



It is canning season and my shelves are now heavy with the produce from my garden and the local orchards. I feel so very blessed to live in an area where the growth of food is easy. My garden has outproduced my expectations and I experimented with new canning creations this year. Some of the creations were so amazing they are now legendary but some need more attention to be acceptable in my winter cooking.

Many of the people in my community are harvesting and preparing for the time when the seasons will bring us a time to recover and rebuild. In the early morning, I can hear the hum of the farm machinery. I can smell the ripe apples and pears in the air. A strong connection to the earth will give you a grounding and peace to do your own recovery and rebuilding. I urge you to give yourself the gift of connecting to nature and accept the gift of peace that the connection to nature can give.

Below I have added a couple of small essays on anger and relationships and the following maladies and updated information to the Emotional Patterns online database.

- Fungal Acne
- Atypical Parkinson's
- Seborrheic Dermatitis

- Postural Orthostatic Tachycardia
- Hypochlorhydria
- Cancer - Tongue
- Cellulitis
- Executive Dysfunction
- Emotional Dysregulation Disorder
- Sensory Integration
- Anger Disorder

New Emotional State added to GERD (Gastroesophageal Reflux Disease)

Anger: The Emotion

By Valeria Moore

While working on an emotional pattern writing the word anger appeared several times. Anger is mentioned 795 times in the Emotional Patterns book. I asked myself "what is anger". I have felt anger. I have thought anger. I have acted while angry. I have felt an epigenetic expression of anger toward an institution that I was never a part of. It took many rounds of emotional release therapy to free myself from an anger that took over my thinking, body, and heart minds related to this institution.

Anger comes from a heart that has been hurt. That hurt is a challenge to identity. Anger is the protection of the aspect of identity being challenged. If a person is called a derogatory name their angry reaction is to protect their identity. When identity is challenged there is a justification for reactive action.

A created pattern is self-reinforcing. Anger will bring more anger. Anger that has become a created pattern is now part of the identity.

Anger weakens the immune system. Weakening the immune system then creates an opportunity for viral infections. A study done by Harvard University in 2007 found that anger in healthy people will cause a six-hour dip in an antibody that is your body's first line of defense.

The focused energy of anger affects your entire body. Anger creates inflammation in the body which leads to disease. Chronic inflammation will create chronic diseases. Anger not funneled into action crystallizes in the body.

Crystallized anger may become depression, heart disease, cancer, and autoimmune disease (you are attacking yourself with anger), etc. Crystallized anger may also change DNA and create epigenetic changes.

Anger weakens the thinking mind immune system. Anger makes a person vulnerable to misinformation. Misinformation (like a virus) enters a person and replicates. It then organizes the person's biological, thinking, and feeling systems around that misinformation. Misinformation changes the physiology, societal, and worldview systems of a person. The virus of misinformation that has entered a person replicates more misinformation. Just like a biological virus, misinformation may morph as it replicates through a person.*

Anger blocks the heart from the wisdom of the soul. Anger stops creative thought. Action done in anger is not from an expansive heart. Anger blocks the flow of life force.

*David Bohm, a theoretical physicist, was integral to the inspiration for this information.

**The Remen Q book will explore in more detail the different forms anger takes to block inner peace.

Relationships and Your Peace

By Valeria Moore

Recently I was called to provide a hair cut for someone close to me. Doing anything with hair is very difficult for me. It is not a skill I possess. I do not understand hair. My friend was forewarned and very brave. It did not go well and I had to shave his hair down to the scalp. When I did that I discovered that my friend had a skin condition, while not being serious, needing some minor attention. I went to the trusty Emotional Patterns to see what might be held there. The condition was not in Emotional Patterns so I did the write-up. As I wrote the emotional states I could feel my heart space contract. The contraction was intense. I was being called to look at myself. I did a couple of rounds of Remen Q and the heart contraction neutralized.

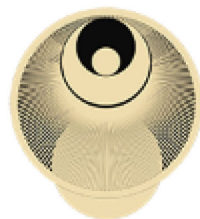
Our relationships bring us the gift of knowing ourselves. Our relationships are our reality. What we witness in our relationships is how we define and label our world. This is a mirror, that if we own the state(s) held in the relationship, provides us with the wisdom to move forward in our journey of discovery. The observer becomes the observed. In this event, I witnessed an emotional state in my friend that was my relationship, my emotional state of non-peace. I was unaware that I held this emotional state. Unfortunately, my dear friend received a very bad haircut in exchange for the priceless gift of knowing.

Update: The Victim Identity material is still being developed.

May you walk in peace,
Valeria

P.S. If you received this from a friend and want to receive these mailings, please join my mail list.

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Valeria



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