomiting**
- **Gas**
- **Bloating**



GALL BLADDER EMOTIONS

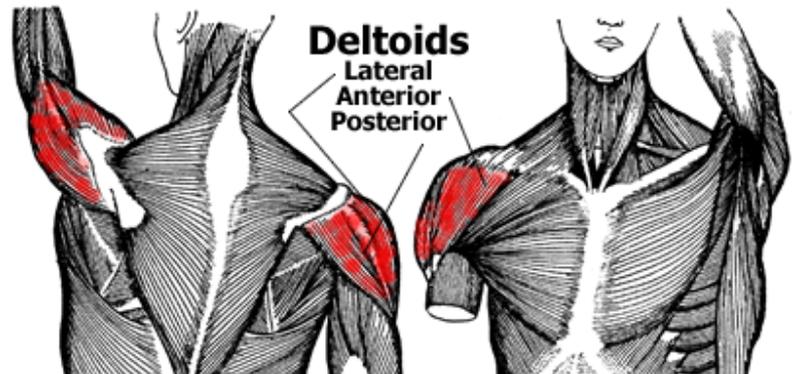
- | | |
|---------------------|----------------------------|
| • Anger | • Depression |
| • Bitterness | • Frustration |
| • Guilt | • Indecisiveness |
| • Hatred | • Panic |
| • Resentment | • Taken for Granted |

Emotions Produced by the Gall Bladder

The Gall Bladder produces the emotions of *Anger, Bitterness, Guilt, Hatred, Resentment, Depression, Frustration, Indecisiveness, Panic, and Taken for Granted.*

Gall Bladder Muscle Connections

The Gall Bladder is on the same circuit as the *Anterior Deltoid* muscle in the right shoulder and the *Popliteus* muscle, which is located on the back of the right knee. When the gall bladder becomes imbalanced, it immediately imbalances these muscles destabilizing the right knee and the right shoulder. Right knee trouble is the most common symptom of Gall Bladder imbalance, with discomfort in the right shoulder occurring less frequently.



Gall Bladder Test Point

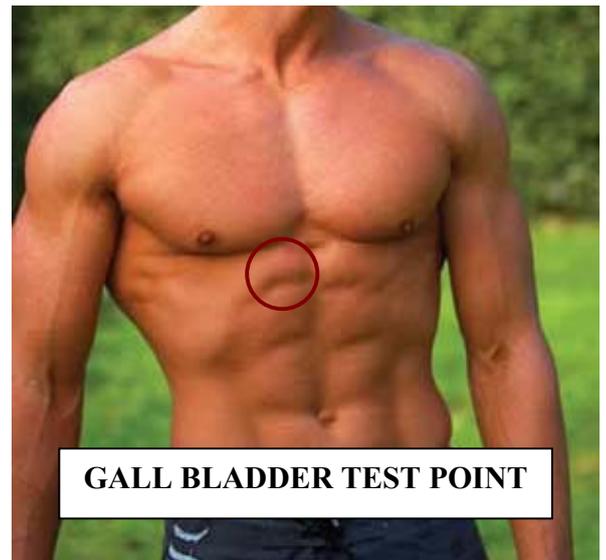
The Gall Bladder test point is just to the right of the midline, on the rib edge.

Gall Bladder Most Common Symptom(s):

- Discomfort in the right knee.
- Discomfort in the right shoulder.
- Discomfort under the right rib cage.

Common Symptoms of Gall Bladder Imbalance

The most common symptoms of Gall Bladder imbalance again are discomfort in the right knee and discomfort in the right shoulder. Less commonly you will find discomfort under the right rib cage area too, which sometimes result from stones, inflammation or congestion in the Gall Bladder.



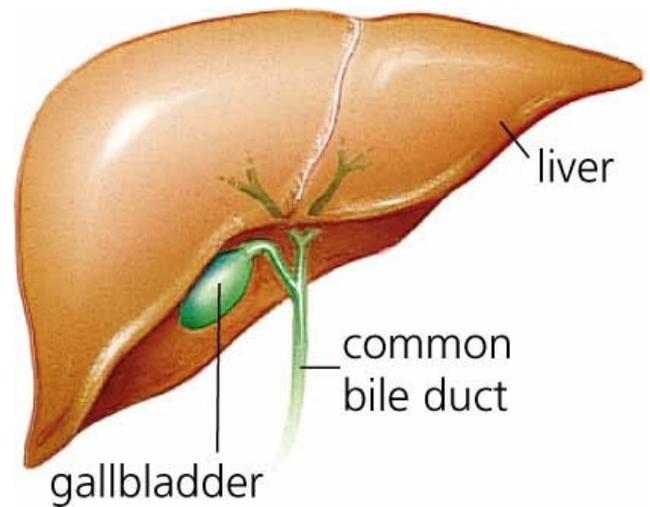
GALL BLADDER TEST POINT

The LIVER:

The liver is a very large organ that sits just above the gall bladder.

Purpose of the Liver

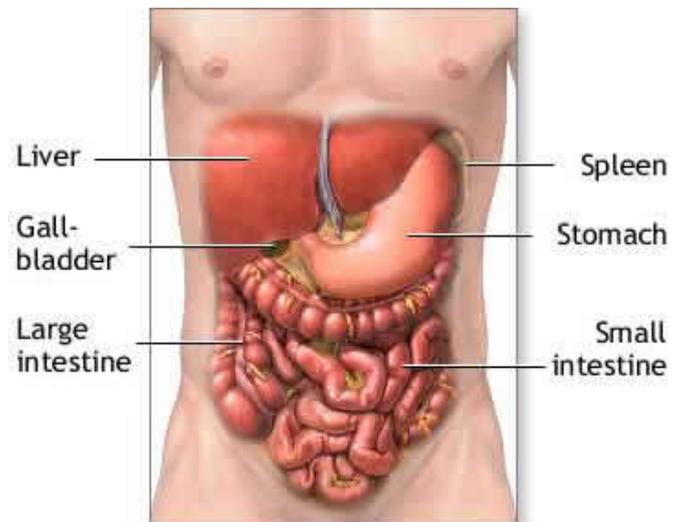
The purpose of the liver is to support the immune system, to cleanse and detoxify the blood from foreign substances, and to break down chemicals and toxins that you take in. Liver malfunction, if it's bad enough, tends to cause *jaundice*, which is a yellowish tint to the skin and eyes. That's always a dead giveaway that there's some kind of liver problem. Liver imbalance can also cause a loss of appetite leading to weight loss. Swelling under the right lower ribs can indicate serious liver trouble.



PURPOSE of the LIVER

- **Supports the immune system.**
- **Cleans the blood, detoxifying foreign substances and chemicals.**

If you notice any of these symptoms, then it's probably a good idea to see a medical doctor who can take a closer look at the liver and see if there's some serious imbalance going on. Anytime you're seeing a more serious and unusual symptom then it's a good idea to get a medical doctor involved, unless you happen to be one yourself.



LIVER MALFUNCTION

- **Yellowish skin and eyes.**
- **Loss of appetite leading to weight loss.**
- **Swelling under the right lower ribs.**



Emotions Produced by the Liver

The liver produces emotions of *Anger, Bitterness, Guilt, Hatred, Resentment, Depression, Frustration, Indecisiveness, Panic* and *feeling Taken for Granted*.

LIVER EMOTIONS

- | | |
|---------------------|----------------------------|
| • Anger | • Depression |
| • Bitterness | • Frustration |
| • Guilt | • Indecisiveness |
| • Hatred | • Panic |
| • Resentment | • Taken for Granted |

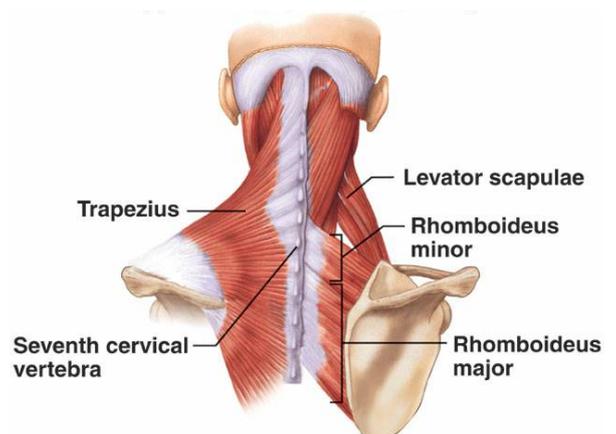
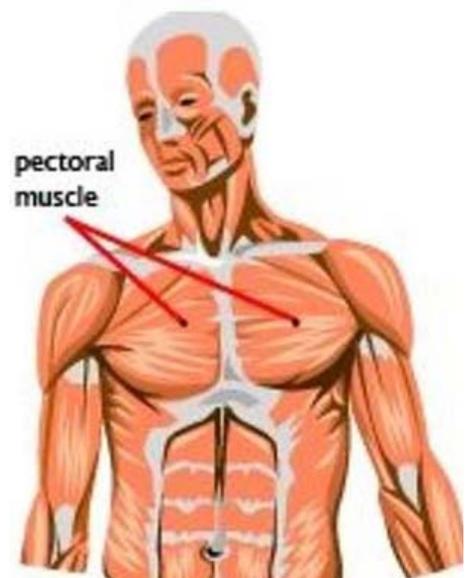
Liver Muscle Connections

The liver connects with the *Pectoralis Major* muscles in the middle of the chest. It also connects up with a muscle that's called the *Rhomboideus Major*, or the *Rhomboid* muscle for short.

The rhomboid muscle goes from the thoracic vertebrae in the centre of the spine (the second, third, and fourth vertebrae) and it travels at an oblique angle over and connects to the inside edge of the shoulder blade.

I (Dr Bradley Nelson) have often referred to the liver as my favourite organ because when I worked in the chiropractic college clinic, I had a patient who would come in to have me work on him every week. His upper thoracic vertebrae were always out of alignment so I would realign him each week and he would feel much better. The next week he'd be back again and he would be out of alignment the same way.

After a number of weeks of these treatments, I found myself wondering, "What is going on here? Why can't I fix this fellow? Why can't I just correct him? Is it him? Is it me? What's going on? I don't understand." I needed a certain number of credits to graduate from the chiropractic clinic and so he was one of my best patients, but it bothered me that I had to continually adjust this area over and over. I could never get it to stabilize. What I found later was that he was suffering from a liver imbalance and one of the most common symptoms of liver imbalance is pain in the area in between the shoulder blades. That's exactly what was going on with him.



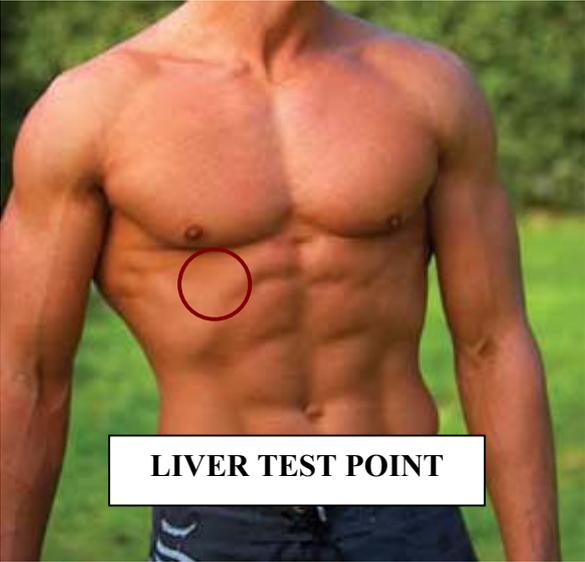
Liver Test Point

The liver test point is directly below the nipple on the edge of the ribs on the right side.

Common Symptoms of Liver Imbalance

The most common symptoms of liver imbalance are discomfort between the shoulder blades and also discomfort in the right shoulder.

- Most Common Symptom(s)**
- **Discomfort between the shoulder blades.**
 - **Discomfort in the right shoulder.**



Feelings first

LIVE FEELINGS FIRST

The KIDNEY:

The kidneys are paired organs that are retroperitoneal, or behind the rest of the abdominal organs, and are closer to the back of the body than the front.

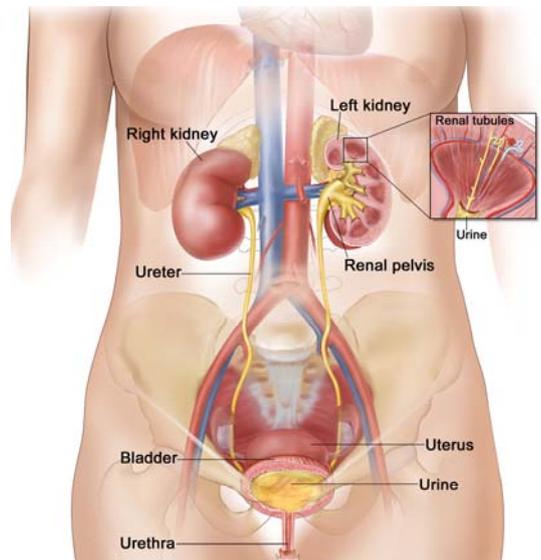
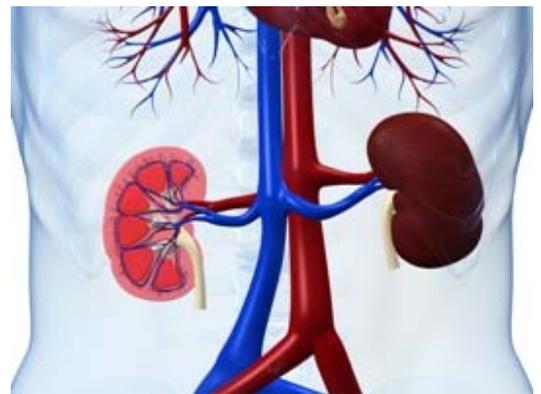
PURPOSE of the KIDNEYS

- **Cleanse and filter the blood.**
- **Create Urine.**
- **Regulate Blood Pressure.**
- **Energy Reservoirs.**

Purpose of the Kidneys

The purpose of the kidney is, along with the liver, to cleanse and filter the blood, to create urine, and to regulate blood pressure. In Chinese medicine, the kidneys are known as energy reservoirs and so there are a number of different things that can weaken or imbalance the kidneys. If toxins are taken into the body, they will eventually end up in the kidneys, and that is one of the causes of imbalance.

One of the most common reasons why people have back pain is because of kidney imbalance. More serious kidney malfunction can cause back or flank pain, leg pain, swelling in the ankles or face, a foul or metallic taste, and fatigue in general.



KIDNEY MALFUNCTION

- **Back or Flank Pain.**
- **Leg Pain.**
- **Swelling in ankles or face.**
- **Foul or metallic taste.**
- **Fatigue.**



KIDNEY EMOTIONS

- **Blaming**
- **Dread**
- **Fear**
- **Horror**
- **Peeved**
- **Conflict**
- **Creative Insecurity**
- **Terror**
- **Unsupported**
- **Wishy Washy**

Emotions Produced by the Kidneys

The emotions that are produced by the kidneys are *Blaming*, *Dread*, *Fear*, *Horror*, *Peeved*, *Conflict*, *Creative Insecurity*, *Terror*, *Unsupported*, and *Wishy Washy*.

Peeved is where you are upset or irritated at something or somebody, maybe even yourself.

Creative insecurity is one of my favourite emotions to release. It's a specific kind of insecurity that is connected to the act of creation. In other words, if you have this emotion, whenever you try to create something what will come up for you is a feeling of insecurity. This really hampers people from being able to create money, or to find a job, to create abundance, social relationships, to find a mate, to have children, or to create artwork. This trapped emotion will tend to interfere with anything you are trying to create.

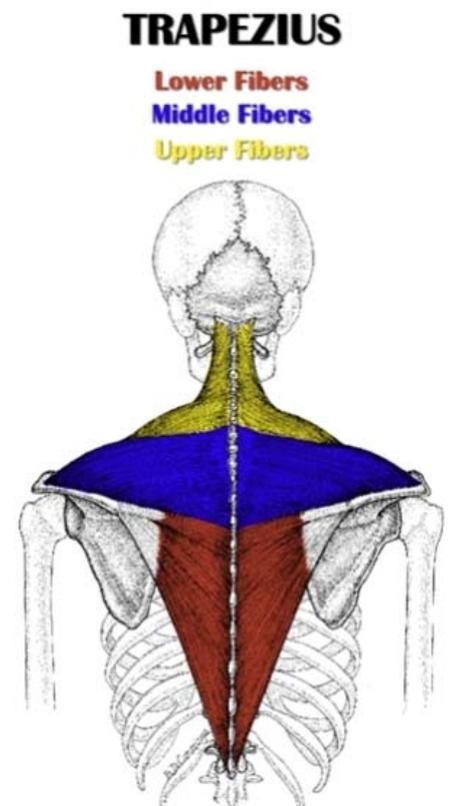
Wishy Washy results from a feeling of not really being willing to stand up for something. It's similar to a feeling of indecisiveness, or not being forthright.

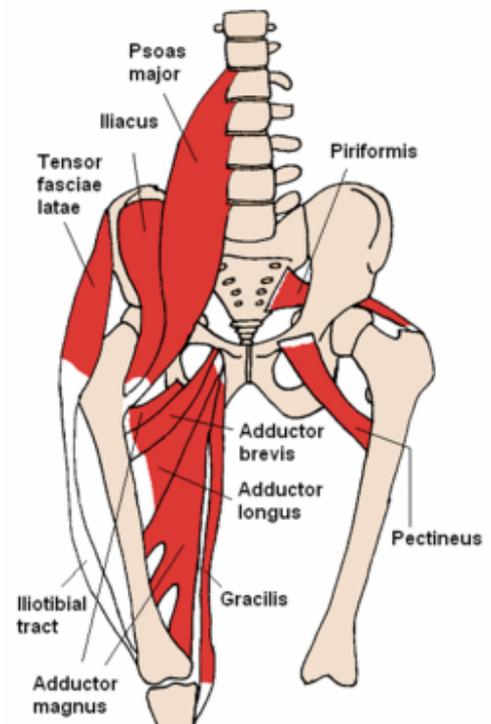
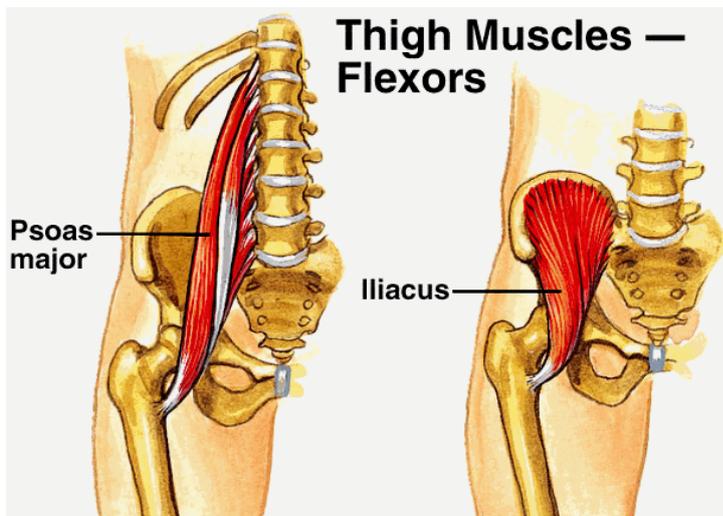
Unsupported just means that you're not getting enough support from somebody or something.

Kidney Muscle Connections

Some of the muscles associated with the kidneys are the *Upper Trapezius* muscles as you see here. These muscles attach to the base of the skull and then come down and attach to the shoulder blades on both sides. Imbalance in either of these muscles will tend to create trouble in the shoulders or in the neck.

The kidneys also are energetically connected with the *Psoas* and *Iliacus* muscles deep in the pelvis. The next image is a diagram of the pelvis as seen from the front, so just imagine that you are looking at someone's lower body with everything removed. All the organs have been removed and the only thing left are some of the muscles. The muscles that are shown darker here are the *Psoas* and the *Iliacus* muscles.





The important thing to understand is that the kidneys tend to cause a lot of low back trouble. They also tend to cause a lot of hip trouble. Here's the reason why. If you look at the Psoas Major muscle, the darker muscle that extends higher up on the spine in this image, you'll notice that originates off the lumbar vertebrae and then goes down into the pelvis. Then at the very bottom, you'll see how it swings to the left and hooks into the hip joint. That's actually the hipbone, of the *Femur* bone itself. This is why when the Psoas muscle becomes imbalanced due to the kidney imbalance it will distort the lower spine. It will tend to cause disc injuries and disc problems. It will tend to sometimes cause hip problems. In all the 17 years that I practiced in my brick and mortar practice, I saw hundreds of low back pain and disc patients. There wasn't a single disc patient that I saw during all those years that did not have a kidney imbalance. By correcting these kidney imbalances, we were able to help almost all of those people get well, except for two that we had to send out for surgical intervention.

Common Causes of Kidney Imbalance

The number one reason for kidney imbalance is caffeine, believe it or not (in this country –USA– anyway), trapped emotions being the second most common cause of imbalance. Caffeine is a toxin that will accumulate and concentrate in the kidneys and overload them, blowing their 'fuse' and immediately imbalancing the Psoas and Iliacus muscles that you see here. This will totally imbalance the low back and the pelvis and creates a situation that allows these disc problems to occur.

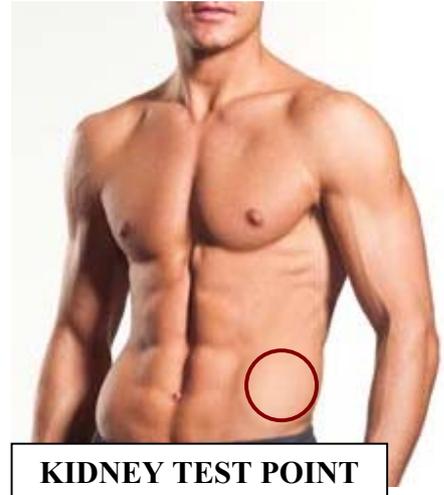
When I was working with patients who had low back disc injuries, if they were drinking coffee I would tell them they had to get off of the coffee and start drinking a lot more water or it was going to be more difficult to get them well. The sooner we could get them off the coffee, and the more water we could get into them, the faster they would get well. It's very important.

Kidney Test Point

If you run your hand down the left side of the body and follow the ribs down until you run out of ribs, that where the test point is.

Common Symptoms of Kidney Imbalance

The most common symptom of kidney imbalance is discomfort in the low back. It can also cause discomfort in the mid back. If you look back a couple of pictures, you'll see the area where the Psoas muscle begins at the very top of the lumbar vertebrae. Oftentimes people will get pain in the area at the very top of the Psoas, as well as discomfort in the lower ribs. It can also cause discomfort in the lower side of the neck, and that is because of the connection with the Trapezius muscles. Hip pain is another thing that can be caused by kidney imbalance. In addition, I have found the TMJ (temporalmandibular joint) can be imbalanced and aggravated by a kidney imbalance, apparently due to the connection of the trapezius muscles and the function of the cervical spine and the TMJ.

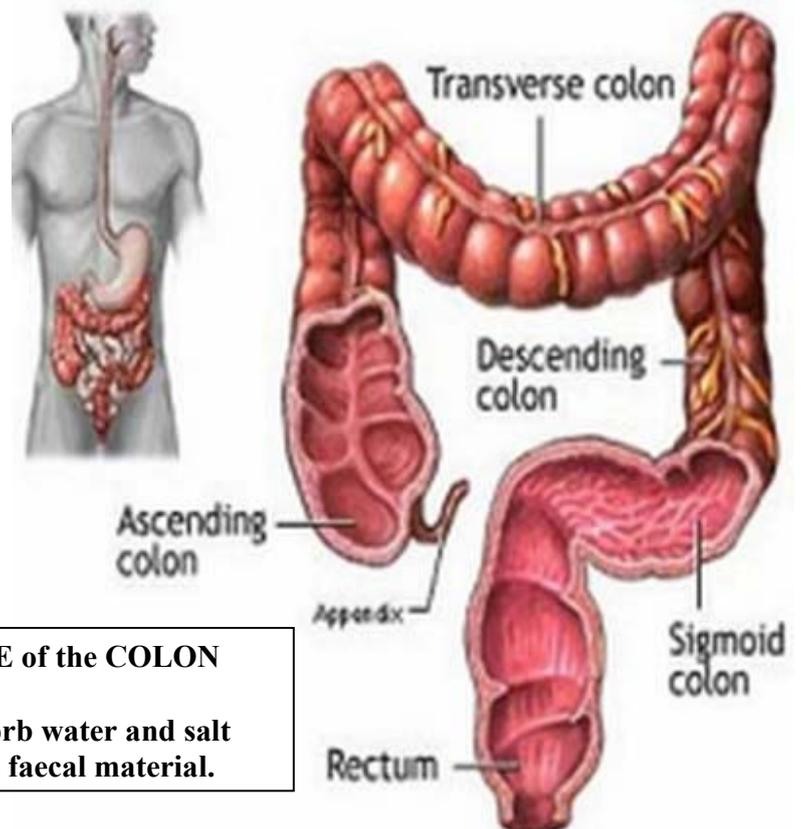


Kidney Most Common Symptom(s)

- **Discomfort in the lower back.**
- **Discomfort in the mid back.**
- **Discomfort in the lower rib areas.**
- **Discomfort in the lower side of the neck.**

The COLON:

Pictured here, the *ascending colon* begins on the left side at the bottom, just above the appendix, and then travels up. Then the *transverse colon* swoops across from left to right. Then the *descending colon* comes down on the right side of the picture, (which would actually be on the left side of your body), then the *sigmoid colon* makes a small loop back up again. The last section of the colon is known as the *rectum*, which terminates in the anus.



PURPOSE of the COLON

- **Absorb water and salt from faecal material.**

Purpose of the Colon

The colon's number one purpose is to absorb water and salt from faecal material. I (Dr Bradley Nelson) read recently about some people who were stranded in a desert. The only water they could find was very, very brackish water that they could not drink. However, they had some kind of device that allowed them to get the water into their colons via an improvised enema. They were actually able to survive because their bodies could absorb the undrinkable water through their colon. So there's a tip for you if you ever get stuck in the desert with undrinkable water!

Colon Malfunction

When there is colon malfunction, you might notice a change in bowel habits or changing stool quality or consistency. A bloody stool is not a good sign, and neither is rectal bleeding. Those are definitely indications that you should see a doctor. Stools with mucus, tarry stools, and black stools are usually from blood that's been released from higher up in the intestines. Sometimes a feeling of incomplete

defecation and a reduction in the calibre of faeces can be result of colon malfunction. It's always a good idea if you're having any of these symptoms to get your colon checked by a medical doctor.

COLON MALFUNCTION

- **Change in bowl habits or frequency.**
- **Change in stool quality or consistency.**
- **Bloody stools or rectal bleeding.**
- **Stools with mucous or tarry stools.**
- **Feeling of incomplete defecation.**
- **Reduction in calibre of faeces.**



Emotions Produced by the Colon

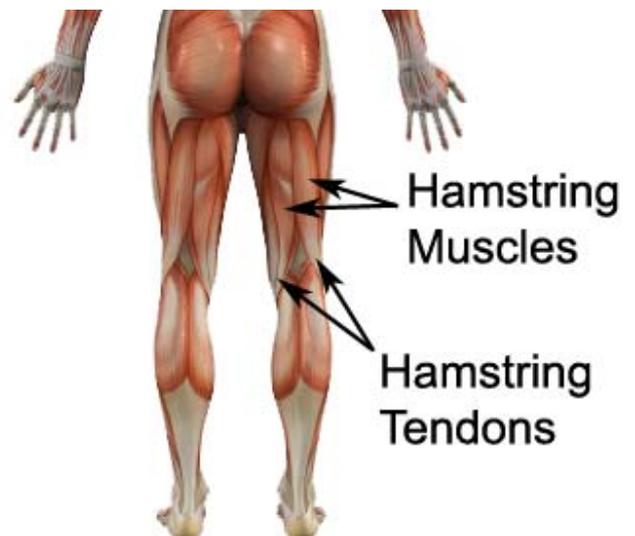
The emotions produced by the colon are *Crying, Discouragement, Rejection, Sadness, Sorrow, Confusion, Defensiveness, Grief, Self-Abuse, and Stubbornness.*

COLON EMOTIONS

- | | |
|-------------------------|------------------------|
| • Crying | • Confusion |
| • Discouragement | • Defensiveness |
| • Rejection | • Grief |
| • Sadness | • Self-Abuse |
| • Sorrow | • Stubbornness |

Colon Muscle Connections

The connections between the colon and the muscles are what you see here. The *Hamstring* muscles, the large muscles coming down the back of the legs, and the *Tensor Fascia Lata* muscles, which you can just make out on the left and right sides of the picture, are the muscles connected with the colon. The *Tensor Fascia Lata* is a muscle that runs along the outside of each of the legs, starting at the hip area and then travelling down to the outside of the knee.

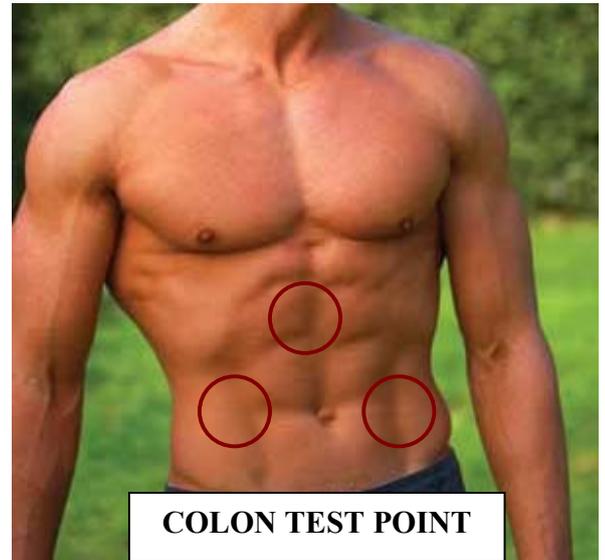


Colon Test Points

There are actually three test points for the colon. We do test the three parts of the colon separately. To test the *ascending* colon, the point is about half way out from the umbilical on the right side of the body. The point for the *descending* colon is on the left side about the same width away from the umbilical. Then the last point is the same distance up from the umbilical and that is the test point for the *transverse* colon.

Most Common Symptoms of Colon Imbalance

The most common symptoms of colon imbalance that we see are discomfort in the low back, discomfort in the hips, diarrhoea, constipation, colitis, and irritable bowel syndrome.



Colon Most Common Symptom(s):

- Discomfort in the low back.
- Discomfort in the hips.
- Diarrhoea, constipation, colitis.

The ADRENAL GLANDS:

The adrenal glands are the ‘stress glands’ of the body and are situated on top of each kidney.

Purpose of the Adrenal Glands

The adrenal glands produce adrenaline as well as certain other hormones. These hormones help the body to deal with stress. When you’re under stress, the adrenal glands kick into gear and produce *adrenaline* and *cortisol*. These stress hormones are very appropriate in the short term but can be damaging if you’re under too much stress for too long.

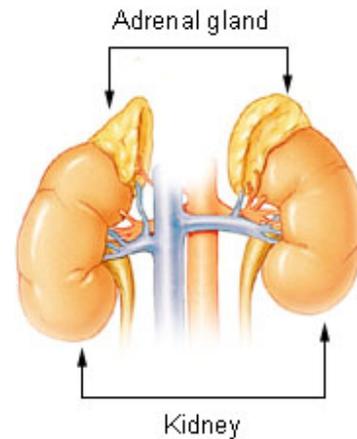
Adrenal Gland Malfunction

The number one sign of adrenal gland malfunction is fatigue. It can also cause sensitivity to light, which is a definite sign of too much stress. Joint noise is another symptom of adrenal gland malfunction.

ADRENAL GLAND MALFUNCTION

- **Fatigue**
- **Sensitivity to light**
- **“Joint Noise”**
- **Unable to cope with stress**
- **Brain Fog**
- **Low immune function.**

Adrenal Gland



PURPOSE of the ADRENAL GLANDS

- **Produce adrenaline as well as certain other hormones.**
- **Help the body to deal with stress.**



I (Dr Bradley Nelson) saw a patient once who was a young girl about twelve years old who was suffering from joint noise. Her parents brought her in and they said, “Everywhere she walks, her joints creak and pop. It’s odd. Is that normal?” It was not normal, of course, and it was happening because her adrenal glands had become really imbalanced. By correcting her adrenal gland imbalance by removing the trapped emotions that had lodged in the area, her adrenal glands were brought back into balance, and her joint noise stopped immediately.

Inability to cope with stress is often a sign of adrenal gland malfunction as well. Brain fog or an inability to think clearly, fuzzy headedness, and lowered immune function are some other signs of adrenal gland malfunction.

Adrenal Gland Emotions

The adrenal gland emotions are *Humiliation, Jealousy, Longing, Lust, Overwhelm, Pride, Shame, Shock, Unworthy* and *Worthless*.

ADRENAL GLAND EMOTIONS

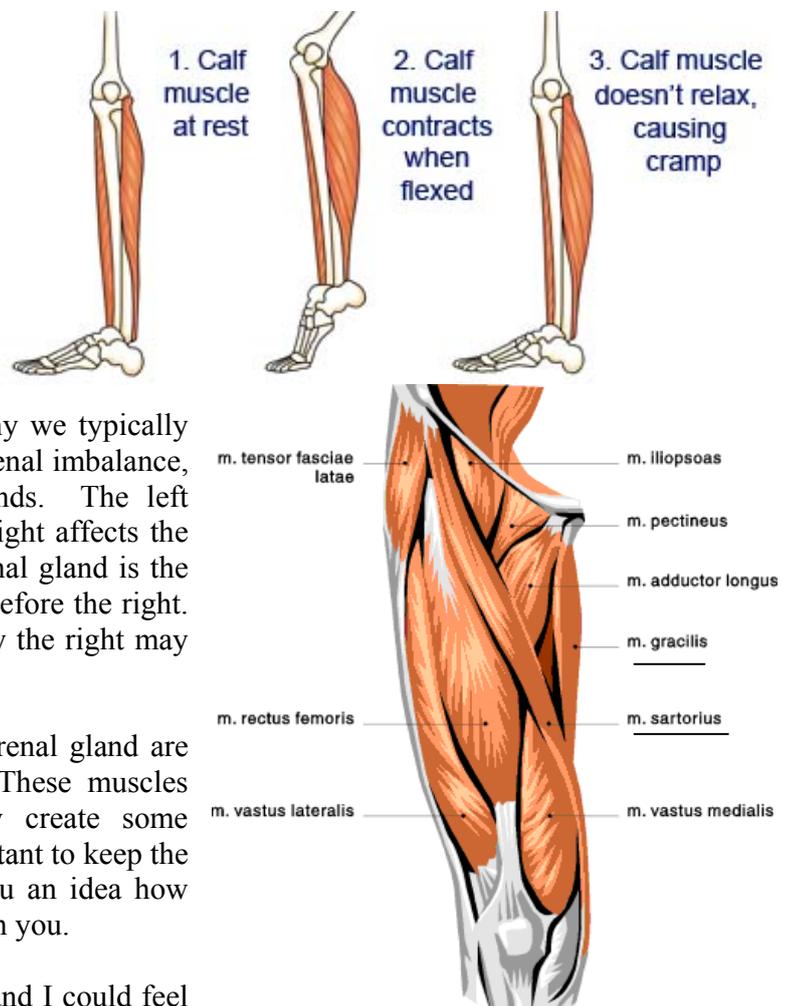
- | | |
|----------------------|--------------------|
| • Humiliation | • Pride |
| • Jealousy | • Shame |
| • Longing | • Shock |
| • Lust | • Unworthy |
| • Overwhelm | • Worthless |

Adrenal-Muscle Connections

Some of the muscles that are associated with the adrenal glands are the *calf muscles*, as you can see here. Earlier I mentioned that when you have paired organs or glands, the left one of pair is likely to become imbalanced before the right side is affected. In this case, it's very, very common for the left adrenal gland to be imbalanced while the right side is not (yet). This is one of the reasons why we typically will see left knee pain as an indicator of adrenal imbalance, even though you've got two adrenal glands. The left affects the muscles in the left leg and the right affects the muscles in the right. Because the left adrenal gland is the 'main', it will usually become imbalanced before the right. Of course, if the stress continues, eventually the right may become imbalanced as well.

Some other muscles associated with the adrenal gland are the *Sartorius* and the *Gracilis* muscles. These muscles cross the knee joint and will definitely create some instability in the knee joints. It's very important to keep the adrenal glands in balance. Just to give you an idea how valuable this can be, let me share a story with you.

A number of years ago I was snow skiing, and I could feel that my left knee was very unstable. I could tell that if I wasn't very careful, I was going to injure that knee and really hurt myself. So I stopped right there on the slope and tested myself. I quickly found that my left adrenal gland was imbalanced, so I went ahead and made a correction to it and skied the whole rest of the weekend without any more worry about my knee. It immediately tightened up those muscles and corrected that weakness, and the instability was gone. In this particular situation, I could not determine that there was any trapped emotion or any other



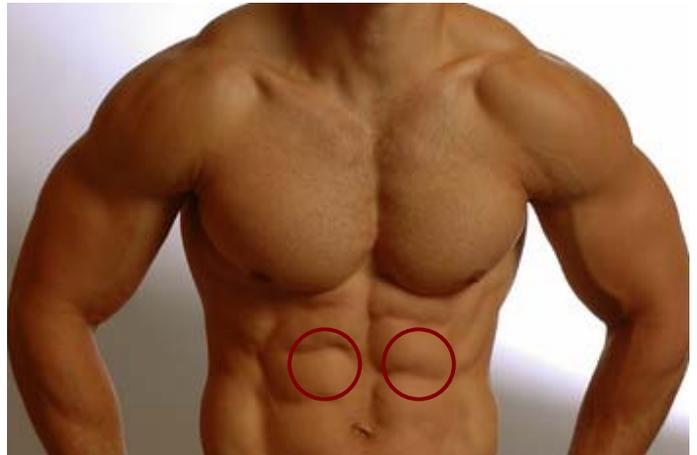
energy that needed to be released, the gland just needed to be 'reset', or the 'fuse' needed to be turned back on, which I did by simply running a magnet (or my fingertips, either will work) from my forehead to the back of my neck three times. Remember this in case you are trying to balance an organ or gland and you cannot find any imbalancing energy that is lodged there; sometimes you just need to reset the circuit.

Adrenal Gland Test Points

The adrenal gland test points are halfway between the belly button and the very bottom of the sternum (or the bottom of the xyphoid process). If you start from halfway in between these landmarks then go out about three or four finger widths towards the side of the body, you will be on the points, left or right.

Common Symptoms of Adrenal Imbalance

The number one symptom of adrenal imbalance is pain in the left knee. It can also cause pain in the low back because when the adrenals imbalance, it will sometimes imbalance the pelvis. And again, it also causes sensitivity to bright light and lowered immune function.



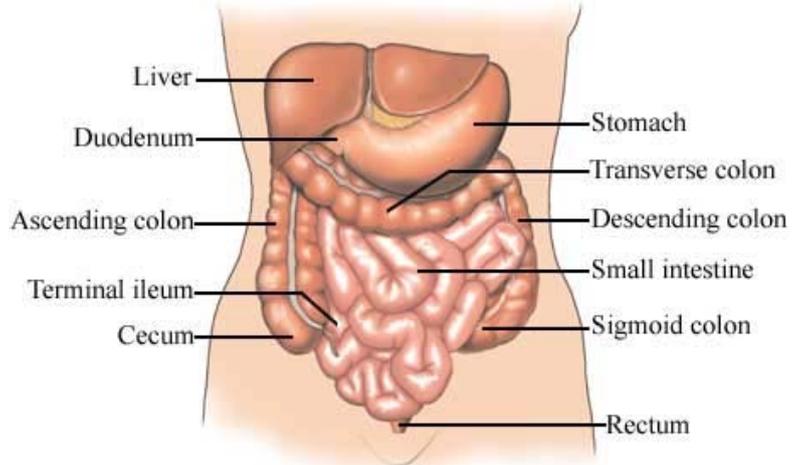
The SMALL INTESTINE:

Let’s look at the *small intestine* now. The small intestine’s purpose is to absorb nutrients. The food that you eat travels into the small intestine, and is further digested and absorbed.

Purpose of the Small Intestine

Due to the special nature of its lining, the small intestine has a surface area about the size of a tennis court to better absorb nutrients.

Some of the common symptoms from small intestine malfunction are bloating and pain, gas, diarrhoea, and nausea.



- | |
|--|
| <p>SMALL INTESTINE MALFUNCTION</p> <ul style="list-style-type: none"> • Bloating and Pain • Gas • Diarrhoea • Nausea • Ulcers |
|--|



Emotions Produced by the Small Intestine

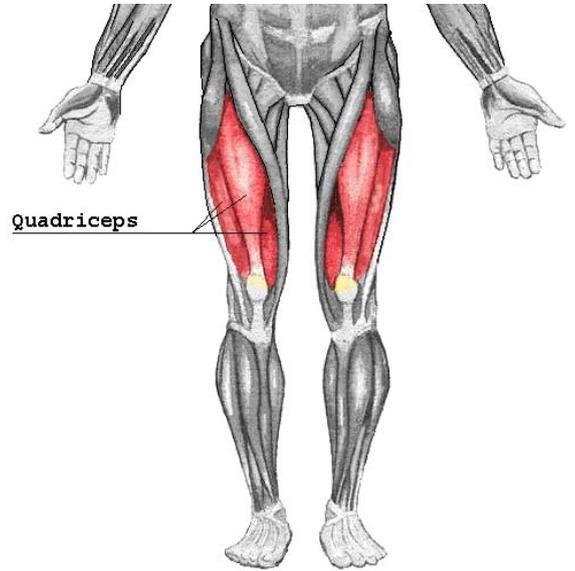
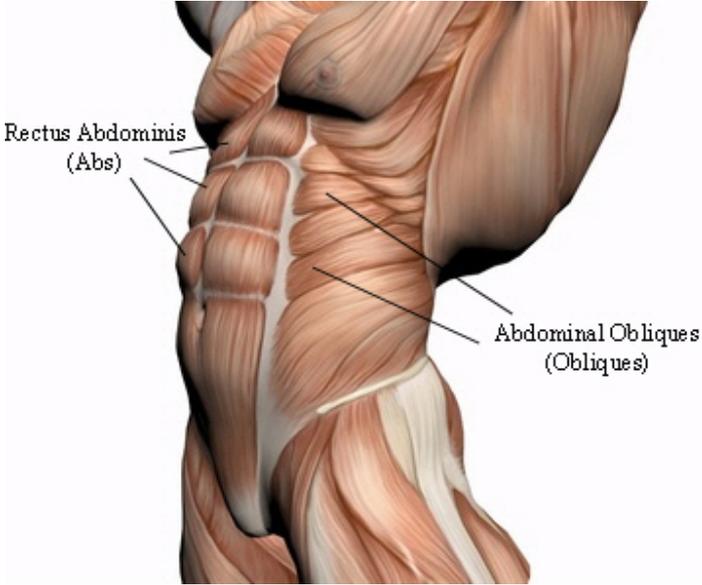
The small intestine emotions are *Abandonment, Betrayal, Forlorn, Lost, Love Unreceived, Effort Unreceived, Heartache, Insecurity, Overjoy, and Vulnerability.*

- | | |
|--|---|
| HEART EMOTIONS | |
| <ul style="list-style-type: none"> • Abandonment • Betrayal • Forlorn • Lost • Love Unreceived | <ul style="list-style-type: none"> • Effort Unreceived • Heartache • Insecurity • Overjoy • Vulnerability |

Small Intestine Muscle Connections

The small intestine is energetically connected with the *Abdominal muscles*. So you can imagine if the small intestine becomes imbalanced, these muscles imbalance, creating an abnormal situation in the body.

The small intestine also connects with the *Quadriceps Femoris* muscle, the large muscles in the front of the thighs. If you were to suspect that these muscles might tend to create trouble in the knees or the low back, you would be correct.

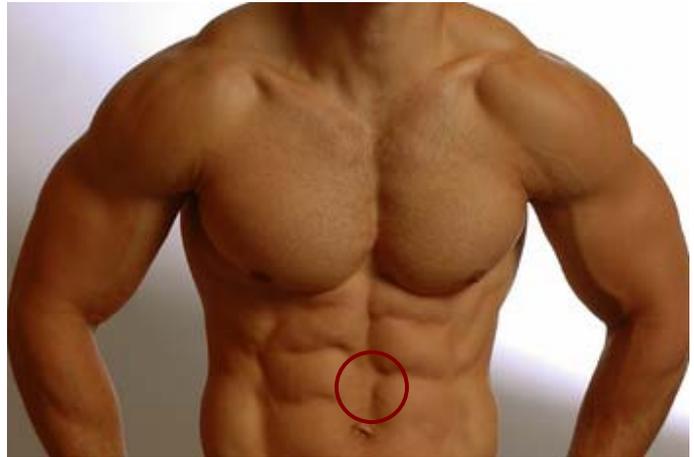


Small Intestine Test Point

The small intestine test point is located three finger widths straight above the umbilical.

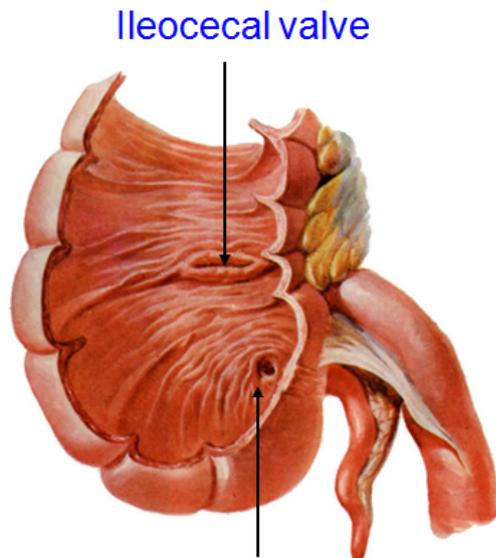
Common Symptoms of Small Intestine Imbalance

The most common symptoms of imbalance in the small intestine are pain in the low back and pain in the knees.



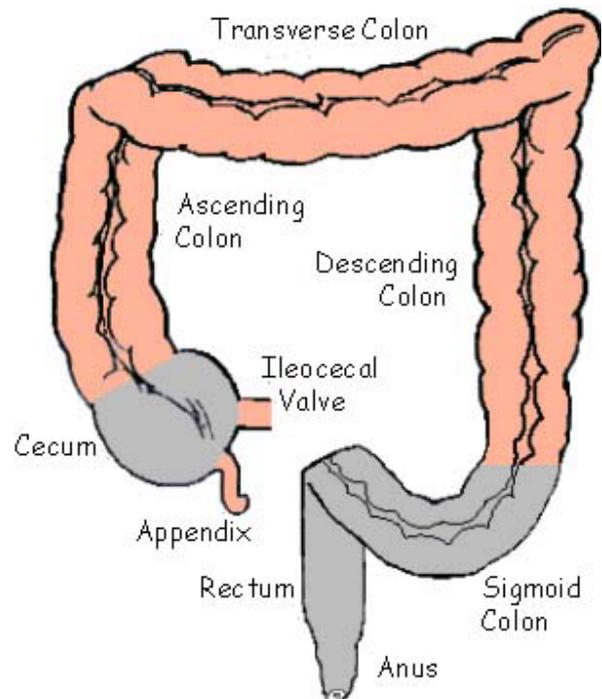
- Small Intestine Most Common Symptom(s)**
- Pain in the low back
 - Pain in the knees.

The ILEOCECAL VALVE:



Ileocecal valve

Opening of the appendix



The IleoCecal Valve

This is a diagram of the lower part of the *ascending colon*. You can see the appendix on the lower right side of this image, which is at the very bottom of the ascending colon. This area of the colon is known as the *cecum*. If you look to the right, you can see the *small intestine*. At the very end of the of the small intestine, where it joins the colon, we find the *IleoCecal Valve*. The reason it's called the IleoCecal valve is because it joins the Cecum to the ileum, the ileum being the last part of the small intestine.

Purpose of the IleoCecal Valve

The IleoCecal Valve controls and regulates the flow of faecal material from the small intestine into the colon. The IleoCecal Valve is designed to act as a valve or a stop sign. It stops the flow of faecal material from the small intestine. Then it will open and allow that faecal material to go into the colon and continue on its way out of the body.

PURPOSE of the ILEOCECAL VALVE

- **Controls and regulates flow of faecal material.**

ILEOCECAL VALVE MALFUNCTION

- **Bloating and Pain**
- **Gas**
- **Diarrhoea**
- **Pain in right lower abdomen**
- **Pain in low back**
- **Pain in right hip.**



IleoCecal Valve Malfunction

Sometimes this valve becomes imbalanced. When that happens, instead of acting like a stop-sign, the valve becomes more like a roadblock or a round-about. More often than not, the valve will tend to lock open, allowing faecal material in the colon to go back into the small intestine, in the direction it shouldn't be going. The material will go back into the colon and then back into the small intestine – back and forth. When that happens, the area shown here can become very irritated. When people feel discomfort in the right lower abdomen, that's often a sign of this. It will also tend to result in bloating and pain, gas, diarrhoea, pain in the low back, and sometimes pain in the right hip as well, because the IleoCecal valve connects energetically with certain muscles in the low back.

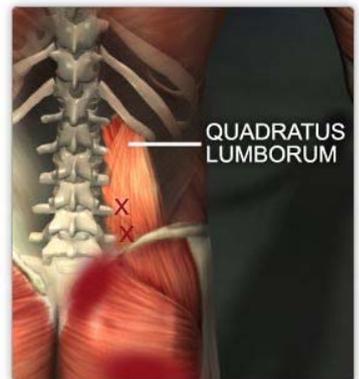
Emotions Produced by the IleoCecal Valve

The emotions produced by the IleoCecal Valve are *Abandonment, Betrayal, Forlorn, Lost, Love Unreceived, Effort Unreceived, Heartache, Insecurity, Overjoy, and Vulnerability.*

ILEOCECAL VALVE EMOTIONS	
• Abandonment	• Effort Unreceived
• Betrayal	• Heartache
• Forlorn	• Insecurity
• Lost	• Overjoy
• Love Unreceived	• Vulnerability

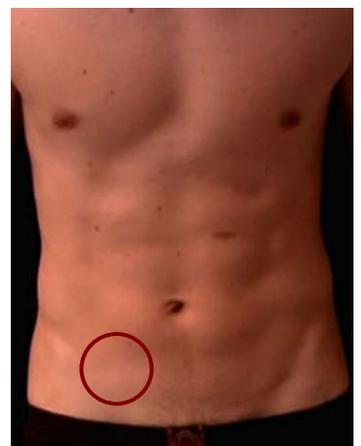
IleoCecal Valve Muscle Connections

This picture is showing us the *Quadratus Lumborum* muscle, the muscle that is associated with IleoCecal Valve. This muscle actually lies on the inside of the pelvic basin. If you could look at a person from the front and remove all of their abdominal organs and see the muscles that are lining that cavity, you would see the Quadratus Lumborum muscle very clearly. Notice that it originates off of the lumbar vertebrae and off of the very last rib, and then it attaches to the pelvis. Imbalance in this muscle will tend to cause low back pain, hip pain and so on.



IleoCecal Valve Test Point

The IleoCecal valve test point is fairly easy to locate. If you go straight over from the belly button about four finger widths to the right and then straight down from that point about four finger widths you'll find the IleoCecal valve point. There is often tenderness in this area when the IleoCecal valve is imbalanced.



Common Symptoms of IleoCecal Valve Imbalance

The most common symptom of IleoCecal Valve imbalance is *discomfort in the appendix area*. In fact, a lot of people end up having their appendix taken out because of an IleoCecal Valve irritation. Sometimes it can become quite sore and people will have surgery to have their appendix removed. These are the occasions you hear about where the doctor comes back, and says, “We didn’t find anything in there. Your appendix looked okay. We took it out anyway but it didn’t seem to be infected.” I (Dr Bradley Nelson) believe that the culprit here is often an irritated IleoCecal Valve.

Some other signs of IleoCecal Valve imbalance are discomfort in the low back or the right hip and sinus problems, or what I call “*false allergies*”, due to the reabsorption of toxins into the bloodstream. When the IleoCecal Valve is imbalanced you will not eliminate toxins as efficiently as you should, so those toxins start to be reabsorbed into the blood stream. Then the body tries to get rid of these toxins by shedding them through the nasal sinuses. The result is post-nasal drip or sinus problems (even including recurring sinus infections). Typically when people have sinus problems like this, they’ll go to their doctor and the doctor will diagnose them with allergies, and they will prescribe allergy medication. But if you correct the imbalance in the IleoCecal Valve, often these sinus drainage will go away, usually immediately or within hours. I’ve seen cases where peoples sinuses simply dried up immediately, within 30 seconds! If you think about all the people that are taking allergies or allergy medication, at least half of those people have some kind of an IleoCecal Valve imbalance and don’t even know it. This is probably the most easily imbalanced circuit in the body and is often a location where trapped emotions lodge.

IleoCecal Valve Most Common Symptom(s)

- **Discomfort in the appendix area (lower right abdomen).**
- **Discomfort in the low back or right hip.**
- **Sinus problems (due to toxins) “False Allergies”.**

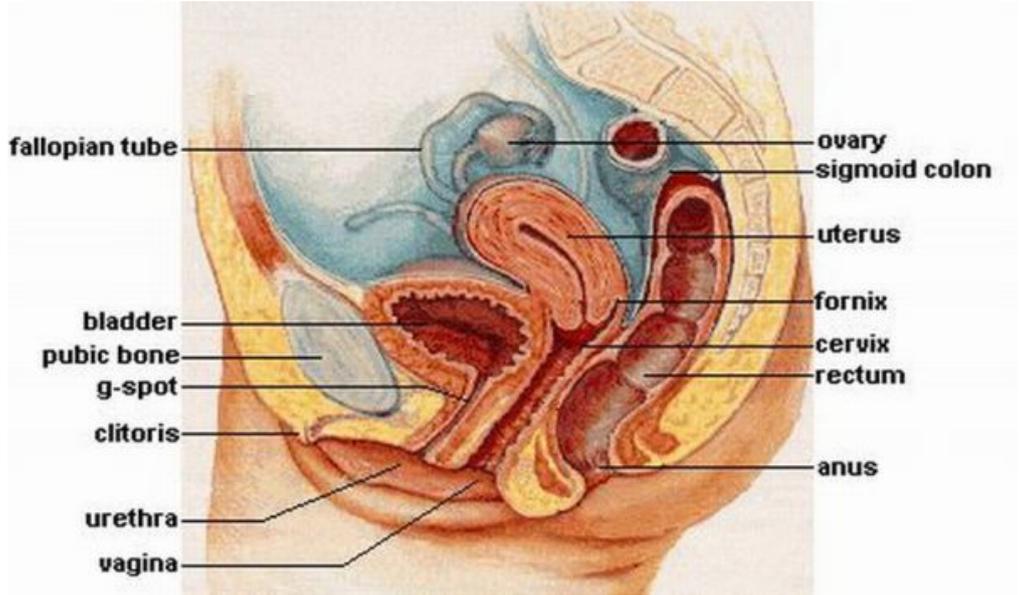
<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

The UTERUS:

Here’s a picture of the uterus in the pelvic cavity. Extending up on the left and right are the fallopian tubes, with the ovaries located at their top on both side.



Purpose of the Uterus

The purpose of the uterus is to provide a growth environment for the foetus.

PURPOSE of the UTERUS

- Provides growth environment for foetus.

UTERUS MALFUNCTION

- Infertility
- Pain in low back
- Pain in left hip.



When the uterus malfunctions, it will tend to create infertility, pain in the low back and also pain in the left hip.

UTERUS EMOTIONS

• Humiliation	• Pride
• Jealousy	• Shame
• Longing	• Shock
• Lust	• Unworthy
• Overwhelm	• Worthless

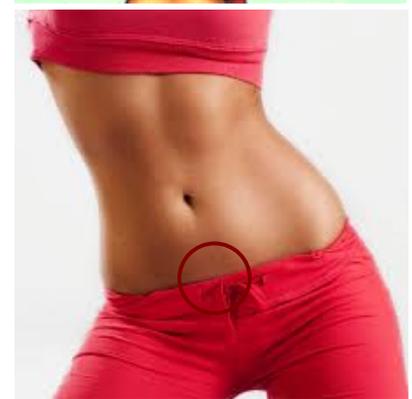
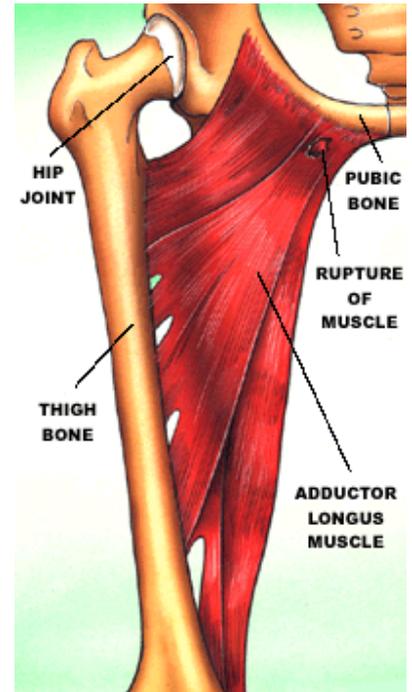
Emotions Produced by the Uterus

The uterus emotions are *Humiliation, Jealousy, Longing, Lust, Overwhelm, Pride, Shame, Shock, Unworthy* and *Worthless*.

Pride as listed here is not necessarily the kind of pride that you feel in your football team or your military unit. Rather, this kind of pride is more ‘a state of opposition’ to other people. It’s being *prideful*. It’s a state of opposition to others and especially a state of opposition between you and your Creator.

Shame is the lowest frequency of all the emotions, according to Dr David Hawkins who wrote the book, *Power vs Force*. It’s the frequency right above death and often leads to death because people who are in *Shame* don’t have anywhere else to go. There aren’t any lower emotions than that, and often people commit suicide because of *Shame*.

Unworthy and *Worthless* are similar. *Unworthy* is just not feeling good enough to receiving something, but *Worthless* is feeling like you don’t have any worth at all.



Uterus Muscle Connections

The *Gluteal* or buttock muscles, and the *Adductor* muscles are connected with the Uterus. The adductor muscles are the muscles that bring the thighs inward, and are located on the inner sides of the thighs.

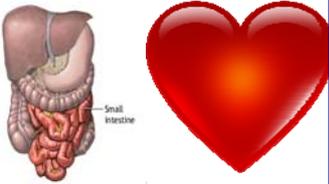
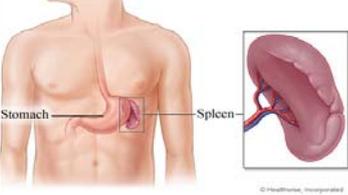
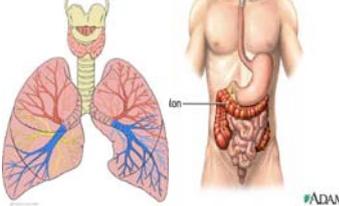
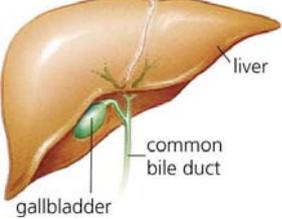
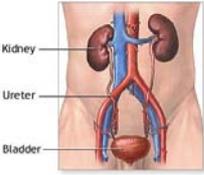
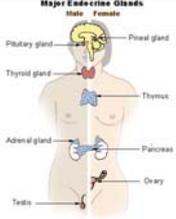
Uterus Test Point

The Uterus test point is half way between the belly button and the pubic bone. You may want to have whomever you’re testing touch this point for you unless you have their permission. If you go probing around on people looking for this test point without their permission, they may not appreciate that, given its location.

Common Symptoms of Uterus Imbalance

The most common symptoms of uterus imbalance are discomfort in the low back, discomfort in the lower abdomen, discomfort during or after intercourse, and discomfort in the left hip.

- | |
|---|
| <p>Uterus Most Common Symptom(s)</p> <ul style="list-style-type: none"> • Discomfort in the low back. • Discomfort in the lower abdomen. • Discomfort during or after intercourse. • Discomfort in the left hip. |
|---|

Organs	EMOTION CODE™ CHART	
	Column A	Column B
	Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received Effort Un-received Heartache Insecurity Over joy Vulnerability
	Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow Confusion Defensiveness Grief Self-Abuse Stubbornness
	Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment Depression Frustration Indecisiveness Panic Taken for Granted
	Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved Conflict Creative Insecurity Terror Unsupported Wishy Washy
	Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm Pride Shame Shock Unworthy Worthless