### EMPOWERED TO HEAL

<table>
<thead>
<tr>
<th>EMOTION SUPPRESSED</th>
<th>ORGAN SHUTDOWN</th>
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<tbody>
<tr>
<td>ENTHUSIASM (In Theos – in God)</td>
<td>PINEAL GLAND (only light sensitive organ – controls whole endocrine system.)</td>
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<tr>
<td>PAIN (become hardened)</td>
<td>PITUITARY GLAND</td>
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<tr>
<td>ANTAGONISTIC</td>
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<tr>
<td>OVERT HOSTILITY</td>
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<tr>
<td>ANGER (anesthetizes pain)</td>
<td>THYROID</td>
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<tr>
<td>COVERT HOSTILITY</td>
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<tr>
<td>FEAR</td>
<td>THYMUS (24 hrs of fear shrinks by 50%)</td>
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<td>PROPITIATION (TS Eliot – treason is to do the right thing for the wrong reason)</td>
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<td>SYMPATHY (negative identification with another)</td>
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<tr>
<td>GRIEF</td>
<td>PANCREAS &amp; ADRENALS (diabetes, no energy, worn out)</td>
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<tr>
<td>APATHY</td>
<td>SPLEEN</td>
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<tr>
<td>UNCONSCIOUSNESS</td>
<td>GONADS (will not reproduce this life)</td>
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<td>DEATH</td>
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**NOTES:**

It happens over time, so it looks like time “causes” aging. Time is not toxic.

When the fluid light is stopped we form hard crystals in our structure.

Move to enthusiasm about the grief & bring love to the issue and open the space to heal.