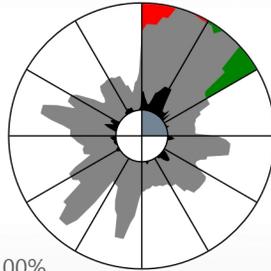


4 Fear of Heights

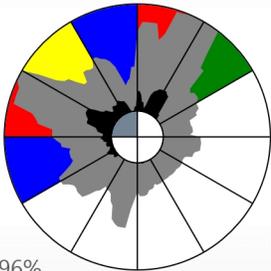
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91.00%

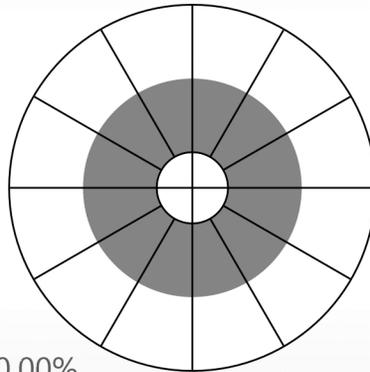
1 Fear of Heights

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83.96%

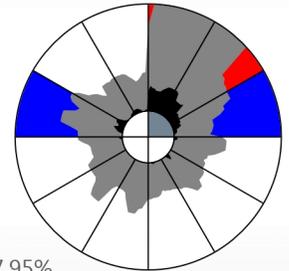
Ideal Perception Index



100.00%

3 Fear of Heights

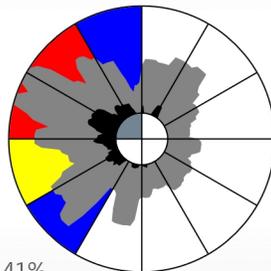
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87.95%

2 Fear of Heights

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84.41%

Zone 1 (C)

Unacknowledged vs. Self-Validation

The perception of being unacknowledged or undervalued manifests in stuck patterns of denial, avoidance, and mistrust. There may be an avoidance of or an inability to recognize and accept unpleasant realities, especially those that conflict with the perceptions of being undervalued. There may be an inability to trust and accept one's own evaluation. Insights and other intuitive abilities may be constrained.

The unacknowledged individual may experience defensive thoughts due to a heightened and projected awareness of others' perceptions and judgments (the individual "projects" thoughts out and imagines reading them from others, which make these ideas much more difficult to uproot).

Unacknowledgement often appears as low self esteem with a lack of self awareness, leaving the individual unable to recognize and value worthy talents and attributes. Even individuals with otherwise healthy self esteem can experience unacknowledgment issues.

Such perceptions commonly originate as a young child learns to cooperate with the reward and punishment culturization model, or as a shield against the perceived risk of standing up for one's own beliefs, desires, or opinions, such as when dealing with a strong authority figure or bully. Other causes include abusive circumstances, internalizing others' judgments, and harsh self judgment which makes self recognition intolerable.

Possible physical manifestations are in the area of the eyes, such as weak vision and hypersensitivity to light. As this pattern releases, the individual becomes more able to perceive his/her value as an individual rather than believing (consciously or subconsciously) that one's worth is dependent on the feedback of others. Trust of one's own perceptions and intuition is the basis for trusting others.

Self validation leads to increased confidence, appreciation for and enjoyment of one's talents, personality, and individuality. The individual experiences these traits effortlessly and learns to take reasonable care of his or herself without feeling selfish.

Zone 2 (C#)

Repetitive Thinking vs. Creative and Independent Thinking

Repetitive thoughts may occur if limitations are created to right brain access. The left "logical" brain can run in endless repeating circuits without the right "emotional" brain to filter out valueless thoughts. The reception of new thoughts and creative solutions may be inhibited, and artistic abilities and concrete thinking hampered.

Zone 2 subconscious excess often originates from genetic patterns or life experiences that create doubt, fear, intimidation or overwhelm regarding the individual's creative or physical efforts such as art, music, dance, sports, or verbal and other expression.

Repetitive thinking is often a precursor to depression due to mental fatigue and depletion of melatonin. It may negatively affect the brain, hypothalamus, and/or limbic system, and interfere with physical coordination.

Releasing transgenerational and life-experience patterns restores creative abilities, a broader perspective, and more effective problem solving.

Zone 3 (D)

Depression vs. Inner Peace

A depressed individual's thoughts tend to focus on past events with the intention of "sorting out" or "making sense" of them in order to "solve" problems or negative experiences or emotions. Such analysis may be conscious or subconscious, and may be manifested in dreaming symbolically about facing and/or overcoming challenges. Energy levels drop as energy is routed toward ineffective problem solving efforts and the pituitary gland may be affected. Physical and sexual appetite may be suppressed though the individual may turn to indulgence as one of a diminished number of remaining pleasures.

Depression may include a propensity to entertain and accept irrational thoughts and may hamper access to left brain skills such as analysis, math, logic, memorization and verbal abilities.

Depression is often triggered by genetic propensities or traumatic life experiences such as abuse, disappointments and failures that created doubts, fear, and intimidation in areas of self-value and/or thinking and learning abilities. It may also arise when individuals are pressured to perform such skills before they had adequately developed or grown confident with them.

Depression is heavily influenced by lifestyle choices such as diet, exercise, and social life; though these may be as much the effect as the cause of the problem.

Inner Peace is the condition of self-acceptance and inner-harmony that exists when one lives in the present, unencumbered by chronic worry or thoughts and pressures from the past.

Zone 9 (G#)

Suppressed Emotional Expression vs. Appropriate Self Expression

Fear of confrontation, and an unwillingness to express emotions which may lead to rejection, rob the individual of self protection. This vulnerability may lead to anger, which is designed to empower self defense, though the anger may also be suppressed. These suppressions lead to frustration, general apprehension, anxiety, discouragement, manic-depression, stubbornness, lack of self-approval, vulnerability, a sense of futility, a tendency to "fix" others and external situations in an effort to find satisfaction, and thoughts of suicide.

Betrayal, abuse, or mistreatment in circumstances where self-defense wasn't possible or permissible (such as the faults and shortcomings of a parent) may worsen the condition and make forgiveness and letting go difficult.

Stress associated with frustration and apprehension may create problems with the liver, gallbladder, ascending colon, gas, Eustachian tubes, fallopian tubes, urethra, skin, cancer, stroke, neck and shoulder tension and migraine headaches.

With the release of Zone 9 energy, the individual often discovers a more generous perception of those who have wronged them. The weaknesses and errors of the offenders are seen with more compassion. Forgiveness then follows and further aids the release of stress and its effects. They are better able to employ their whole emotional self in dealing with life and thereby gain access to many personal resources. Challenges appear diminished and the individual may live a more fulfilling, satisfying life.

Zone 10 (A)

Unworthy/Undeserving vs. Self-Accepting

The belief that an individual is undeserving of love may lead to the perception, or reality, that one's love is rejected. The absence of self-love may also result in self-defeating behaviors which obstruct the ability to acquire physical comforts and achieve goals whose attainment would conflict with this subconscious belief of unworthiness.

These beliefs may lead to hyper-achievement as the individual attempts to justify self-value through accomplishment. The individual may experience feelings of guilt and blame, and have difficulty bonding with others emotionally and mistake physical intimacy with love and connection. The individual may consciously have high self esteem and remain unaware of this subtle undercurrent.

Such beliefs may stem from neglect, abuse or separation from mother or other caretakers at birth or during early childhood, insufficient attention and nurturing, and transgenerational patterns of dealing with such issues.

The impact of this stress may cause weak digestion, addictions, and problems with weight, small intestine, thyroid, and reproductive organs (particularly in females).

An individual's healthy connection to his or her mother and a deep sense of worth allows the individual to receive nurturing and to accept themselves in a balanced, healthy way.

Zone 11 (A#)

Rigid Beliefs vs. Open to Possibilities

Rigid beliefs act as an attempt to make the world seem more solid and secure by solidifying opinions about which behaviors are acceptable and how things "should" be. Individuals who exhibit Zone 11 excess may be inflexible, uncooperative listeners who find disagreements uncomfortable or intolerable because they touch on subtle underlying insecurities. They are often perfectionists who require meticulous order for peace of mind, and high-strung overachievers whose enthusiasm can alienate others. They are usually highly dedicated to principles, especially regarding justice and truth.

They may feel unloved and unsupported in relationships, and disconnected from the earth. The individual may believe he or she must rely excessively only on him or herself, have trouble connecting and putting down roots, experience limited sexual enjoyment accompanied by feelings of guilt or fear, and lack grace in the legs.

These individuals may unconsciously lack a sense of stability or security, possibly regarding their own beliefs, thereby making beliefs "dangerous" to consider, for fear of discovering weaknesses or problems that they don't wish to face and resolve. On the conscious level, however, they simply exhibit great confidence that they are right.

This lack of stability may stem from the lack of an emotional connection to a positive father figure and/or neglect, verbal, physical or sexual abuse, particularly from the father or other early authority figures. Relationship patterns are often transgenerational.

Rigid beliefs may adversely impact the pelvis and legs, bladder, kidneys, reproductive organs, digestion, and sleeping. Releasing Zone 11 excess helps the individual to experience greater security as doubts and fears become non-issues. Differences are more easily tolerated. The individual may learn that they need not cling so tightly to their beliefs, that truths do not require anyone to maintain them, and that additional truths can be gathered when not clinging so tightly to others. The individual feels more at home in the world.

Zone 12 (B)

Conflicting Beliefs vs. Congruent Belief and Action

Conflicting beliefs refers to the disparity between an individual's conscious beliefs and values and his actions. Conflicting beliefs may block an individual's connection to inspiration and faith as well as the limiting his sense of being present and grounded. The person may come across as spacey, contrary and/or demanding. Blockages in any other Zone may impede functionality in Zone 12.

Conflicting beliefs may be associated with mental disorders - schizophrenia, psychosis, multiple personalities, nightmares, sleepwalking, and inability to maintain focus; Personality issues - distant and detached; and Physical manifestations - poor coordination and absence of physical sensation.

Blockages in this zone are often triggered by traumatic experiences such as accidents, difficulty in birth, tragedies, and drug or ritualistic abuse, and may stem from transgenerational patterns. These causes may create influential subconscious beliefs related to the trauma (such as "Life is hard," "People are dangerous," "I always fail") which conflict and interfere with conscious "logical" beliefs.

Congruent belief and action occurs when subconscious energy releases and allows for being effortlessly and wholly focused on the present, as well as establishing a connection to the infinite. Peace of mind increases.