

Where Anxiety lives in the body?

Emotional and Mental causes of Fear and Related Conditions in the Body by Louise Hay from her book, 'You Can Heal Your Life'

A

Abdominal Cramps: Fear. Stopping the process.

Addictions: Running from the self. Fear. Not knowing how to love self.

Adrenal Problems: Defeatism. No longer caring for the self. Anxiety.

Allergies: Denying your own power.

Anemia: "Yes-but" attitude. Lack of joy. Fear of life. Not feeling good enough.

Anorexia: Denying the self life. Extreme fear, self-hatred and rejection.

Anxiety: Not trusting the flow and the process of life.

Apathy: Resistance to feeling. Deadening of the self. Fear.

Appetite, Excessive: Fear. Needing protection. Judging the emotions.

B

Back Issues: Represents the support of life. Back Problems: – Rounded shoulders: Carrying the burdens of life. Helpless and hopeless. –

Lower Back Pain: Fear of money or lack of financial support. – Mid-Back Pain: Guilt. Stuck in all that stuff back there. "Get off my back!" –

Upper Back Pain: Lack of emotional support. Feeling unloved. Holding back love. –

Back Curvature: The inability to flow with the support of life. Fear and trying to hold on to old ideas. Not trusting life. Lack of integrity. No courage of convictions.

Baldness: Fear. Tension. Trying to control everything.

Bladder Problems: Anxiety. Holding on to old ideas. Fear of letting go. Being "pissed off".

Breath: Represents the ability to take in life. – Breathing Problems: Fear. Not trusting the process of life. Getting stuck in childhood. Fear of taking in life fully. – Bronchitis: Inflamed family environment. Arguments and yelling.

Bulimia: Hopeless terror. A frantic stuffing and purging of self-hatred.

C

Calluses: Hardened concepts and ideas. Fear solidified.

Chills: Mental contraction, pulling away and in. Desire to retreat.

Cholesterol: Clogging the channels of joy. Fear of accepting joy.

Colic: Mental irritation, impatience, annoyance in the surroundings.

Colitis: Insecurity. Represents the ease of letting go of that which is over.

Coma: Fear. Escaping something or someone.

Cramps: Tension. Fear. Gripping, holding on.

Crohn's Disease: Fear. Worry. Not feeling good enough.

Cystic Fibrosis: A thick belief that life won't work for you. "Poor me."

D

Deafness: Rejection, stubbornness, isolation. What don't you want to hear? "Don't bother me."

Depression: Anger you feel you do not have a right to have. Hopelessness.

Diarrhea: Fear. Rejection. Running off.

E

Edema: What or who won't you let go of?

Elbow: Represents changing directions and accepting new experiences.

Emphysema: Fear of taking in life. Not worthy of living.

Eye: Represents the capacity to see clearly past, present, future. – Astigmatism: "I" trouble. Fear of really seeing the self. – Hyperopia: Fear of the present. – Myopia: Fear of the future.

F

Fainting: Fear. Can't cope. Blacking out.

Fat or Weight issues: Oversensitivity. Often represents fear and shows a need for protection. Fear may be a cover for hidden anger and a resistance to forgive. Running away from feelings. Insecurity, self-rejection and seeking fulfillment.

Foot Problems: Fear of the future and of not stepping forward in life.

G

Gastritis: Prolonged uncertainty. A feeling of doom.

Genitals: Represent the masculine and feminine principles. Worry about not being good enough.

Gland Problems: Represent holding stations. Self-staring activity. Holding yourself back.

Gum Problems: Inability to back up decisions. Indecisive about life.

H

Hay Fever: Emotional congestion. Fear of the calendar. A belief in persecution. Guilt.

Headaches: Invalidating the self. Self-criticism. Fear.

Heart: Represents the center of love and security.

Heart Attack: Squeezing all the joy out of the heart in favor of money or position. Feeling alone and scared. "I'm not good enough. I don't do enough. I'll never make it."

Heart Problems: Long standing emotional problems. Lack of joy. Hardening of the heart. Belief in strain and stress.

Heartburn: Fear. Fear. Fear. Clutching Fear.

Hemorrhoids: Fear of deadlines. Anger of the past. Afraid to let go. Feeling burdened.

Hepatitis: Resistance to change. Fear, anger, hatred. Liver is the seat of anger and rage.

Hip: Carries the body in perfect balance. Major thrust in moving forward. Fear of going forward in major decisions. Nothing to move forward to.

Hives: Small, hidden fears. Mountains out of molehills.

Hodgkin's Disease: Blame and a tremendous fear of not being good enough. A frantic race to prove one's self until the blood has no substance left to support itself. The joy of life is forgotten in the race of acceptance.

Hyperactivity: Fear. Feeling pressured and frantic.

Hyperventilation: Fear. Resisting change. Not trusting the process.

Indigestion: Gut-level fear, dread, anxiety. Griping and grunting.

Inflammation: Fear. Seeing red. Inflamed thinking. Anger and frustration about conditions you are looking at in your life.

Influenza: Response to mass negativity and beliefs. Fear. Belief in statistics.

Insomnia: Fear. Not trusting the process of life. Guilt.

K

Knee: Represents pride and ego. Stubborn ego and pride. Inability to bend. Fear. Inflexibility. Won't give in.

L

Laryngitis: So mad you can't speak. Fear of speaking up. Resentment of authority.

Lump in the Throat: Fear. Not trusting the process of life.

M

Menopause Problems: Fear of no longer being wanted. Fear of aging. Self-rejection. Not feeling good enough.

Migraine Headaches: Dislike of being driven. Resisting the flow of life. Sexual fears.

Miscarriage: Fear of the future. Inappropriate timing.

Motion Sickness: Fear. Bondage. Feeling of being trapped.

S

Narcolepsy: Can't cope. Extreme fear. Wanting to get away from it all. Not wanting to be here.

Nausea: Fear. Rejecting an idea or experience.

Nervousness: Fear, anxiety, struggle, rushing. Not trusting the process of life.

P

Paralysis: Paralysing thoughts. Getting stuck. Terror leading to escape from a situation or person.

Parkinson's Disease: Fear and an intense desire to control everything and everyone.

Peptic Ulcer: Fear. A belief that you are not good enough. Anxious to please.

Prostate: Represents the masculine principle. Mental fears weaken the masculinity. Giving up. Sexual pressure and guilt. Belief in aging.

Psoriasis: Fear of being hurt. Deadening the senses of the self. Refusing to accept responsibility for our own feelings.

S

Sciatica: Being hypocritical. Fear of money and of the future.

Scleroderma: Protecting the self from life. Not trusting yourself to be there and to take care of yourself.

Shingles: Waiting for the other shoe to drop. Fear and tension. Too sensitive.

Sinus Problems: Irritation to one person, someone close.

Skin: Protects our individuality. Anxiety, fear. Old, buried things. I am being threatened.

Slipped Disc: Feeling totally unsupported by life. Indecisive.

Snoring: Stubborn refusal to let go of old patterns.

Sterility: Fear and resistance to the process of life or not needing to go through the parenting experience.

Stomach: Holds nourishment. Digests ideas. Dread. Fear of the new. Inability to assimilate the new.

Stroke: Giving up. Resistance. Rather die than change. Rejection of life.

Stuttering: Insecurity. Lack of self-expression. Not being allowed to cry.

T

Throat Problems: The inability to speak up for one's self. Swallowed anger. Stifled creativity. Refusal to change. – Sore throat: Holding in angry words. Feeling unable to express the self.

Thymus Gland: Feeling attacked by life. They are out to get me.

Thyroid Gland: Humiliation. I never get to do what I want to do. When is it going to be my turn.

Tics, Twitches: Fear. A feeling of being watched by others.

Tinnitus or Ringing in the Ears: Refusal to listen. Not hearing the inner voice.
Stubbornness.

Tonsillitis: Fear. Repressed emotions. Stifled creativity.

V

Vitiligo: Feeling completely outside of things. Not belonging. Not one of the group.

Vomiting: Violent rejection of ideas. Fear of the new.