

AGE 56

OVERALL CHI LEVEL: (50/100 would be average for a man your age) 66/100

MOST STRESSED ORGAN: (72 to 85 percent is normal healthy functioning for an organ - higher is not better as you do not want your organs to overwork)

Bladder - 43/100 -

This is due your past habit of being slightly overly controlling. Being controlling of yourself and others has empowered you to be financially successful. Your growth will occur most easily when you let go and let God, when you trust your own process and practice the art of allowing.

Toxicity Level: 7.5/10

Inflammation Level: 4/10

PHYSICAL

Although you are indeed basically healthy there is room for improvement. While I was reading over the form that you gave to Darin McBratney I kept feeling tingling on the right side of my head. I believe you have some previous head injuries/traumas that are restricting your cranial sacral rhythm. This is obviously not enough to have adversely affected your ability to function.

I believe you also have tightness in your jaw, teeth grinding and generally hold tension in your face, jaw and cranial bones. Seasonal allergies and difficulty breathing around mold seem to be present. I am getting head injury age 7 1/2 or 8, this could have been from a fall.

Your physical health is good enough not to bother you so I'm not going to spend an inordinate amount of time here.

I believe you are a Lymph body type in the system created by Carolyn Mein, D.C., so you need constant mental and physical stimulation.

You are already pretty in tune with your physical body.

Although walking in nature is indeed your ideal form of exercise trying different kinds of exercise, ideally outdoors, would help to alleviate some of your boredom.

Realize that Lymph body types need more exercise than any other body type so you seldom exhaust your body by over exercising and need to exercise one hour a day just to feel normal.

You adapt easily to different exercise routines.

Because you are so physical you may really enjoy working with a personal trainer and/or enjoying a high intensity fitness routine where the exercise gets varied every single time you do it.

Realize that you thrive on variety in your exercise, food and surroundings.

A typical Lymph thought might be, "Oh, I haven't been anywhere in two months."

You may even want to consider moving the furniture in your home every year just to create variety and keep your personal energy moving.

The goal of stopping drinking will be very helpful for you as Lymph types do not well with any kind of toxicity and toxins congest your lymph.

The cleaner you can keep your diet and energy field through eating a toxin-free diet and avoiding drugs of all kinds the better you will feel and the easier it will be to stay in your own energy and receive more clear intuitive information.

So in this way there is indeed a connection between the cleanliness of your body and your own ability to receive intuitive guidance.

Clean up your body to get more clear insights.

<h2>The Lymph Body Type</h2>	
Lymph Body Types are generally playful, bright and quick-witted, thriving on excitement	
Celebrities with Lymph body type include: Jada Pinkett Smith, Dwayne Johnson, Tom Cruise, Heather Locklear, Jane Fonda, Mikhail Baryshnikov, David Beckham, Lindsey Vonn, Bob Harper, Sean Connery, Hugh Jackman	
<h2>Lymph Body Type Diet</h2>	
Foods – Lymph body types are particularly sensitive to chemicals, so you'll feel best when choosing organic, chemical-free meats, fruits and vegetables	
Exercise – you'll find that some exercise or activity first thing in the morning to activate your lymphatic system and "get everything moving" will keep you feeling good all day long	
Need physical and mental stimulation, or may become depressed	
Lunch – ignore conventional diet ideas: veggies or salads for lunch will lead to low energy in the afternoon; choose carbs and proteins instead and consider a lighter dinner such as salads	
Sample List of "Seldom" (Unsupportive) Foods for Lymph Body Types:	

Chemical-fed meats including beef, pork, bacon, ham, sausage, veal, chicken, or turkey; pasteurized milk, frozen yogurt, ice cream, pumpkin or sesame seeds, whole wheat including breads and crackers, wheat bran or germ, broccoflower, hothouse tomatoes, fructose, honey, molasses, sugar, maple syrup, artificial sweeteners such as Equal or Nutrasweet, catsup, margarine, coffee, sodas and diet sodas.

Full details of the adrenal body type diet including food lists, sample menus, exercise and weight loss tips are found in the [Lymph Body Type Profile and Diet Booklet](#) and [ebook](#).

Lymph Body Type Core Emotional Issues

The Core Emotional Issues (Life Lessons) of the Lymph body type are Fear of being left behind, Difficulty finding identity.

Lymph Body Type Personality Profile

Lymph body types are generally playful, bright and quick-witted, thriving on excitement

I am strong, well-coordinated, athletic and health conscious. I thrive on constant stimulation. I am mentally stimulated by learning. Creative and artistic, I express myself imaginatively and with movement. I am considered very attractive with a naturally well-proportioned and well-defined body. My appearance is very important to me. Extroverted and sociable, I add excitement to whatever I do. I am romantically inclined, and come on strong when beginning new relationships.

Optimistically, I throw myself totally into new relationships, viewing it idealistically. I like to be “up front” and typically reveal more about myself than appropriate early in the relationship. I have a need to be reassured that I’m loved and appreciated. Without this, feelings of inadequacy or self-doubts may surface, putting strain on the relationship. I like to keep things fresh, new and active, and moving residence adds spice to my life – I tend to move often.

I am playful, bright and quick-witted. I have a strong desire for physical exercise. I thrive on excitement, variety and change. I need continual stimulation in the form of movement and change to add variety to life. I require lots of variety through physical movement or mental stimulation to maintain mental clarity and a sense of vitality. Fun loving and playful, I am happiest when I feel excitement. Activity allows me to feel vibrant and alive.

Excitement keeps me moving, active and alive. Without physical or mental stimulation, I become depressed which in turn brings emotional pain to the surface and motivates me to move out of my depressed state. I am mentally quick and alert, and learning provides a sense of fulfillment. Health and physical attractiveness are a high priority to me.

ENERGETIC

You keep your energy flowing easily throughout your body through your regular walking.

A shaman might refer to you as a “traveler,” which means it’s easy for your soul to separate from your body and travel different places. Traveling both literally and spiritually is quite interesting and important for you. Whether you travel to different countries or explore your inner landscape, travel helps to keep your energy balanced.

EMOTIONAL

The reason you are bored is because you aren’t doing exactly what you want to do.

Yes, travel - both to other countries and being a psychonaut - is of great interest to you but realize that outer and inner travel - as rewarding as these activities are for you - is simply not enough to keep you happy.

The problem from what I can tell is not so much your marriage but your relationship to yourself.

Because lymph types thrive on variety, you need to be meeting new people, exploring different ways to make love to the same woman and constantly learning to stimulate your very active intellect (I will get to that!).

The main emotions I see holding you back include:

Boredom.

Many times we have achieved financial stability and an easy flow of money and no longer see the point of working. However, we have to realize that work in and of itself is highly rewarding to people such as yourself who need constant mental challenges. I believe a large part of why you are bored is due to lack of enough mental challenges.

I don’t see you working happily for a non-profit but perhaps there is a way for you to be more engaged in a form of work you have not considered.

For example, you might be very happy being a hiking guide or leading bike tours.

I realize that you don’t need the money and might consider some of this grunt work to be somewhat beneath you, but your need for travel, exercise, meeting new people and exploration might be well served by taking a job usually reserved for young jocks. Perhaps you could work part of the year for a high end touring company.

I believe you are also bored in your marriage. Part of this comes (not that this is unique) from your never having truly understood women and therefore your wife.

Although understanding women on the surface may bore you or frustrate you, taking time to explore the subtleties of relationships could open you up to a deep layer of highly rewarding intimacy not only with your wife but with all the women in your life.

This would require you to be patient with other people’s energy, feelings and emotions, a process that heretofore has appeared to be a great waste of time to you.

Anxiety. I believe the real source of your anxiety is wanting to make a difference in the world but not being certain about where to begin or how to do that.

Although heretofore you have been a true leader, you might find that supporting others in their personal growth can be for you a great source of personal reward.

What I’m seeing is sort of an adult camper situation where you coach/mentor others, especially men in mid-life crisis who are a bit younger than you.

You could benefit from taking the Bach Flower Essence Wild Oat for six months:

...is the remedy for people who feel they want to do something worthwhile with their lives but don't know which direction to go. They tend to drift from one thing to another without finding a true path. They become frustrated and downcast as a result.

We can compare the Wild Oat state with that of *Scleranthus*. In the latter the goal itself isn't in doubt, but we need to decide how to get there. For example, you might know that marriage is for you. But which partner to choose? - that would be a *Scleranthus* problem, one of choosing between a limited number of options.

In a Wild Oat state the goal itself is less defined. For example, you know you want a fulfilling life. But does that mean getting married or staying single? Finding a career? Changing religion? It's much more difficult in a Wild Oat state to define the options as our goal is not clear.

When we are in this state of frustrated and vague ambition, Wild Oat helps us find our true path. It puts us back in touch with our sense of purpose so that the way ahead seems clearer.

Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction.

- *The Twelve Healers and Other Remedies*

Terror about the world itself, climate change, global issues

Dread of change, which is ironic since you actually thrive on change. A good affirmation for you might be, "I am safe it's only change."

I see you needing to do personal retreats about twice a year where you go off by yourself, without friends or family, to be in your own energy and explore what's really going on with yourself.

Because you live so much in your head you tend to get disconnected from your emotions so taking time alone twice a year could help you regroup and remember what you're actually feeling.

From what I can see there's nothing really wrong with your marriage other than your attitude about it.

You could continue to take a sort of utilitarian approach to marriage as a necessary evil or you could explore the amazing woman who your wife is.

Just as you are willing to explore plant medicine and your inner journey you are living with a highly complex woman who can be a great source of beauty, inspiration and amazement to you if you take the time to explore her anew just as you are taking time to explore your own self.

MENTAL

Your need for mental stimulation, a.k.a. learning, can not be overstated.

I recognize that at this point that learning may not appear practical - in other words when you are financially set, so to speak, you Eric do not need to learn more information in order to make a living, support your family or achieve financial goals.

However, just as you as a person need hours of walking every morning you also need mental challenges.

You have achieved a point in your life where you could be an excellent mentor to others, so one way for you to find this mental challenge could be in figuring out how to support others to achieve their life goals, such as mentoring young men with their life and business.

You learn best in a hands-on, experiential way.

Bottom line from what I can see not working does not suit you because you need an outlet for your tremendous mental and physical energy.

From what I can see social work or non-profit work doesn't work for you but nurturing others to make their own way through business coaching and other similar endeavors could be challenging and rewarding for you.

SPIRITUAL

Your goal of improving your intuitive gifts will occur most easily when you keep your energy clear.

Although that is true for most people in your case it is essential.

Many people continue to drink alcohol at the level that you do without any problems but for you clearing your energy field of all toxic chemicals will sharpen your intuitive perceptions.

Your main psychic gift from what I can tell is clairaudience.

The challenge with this gift (one of them at any rate) is that you confuse your soul communication with your own thoughts.

This is a chapter from my book *Unlimited Intuition Now*.

What Is Clairaudience?

<http://catherinecarrigan.com/what-is-clairaudience/>

"In many shamanic societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions: When did you stop dancing? When did you stop singing? When did you stop being enchanted by stories? When did you stop finding comfort in the sweet territory of silence?"

Gabrielle Roth

Clairaudience is your gift of psychic hearing.

Strengths:

- Receives information through sounds, vibration, unspoken words and even music

- Best gift for channeling

- Ideal for public speakers to express what needs to be heard

- Allows you to connect to your inner voice

- Empowers you to listen to your angels

- Like the gift of claircognizance, comes in very fast

- Gives you the power to write from your soul, not just from your ego

- Can be healed by sound and music

- Clear and direct

- Like clairsentience, picks up the vibration of situations, as all sound is a vibration

- Best gift for quick and sudden warnings, i.e., hearing an inner voice “Watch out!”
- Capable of telepathic communication
- Can hear the thoughts of others
- Can be healed by sound

Weaknesses:

- Easily confused to be your own thoughts rather than divine guidance
- May be so sensitive to vibration can be affected by extremely low frequency vibrations (ELFs)
 - Information comes so fast you may speak bluntly and brusquely unless you slow down to consider how to express yourself in a kind and thoughtful manner
 - Can be overloaded with too many thoughts and words all at once
 - May think you are crazy from hearing voices in your head
 - Hypersensitive to noise and even high intensity light vibrations

Energy center for receiving clairaudience:

- 5th chakra

What helps you develop your clairaudience:

- Meditation
- Sitting quietly
- Time alone to listen to your guidance
- Using tuning forks to balance the sound energy in the body
- Singing and vocal toning
- Listening to Solfeggio harmonics, the frequencies of Gregorian chants
- Listening to all kinds of music
- Automatic writing by typing or scribbling so fast you outpace your ego mind
- Asking your angels to speak to you and writing down what they say
- Paying attention when thoughts, words or guidance suddenly appears to

drop in

- Affirm: I HEAR THE DEEPER MEANING IN ALL SITUATIONS
- Affirm: I LISTEN DEEPLY TO THE VOICES OF ALL MY ANGELS

I remember years ago working with a client with life-long back pain due to polio as a child.

Because he was an ordained minister, at first I thought he would not be open to healing work, much less the full range of all I had to offer.

As it turned out, he was so determined to get better he was open to everything I had to say. Probably the fact that he saw himself getting better helped!

One day he was having a particularly hard time and I did a healing with him.

It turned out he was being affected by earthquakes in South America (I kid you not).

Even I had a hard time understanding that one at first, except that I understood that his primary psychic gift was clairaudience.

He was a powerful public speaker and intuitively understood how to speak from his soul.

Meanwhile, he was so sensitive to vibration that his physical body reacted to the earth shaking even continents away.

Personally, I love the blessing of my clairaudience because it makes my healing work so much easier.

“It’s the foot,” I will hear my angels directing me.

Why waste time figuring things out when I can just simply listen?

As an author, I use this gift when I write.

I literally wait until I hear what to write about.

I may be sound asleep, get woken up in the middle of the night and hear the title of a chapter or a phrase about a certain topic.

Sometimes I simply pray for guidance until I hear what to write about, then I get on my laptop and allow the words to pour forth.

For years, even at college, I remember being confused when I heard of other writers who were "finding their inner voice."

I never needed to "find" my voice – mine practically never shuts up!

Because I know I am high in the gift of claircognizance and clairaudience, the two fastest of all the psychic gifts, I frequently receive a complete download of information and then I have to pause and consider how to relate what I have been gifted with so that I can express myself kindly to my clients.

I frequently warn my clients, "I am nice but blunt. Please understand that I am speaking for your highest good and have no intention of hurting your feelings in any way."

One of my most powerful experiences of clairaudience came years ago.

I had been very sick for about a month, but one morning I woke up and I could literally hear my angels singing a Gregorian chant inside my head.

At that point, I knew I was well and that my illness had left me for good.

I felt as joyous as my angels singing anthems of praise and thanksgiving!

From what I can see your current level of consciousness is 435.

This is on the scale developed by Dr. David Hawkins, author of *Power Vs. Force*.

You can download this chart to understand more at this link:

https://unlimitedenergynow.com/wp-content/uploads/pdfs/free-downloads/Map_of_Consciousness.pdf

The upshot of this is that you are yearning from spiritual growth and where you are spiritually speaking you are stuck in the 400s, which is governed by logic, reason and thinking.

Although the rational mind has great benefit and your own mind is quite sharp, the challenge for you will be to transcend logic, e.g. set your ego aside and experience the qualitative, non-measurable aspects of life from your soul perspective.

I believe that this is one of the main reasons you want to do a plant medicine ceremony - to quite literally see your own life from a non-linear perspective.

You can read more about being in the 400s in Dr. Hawkins excellent book *Power Vs. Force*:

https://www.amazon.com/Power-Force-Authors-Official-Revised/dp/0964326108/ref=sr_1_1?crid=3VK9SGEZW2Y28&keywords=power+vs.+force+by+david+r.+hawkins&qid=1551016051&s=gateway&prefix=Power+Vs.+Force%2Caps%2C159&sr=8-1

Your tendency to want to grab everything with your powerful intellect, analyze, dissect it and literally tear it apart as opposed to simply appreciating the grace, miracle and wonder of it all gets in your own way.

This tendency to want to find a reason for everything gets in the way of you listening to your own clairaudience.

You tend to be distrustful of others (mainly because you can't figure out how they get their information and therefore tend not to trust their sources) and will do best if you can receive your own guidance.

Here is a simple way you can talk to your angels from my book *Unlimited Intuition Now*:

A Simple Way To Talk To Your Angels

<http://catherinecarrigan.com/a-simple-way-to-talk-to-your-angels/>

"A prophet is not someone with special visions, just someone blind to most of what others see"

Nassim Nicholas Taleb

You can talk to your angels any time anywhere using this simple communication method.

Step One. First, clear your energy. Rub your hands together to gather energy. Pass your hands over your head three times. As I do this, I say silently to myself, "I clear my energy in God the father, Jesus the son and through the Holy Ghost." I grew up in the Christian tradition. If these words do not feel comfortable for you, call on your Highest Source to remove all negative interference.

Step Two. Calibrate your response. Stand in the middle of a room. Say either silently or out loud, "Angel spirit guides, please show me a yes." Notice what happens. You may sway slightly forward, or either to one side or the other, as in right to the left. It doesn't really matter. You calibrate your response so that you get a clear understanding of yes. Then say, "Angel spirit guides, please show me a no." You may sway slightly back, or to the other side. If you are unsure of your response, keep clearing your energy until your yes and no is crystal clear to you.

Step Three. Ask permission. Your angels and spiritual guides are here to be your team on your side in this lifetime. You will want to focus your questions on what you are here to do, be or have. With this step, ask permission to begin a dialogue on a certain subject. "Angel spirit guides, do I have permission at this time to talk to you about (THE SUBJECT)." If you receive a no, it's not the time, place or subject you need to be focusing on right now.

Step Four. Ask. Once you receive a positive response that your questions are all in divine timing, you can begin. This point is like getting online on the internet. You are now online with your angels and spiritual guides. Ask questions for your highest best interests and/or for the highest good of all. Do not ask, "Can I eat a hot fudge sundae?" That would be an entirely different question than, "Is it in my highest best interests to eat a hot fudge sundae at this time?"

Step Five. Continue asking questions in a yes or no manner. This is angel communication 101 as you are asking simple yes and no questions. One question may lead to another. When you feel complete, ask, "Is there anything else I need to know from you at this time?" If you receive a no, your download is complete. If you receive a yes, then continue asking questions as there is more to be revealed to you.

Your angels and spiritual guides are high vibration beings who already know your answers. You can trust them to lead you to your highest good.

Recently, a good friend of mine was on a trip to Colorado. She drove all the way there with a group of friends before realizing that somehow she had left her driver's license back in Atlanta.

When she got to Colorado, she initially began to panic when she realized her mistake as she was scheduled to take a plane back home and had no form of personal identification other than her credit cards.

I had taught her how to talk to her angels so in the middle of the night she got up and asked for guidance.

She was told to go ahead to the airport, that everything would work out and that she would be able to return home on the plane as scheduled.

And so it was!

You are always guided and protected, loved unconditionally and never alone.

I have taught countless clients how to communicate with their angels.

Whenever I find someone who is feeling alone, abandoned, neglected or depressed, I like to teach them this simple technique.

Once you talk to your angels you will never feel truly alone ever again in this lifetime.

ENVIRONMENT

You need to surround yourself with other highly intelligent, curious forward thinking people.

NUTRITION

You will feel even better by focusing on the quality of your food and eating a cleaner diet.

The largest concentration of lymph is in your gut - it's called your GALT - your gut assisted lymphoid tissue - so you will greatly benefit from a toxin-free, organic diet.

SUPPLEMENTS

What you are taking is adequate.

SUPPORTIVE THERAPIES

Cranio sacral therapy. Need 3 to 4 sessions to help re-set your cranial rhythm ideally after your plant medicine ceremony.

You will benefit from regular massage as massage moves your lymph.

EXERCISE

Walking in nature is ideal for you because it allows you to relax your highly active mind and feel at one with all that is.