

Jane Doe Medical Intuitive Reading

Jan. 7, 2020

Personal note from Catherine Carrigan: I myself spent 2 years in a support group for battered women. I understand what it's like to live in an abusive situation but also I am well aware of what needs to shift in order to heal from this pattern and to create an entirely different energy field aka life from which your true self rather than your inner Victim can operate.

As you read over what I have to say, please know that I am on your side and that I am not judging you but speaking from a place of experience and also as a long-term healer of 26 years full time experience who has helped countless women recover from this pattern.

AGE 44

OVERALL CHI LEVEL: (50/100 would be average for a woman your age) 34/100

You have been wiped out by years of conflict. This lack of personal chi takes a toll on your immune system, your ability to think clearly and to create and to write, your back and absolutely everything about you.

Rather than wasting time detoxing, which is not really possible when you are so depleted, I recommend you focus on rebuilding your mind, body and spirit and think of the process you need to undertake at this time as rebuilding.

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)

Immune system - 23 percent

TOXICITY LEVEL 4/10

INFLAMMATION LEVEL 8.5/10

You are deeply inflamed. A good way to think of inflammation is like fire in the body. Because you are eating mostly vegetables, the cause of your inflammation isn't so much your diet as the fact that your nervous system is caught in the sympathetic side and that you are drowning in stress.

PHYSICAL

I believe that your physical issues are an expression of the fact that your entire mind-body system is caught in a whirlwind of chaos and that you are fighting to survive 24/7.

You have addressed your physical aspects with a naturopath so you have already discovered that taking loads of supplements in your case is not your actual road to recovery.

I recommend that at this time you focus on rebuilding your chi, releasing the pent-up energy through breathwork and learning how to manage conflict better through mastering the principles of tai chi.

ENERGETIC

You are suffering from a syndrome called cardiac low back. In a nutshell, this is when your low back gives out due to severe, unrelenting adrenal stress.

<https://catherinecarrigan.com/what-is-cardiac-low-back/>

What Is Cardiac Low Back?

Posted on Dec 28, 2016 by Catherine Carrigan in Blog | 2 comments

Cardiac low back is a common condition where your low back gives out to make you slow down to keep you from having a heart attack.

I first learned about cardiac low back while studying Total Body Modification (TBM), a system of kinesiology that uses multiple body points to identify and correct imbalances in your body.

Whenever you experience any symptom, that's your body's signal that something is out of balance.

One of my long-term clients used to run one of the most successful MRI testing facilities in the Atlanta area. She reported to me that low back pain was the No. 1 reason people went to their doctors for MRIs, often thinking there must be something structurally wrong with their spine.

As a yoga teacher with 20 years experience, I can attest that structural imbalances are often the root cause of back pain. I have helped countless clients clear their long-term back pain with an individualized stretching and strengthening program.

Here's an article I wrote that includes photos and videos of five simple yoga exercises you can do to heal your back.

However, you have to ask yourself, is your low back pain trying to tell you something important?

I can identify cardiac low back syndrome even in clients who exercise regularly and maintain strong core muscles – people who might consider themselves the fittest of the fit.

Why is this the case?

Your heart is emperor of your body.

When you are completely healthy and happy, you enjoy a strong physical heart and you exude confidence, courage and passion.

In our society, however, burnout is unfortunately the norm, not the exception.

That's why I wrote my Amazon No. 1 bestseller, *Unlimited Energy Now*. The most common condition I see in all my new clients is chronic, unrelenting fatigue.

When your adrenal glands – the tiny glands that sit on top of your kidneys that secrete your stress hormones cortisol and adrenalin – have burned out from years of unresolved stress, your heart reflects this depletion and you may experience a multitude of symptoms, including low back pain.

A highly trained kinesiologist such as myself can identify and correct cardiac low back by testing your body and identifying and resolving the root causes.

You have two adrenal glands sitting on top of each of your kidneys in your lower back.

These adrenal glands secrete your stress hormones cortisol and adrenalin.

Your adrenal glands go through three stages of stress – stage 1 alarm, stage 2 adaptation and stage 3 exhaustion.

You may not even recognize how exhausted you actually are, but your heart definitely does and your low back will often reflect this energetic depletion.

How do you correct cardiac low back?

1. Make an appointment for a Total Body Modification (TBM) healing session. Even within cardiac low back, your body reflects many layers of exhaustion and a highly trained medical intuitive healer such as myself can explain to you what your body is actually saying.
2. Ask for a medical intuitive reading to identify which organ or organs are causing your cardiac low back. If your heart is stressed, the cause may be physical, as in chronic stress on a physical organ, such as your adrenal glands or some other organ. But you may also be experiencing chronic unresolved emotional stress. I can help you identify the emotional roots of your low back pain. Failure to identify your root cause – whether that cause is physical or emotional – may result in you constantly struggling with low back pain no matter how much yoga or core work you regularly practice.
3. Support the organ that needs help, whether that be your heart itself, your adrenal glands or the other weakened organs that are placing stress on your heart. Support could include a nutritional supplement, a flower essence or other natural healing remedy.
4. Resolve the ongoing emotional stress that has placed a burden on your heart. Remember that emotions can shut down literally any physiological process. You may dismiss how important this step is, thinking that your life isn't all that difficult, but your body tells the truth all day long every day about what you are actually experiencing.
5. Commit to life-regenerating practices that help to rebuild your personal chi. This may include therapeutic rest, meditation, qi gong, tai chi and yoga. You can join my classes for these practices by checking the schedule at this link. Set up an appointment for Reiki hands-on healing. This month, I'm offering a Reiki special so call for more information.

For a medical intuitive reading, private lesson in therapeutic yoga, Total Body Modification, Reiki or more information about how you can finally clear your low back pain, call 678-612-8816 today or email catherine@catherinecarrigan.com.

What is healing? Healing happens when we honor the wisdom of our body and heed its many cries for relief.

I believe also you have internalized all the abuse you have received.

What that looks like in your case is your energetic and immune systems are attacking themselves.

There's an energetic confusion about what's out there and what's in here, and it's as if you are stuck in your amygdala (the fight, flight or freeze part of your brain) fighting to survive.

This tendency to feel like you need to fight survive has caught you in a deep state of sympathetic overdrive that has led you to feel completely exhausted.

You are stuck in reptilian reflex number 1 - needing to feel safe. This lack of feeling safe keeps you in fight mode 24/7 and is the primary cause of your exhaustion.

On top of all that, your energetic field has holes in it due to years of abuse and you do not have good energetic boundaries.

This has left you hypersensitive to energy around you.

<https://catherinecarrigan.com/what-abuse-does-to-your-energy-field/>

What Abuse Does To Your Energy Field

Posted on Oct 17, 2017 by Catherine Carrigan in Blog | 0 comments

There are many important aspects to recover from physical and sexual abuse: overcoming the emotional trauma, releasing the imprint out of your nervous system, forgiving your abusers and repairing your energy field.

As a medical intuitive healer, one of my many jobs is to A identify and B repair tears in your energy field from acts of violence, accidents, and abuse.

What is your energy field?

Your energy field encompasses layers of energy that surrounds you.

It's a law of physics that any time there is a vertical electrical current, there's a magnetic field perpendicular to that.

When you stand up, you are of course vertical. Your energy field may extend between 3 feet and 20 feet in diameter, depending on your personal chi.

Just as the fabric of a garment can get torn, the web of your energy field may also get ripped.

When this happens, you become more sensitive to your overall environment. This may manifest as increased anxiety, depression, or hypersensitivity to EMFs, light or to other people's energy and emotions.

What sort of incidents tear holes in your energy field?

- Sexual abuse
- Physical abuse
- Emotional abuse
- Traumatic accidents
- Exposure to bombs, gunshots, and warfare

As you become more highly sensitized, you may experience feelings of overwhelm and inability to cope with the stress of ordinary living.

You may be in an ordinary place like the grocery store and suddenly feel like you are being attacked by bursts of energy for no apparent reason.

Let me give an example from my practice.

Years ago a local school referred a young man to me.

He had been working out so hard in the school gym that he would have to be taken to the hospital by ambulance. This had happened on more than one occasion. He refused to explain why he was exercising so strenuously.

This had happened on more than one occasion. He refused to explain to his parents or his teachers why he was exercising so strenuously.

The school counselor could not figure out what was going on so she referred him to me.

When he came to my office, it turned out he had been raped by a group of men some two years previously. His mother was late to pick him up from an after-school activity. It was not his fault that he had been unable to defend himself and he did not want his mother to know he had been raped because he was afraid she would feel guilty if she found about it.

I was only the second person he talked to about the incident.

As part of our healing, I repaired the energy grid in his lower back.

"You can not fix this yourself," I explained to him.

He came back the next day and said, "I know you know you helped me, but you have no idea how much you helped me."

As an energy healer, if I am looking for tears or breaks, I consult an energy grid.

Energy Grid Catherine Carrigan consults to check for tears in the energy field. Copyright Sue Maes-Thyret, 2003

The tears or holes may occur anywhere in and around your body, in a chakra or your hara line, the vertical electrical current running from above the crown of your head through your body into the center of the earth.

Energy Grid Catherine Carrigan consults to check for tears in the energy field. Copyright Sue Maes-Thyret, 2003

Because your chakras and your hara line help you channel energy, if your energy grid is torn, you may also experience sudden, inexplicable exhaustion or be unable to rebuild your personal chi despite extensive nutritional supplements, rest and emotional healing work.

Because your energy field has layers, these rips may occur in one layer of your field but not another.

Many people know that you can improve your health by eating better, exercising regularly and getting enough sleep.

But few are aware how important it is for your overall wellbeing to take care of your energy field and repair it should you have experienced the trauma of abuse.

What is healing? Healing happens when you visit a trained energy healer to repair the tears in your energy field.

If you have been abused and continue to experience trauma, set up an appointment today to learn how to repair your energy field and return yourself to wholeness. Call 678-612-8816 or email catherine@catherinecarrigan.com.

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You need to cocoon yourself twice a day to protect your energetic field.

At least half of your skin issues are due to a deep irritation with the world around you, the fact that your nervous system is caught in fight or flight and your lack of adequate energetic boundaries.

<https://catherinecarrigan.com/cocoon-yourself-to-protect-your-energy/>

Cocoon Yourself To Protect Your Energy

Posted on Aug 5, 2015 by Catherine Carrigan in Blog | 7 comments

If you are a highly sensitive person, you will feel more emotionally balanced if you adopt the daily practice of cocooning yourself.

Although it's all one energy, all good and all God, within the one energy that we exist are a multitude of frequencies.

Those of us who live in urban areas are subjected to a higher degree of negativity and geopathic stress than those who live in more rural and natural settings.

On top of the combined effects of millions of people living together are the individual assaults that many people have suffered.

If you have experienced post traumatic stress disorder, you may have actual holes or tears in your energy field that a highly trained healer such as myself can perceive and repair.

Examples of this from actual clients include a woman who broke her back in a diving accident, a young man who had been raped, another woman who had gone through airport scanners and yet another person who had an unfortunate result from her surgical operation.

If you have holes or breaks in your aura, you will feel overly sensitive to other people's emotions and the world around you, making it difficult for you to cope with every day life.

Even if you are balanced and healthy, you want to shield yourself from other people's dramas and the geopathic stress of urban life.

You can balance and shield your energy field with this simple technique.

It was taught to me by my yoga teacher, Lillah Schwartz, who learned the technique by studying the teachings of Sri Aurobindo.

- Step One. Sit in a comfortable position. Cocooning is a great way to conclude meditation or a pranayama practice. Even if you don't have time to meditate, start your day off right with this centering practice.
- Step Two. Bring your two hands behind your head, setting your intention to gather your scattered thoughts. Gather the chi around your head and bring your palms together in prayer position down to your heart. Repeat this practice two or three times.
- Step Three. Bring your hands behind your lower back, setting your intention to gather the thoughts and feelings of your lower self. Gather this chi and bring your palms together in prayer position at your heart. Repeat this practice two or three times.
- Step Four. Now stretch your arms wide over your head. Visualize the white light of protection. Gather this white light from above your head, fill your energy field and seal the white light below your body so that you visualize yourself in a bubble of white light, knowing and experiencing that you are completely protected.
- Step Five. Extend your arms wide over your head again. Visualize the clear blue light of healing. Gather this white light from above your head, fill your energy field and seal the white light below your

body so that you visualize yourself in a bubble of translucent light. Know and experience that you are surrounded by healing energy.

- Step Six. Extend your arms wide over your head once again. Visualize the clear golden light of transformation. Gather this golden light from above your head, fill your energy field and seal the gold light below your body so that you visualize yourself in a bubble of gold. Know and experience that you are open to transformation for your highest good.
- Step Seven. Know and experience that you are divinely protected, full of healing energy and open to beneficial transformation.

If you have less time, simply visualize yourself in a bubble of light.

I like to use the affirmation: NOTHING COMES IN AND NOTHING GOES OUT EXCEPT UNCONDITIONAL LOVE.

If nothing came in to you and nothing went out of you but unconditional love, you would be happy and healthy all day long!

The benefits of cocooning include decreased anxiety and depression, calmness and increased discernment.

You stay in your own energy because you are centered and grounded.

From this centered place, you can access your own intuition.

To learn more about what you can do to cope with being a highly sensitive person, set up an appointment today for a medical intuitive healing by emailing catherine@catherinecarrigan.com or calling 678-612-8816.

EMOTIONAL

As you are already aware, your marriage has been over for years (de facto) and the fact that you all have separated - although incredibly painful - is long overdue.

You need to spend a significant amount of time healing yourself and unwinding the decades of abuse that you have now internalized.

In other words, you are so accustomed to constant fighting, stress and abuse that your nervous system is recreating this pattern and you are stuck operating out of your amygdala about 90 percent of the time.

This is the part of the brain that sends the signals to your reptilian brain where you simply react.

MENTAL

Like many highly intelligent women, you tend to stay stuck in your head and stuck in your story.

It would be good for you to think of your situation as needing to move energy.

In other words, if I went down to my basement and it was a mess, I might rightfully think, “Who left all this junk down here?”

I could get angry and resentful.

And then I could go about cleaning things up regardless whether it was the dog, my kids or my husband who created the chaos.

Your life is in so much chaos that rather than trying to sort through all the narratives at this point I recommend you throw yourself into breathing exercises as a method of moving loads of energy and bypassing your ego mind.

Your ego is not your friend because even though you are a highly intelligent, incredibly capable and powerful woman you are stuck in this nasty victim-perpetrator dance that has become so deeply embedded in your mind-body system that it has integrated into your immune system.

For you, I would also throw myself into A Course in Miracles or some other method of getting out of your head and creating a whole new mindset about the way you approach your life.

You are in what I call a break down to a break through.

I discussed this at length in my book Reading the Soul.

https://www.amazon.com/gp/product/0989450643/ref=dbs_a_def_rwt_bibl_vppi_i3

If you look at your current situation as an opportunity to break out of your victim-perpetrator dance and into the light of a greater awareness about the energy field you create through your thoughts and actions, you can have a true break through to a whole new way of experiencing life.

SPIRITUAL

Even though we can often FEEL alone, we are actually never totally alone as we are always supported by angels.

I believe you would benefit from learning how to talk to your angels.

At this time in your life I believe it's imperative that you learn to make and maintain a daily connection to your own spiritual guides. This will help you so that you don't feel so completely lost, A, and B, so that you will feel the divine presence around you guiding you and supporting you all the days of your life.

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

A Simple Way To Talk To Your Angels

Posted on Aug 9, 2015 by Catherine Carrigan in Blog | 0 comments

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.

<https://catherinecarrigan.com/the-best-time-to-talk-to-your-angels/>

The Best Time To Talk To Your Angels

Posted on Jun 27, 2015 by Catherine Carrigan in Blog | 2 comments

Like everybody else, I get busy.

When I get really really busy, I sometimes forget to talk to my angels.

Who are your angels?

Your angels are your spiritual guides.

You can call them your angels, you can call them your spiritual guides, either way they are spiritual beings of extremely high frequency who have been with you your entire life.

You chose them before you were born.

They are your team and they are always all the time on the lookout to guide and protect you.

They are experts at what you are here to accomplish here on earth, so you can ask them for help on any subject.

People who work with people for a living – like I do – generally have a few more angels than those who have solitary professions.

Your angels surround you at all times and you can frequently find them in your own energy field.

I feel the best times to talk to your angels include:

1. Anytime!
2. In the middle of the night.
3. First thing in the morning.

In general, it is easiest to tune in to the divine guidance when there is less interference.

If you live in a major metropolitan area, such as New York City, Los Angeles or Atlanta, there is a tremendous amount of negative interference.

This comes from a large concentration of people, with our negative thoughts, fears, worries and frustrations, as well as geopathic stress from cell phones, microwaves and man made devices of all kinds that disrupt the natural flow of our energy field.

You may have noticed that when you are on a mountain top, at the beach or walking in the woods, you feel deeply connected to all that is and find it easy to hear the guidance that flows naturally to you.

If I don't take the time to listen to my angels during the day, frequently they will wake me up in the middle of the night.

There have been times I lie in bed realizing that I am overdue for a divine conversation and have to get up, go downstairs with my journal, listen, channel and write down the words that I am hearing.

I write at the top of the page: "GUARDIAN ANGEL SPEAKS" and then begin to flow the words onto the page.

Sometimes I tune in and it's a specific angel that wants to share, so I write that down also.

Groggy, I play the scribe then trudge back upstairs and finally go back to sleep.

Invariably, I fall into a deep sleep after these divine conversations.

I read the words the next morning, knowing that my soul certainly received the message at the time I was writing even if my ego was too tired to pay much attention.

We have to recognize that our angels are always wanting to communicate with us.

My angels have even reached out to me to show their presence.

You can see photos that I took of my angels at this board on my Pinterest site.

Symptoms of your angels wanting to talk to you and you not taking time to listen include extreme restlessness, inability to stay asleep no matter what sleep aids (prescription or natural) you may be taking, a feeling that there's something you need to hear about but you don't know what it is, unwarranted or unexpected concern for others or general uneasiness.

Often, when I listen to my angels, they will speak quite simply.

"Be at peace! You are on the right track."

Or they will give me very specific guidance about my upcoming dealings with other people, such as how to prepare to be of greatest service, or what other people need from me.

Just like every other relationship, when you take the time to listen on a regular basis, your communication with your angels will become more clear and you will be able to hear them all the time, even when you are at crowded dinner party, sitting in your car in traffic or when you most need them.

Your angels are always sweet, loving, kind, unsparingly fair, never faltering, nonjudgmental, encouraging, stable, far reaching in their insights and both big picture and detail oriented.

If you receive information that is judgmental, scary, threatening, worrisome, unsettling or unkind, that's not your angels.

I teach people all the time how to build a clear connection with your angels.

It's not difficult.

If you want to learn more, read my book, *What Is Healing? Awaken Your Intuitive Power for Health and Happiness*, or set up an appointment with me so I can show you how.

There are many methods and you just have to find the way that works best for you.

I strongly encourage everyone to develop a strong connection to your angels because your angels can give you the best advice you will ever receive.

What is healing? Healing happens when we take the time to bask in the unconditional love of our angels.

Even though you are already a spiritual person as I mentioned above I believe you are having a break down to break through.

Karma Clearing To-Do List

While marching down your soul path, you may be digging up soul baggage, soul suffering or past life patterns that can be cleared through deep healing work.

This world is truly the field of maximum karmic opportunity.

In this lifetime, your soul will be presented with many challenges that are actually opportunities for you to clear your karma and grow your soul. When you look at challenges as growth opportunities, you can welcome obstacles that might otherwise discourage you and use them as literal gateways to your personal enlightenment.

Victim-Perpetrator. Your long-term tendency to see yourself as a victim and others as perpetrators - even the disease itself has been locked into your psyche in this manner - has left you at a disadvantage.

You would do well to meditate upon why and how you have created the pattern of victim-perpetrator in multiple levels of your life - physically, energetically, emotionally, mentally and spiritually.

This might be a good way for you to think about this.

You know how when you are playing a game, you start at the beginner level.

As you get better at the game you move up to the intermediate and advanced level.

At each level you play the game a little bit differently.

You would do well to meditate upon how you can play the entire game of your life in a totally different way so that your inner Victim - a negative aspect of your shadow self - does not show up anywhere.

ENVIRONMENT

You already know your home environment is not conducive to your mental, emotional, physical or spiritual health.

You would do well to meditate upon how exactly you can create an entirely new energy field in which you can feel at peace as the current home you live in does not reflect that experience.

NUTRITION

Even though you are low gluten you need to go 100 percent gluten and be on an anti-inflammatory diet.

The psoriasis is basically due to inflammation - internalized anger.

Nobody In Their Right Mind Eats CATS

Posted on Jun 3, 2016 by Catherine Carrigan in Blog | 0 comments

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How to Get Rid of Pain Naturally

Edit article

Published on September 6, 2016

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Catherine Carrigan

Medical Intuitive Healer and Amazon No. 1 Bestselling Author

You can learn how to get rid of pain naturally by learning how to avoid pro-inflammatory foods in your diet.

Relieving pain and suffering is a huge part of what I do in my work as a medical intuitive healer, nutritionist, yoga teacher, qi gong teacher and kinesiologist.

Typically, I can cut your pain by HALF just by empowering you to improve your diet.

So here's my professional secret:

Nobody in their right mind eats CATS.

Usually, if I explain this to you, your first impulse would be to laugh out loud.

Laughing alone will help you to remember it.

If you have been truly suffering, more than likely you are willing to do whatever it takes to escape the clutches of your pain.

So what are CATS?

CATS are pro-inflammatory foods that increase the levels of inflammation in your body:

- Caffeine
- Alcohol
- Tobacco
- Sugar

And the friends of CATS:

- Fried foods
- Gluten

Now if you know anything at all about actual cats, you know they have a mind of their own.

They can not and will not be controlled.

If they're out, they want to come in.

If you keep them in, they want to go out.

Cats are the crazy makers of the pet world.

If you think you have any control whatsoever over cats, you're wrong.

And so it is with caffeine, alcohol, tobacco, sugar and their friends fried foods and gluten – not only the most pain-inducing substances on the planet next to bashing your head against the sidewalk but also the food groups you are least likely going to be able to control if you play with them regularly.

CATS and their friends are highly addictive.

If you play with them long enough, they can take charge of your life, just like their furry four-legged cousins who sit on the dining room table, spread cat hair on your favorite jacket and give you a dirty look if you ask them even nicely to behave any differently than they want to do.

You can even get to the point where you actually believe you could never ever give them up:

- Forego morning coffee? Catherine, you must be nuts.
- Reduce or eliminate beer, wine, mixed drinks? Catherine, you clearly have no social life.
- Give up cigarettes, cigarillos, cigars, chewing tobacco? Catherine, you would have to send me to a desert island for a month and even that might not work should you choose to return to civilization.
- Sugar, candy, soft drinks, high fructose corn syrup? Now Catherine you are REALLY getting on my nerves!
- Fried foods, French fries, fried chicken – these are major food groups in the South.
- Gluten? Aside from the fact that it's been sprayed with glyphosate, a.k.a. Roundup, which causes cancer, infertility, multiple sclerosis, autism, heart disease, gastrointestinal disease, obesity, depression and Alzheimer's disease, you may be totally devoted to your morning toast, cookies, cakes and pies.

But then one day you wake up in so much pain you can hardly stand yourself.

You're on every legal drug your doctor can prescribe and tried all the ones from the drugstore too and you can hardly walk around the block, raise your arm, bend over at the waist and tie your shoes or lift your finger without wondering what the hell happened to you.

Is it really worth it – to allow the CATS and their undermining friends to rule your life?

If you don't believe me, look up the pro-inflammatory effects by visiting InflammationFactor.com. This site clearly explains the connection between what you put in your mouth and the pain that you feel.

Foods that have a negative number on the Inflammation Index, such as:

- French fries -51
- Fruit cocktail in heavy syrup -49

Are PRO inflammatory and make you hurt more.

Foods that have a positive number on the Inflammation Index, such as:

- Acerola cherries +342
- Asparagus, cooked +38

Are ANTI inflammatory and make you hurt less.

When you make the effort to eliminate your CATS and their pain-causing friends fried foods and gluten, you discover how much better you feel even without over the counter or prescription painkillers, NSAIDs, or non-steroidal anti-inflammatory drugs.

Side effects of NSAIDs include:

- Stomach problems, including bleeding, ulcers and stomach upset
- High blood pressure
- Fluid retention
- Kidney problems
- Heart problems
- Rashes

Some people have so many other health issues that even their doctors advise against painkillers.

People who really should avoid pain-killing drugs include:

- Anyone with decreased kidney or liver function
- Patients with Crohn's or colitis
- Ulcers, gastritis sufferers
- Asthma patients
- GERD, acid reflux and hiatal hernia patients
- Anyone allergic to aspirin, other NSAIDS
- People taking blood thinners
- Pregnant women
- Anyone who drinks more than 7 alcoholic beverages per week or more than 2 per day
- Over 65

What is healing? Healing happens when you stop allowing CATS to rule your life.

If you have been suffering from pain, set up an appointment today by calling 678-612-8816 or emailing catherine@catherinecarrigan.com to learn how to get rid of pain naturally.

The Easiest Way To Get Rid Of Pain Through Diet

by Catherine Carrigan | May 6, 2015 | Blog | 4 comments

The easiest way to get rid of pain through your diet is by remembering a simple sentence:

NOBODY IN THEIR RIGHT MIND EATS CATS.

What are CATS?

- Caffeine
- Alcohol
- Tobacco
- Sugar

PLUS!

- Fried foods
- Gluten

Why is eliminating CATS and their fried and gluten pain-causing friends so important?

If you have pain anywhere in your body, you have inflammation.

Experts estimate that about 70 percent of inflammation originates in your gut.

When you make the effort to eliminate your CATS and their pain-causing friends fried foods and gluten, you discover how much better you feel even without over the counter or prescription painkillers, NSAIDs, or non-steroidal anti-inflammatory drugs.

Side effects of NSAIDs include:

- Stomach problems, including bleeding, ulcers and stomach upset
- High blood pressure
- Fluid retention
- Kidney problems
- Heart problems
- Rashes

Some people have so many other health issues that even their doctors advise against painkillers.

People who really should avoid pain-killing drugs include:

- Anyone with decreased kidney or liver function
- Patients with Crohn's or colitis
- Ulcers, gastritis sufferers
- Asthma patients
- GERD, acid reflux and hiatal hernia patients
- Anyone allergic to aspirin, other NSAIDS
- People taking blood thinners
- Pregnant women
- Anyone who drinks more than 7 alcoholic beverages per week or more than 2 per day
- Over 65

If you read over this last list, you recognize that even medical doctors advise a lot of people either to go easy or lay off pain killing drugs completely.

And yet we still want to be pain-free. What to do?

As a long-term nutritionist, day in and day out I teach people how to heal their pain naturally without drugs.

Part of what I do is teach people the virtues of an anti-inflammatory diet and how you can eat in a manner that tastes good while also making you feel better.

Because I like to make things simple, I came up with a sentence even the most forgetful person can remember:

NOBODY IN THEIR RIGHT MIND EATS CATS.

If you want to understand inflammation and your diet, you can look up the Inflammation Index at this [link](#).

Foods that have a negative number on the Inflammation Index, such as:

- French fries -51
- Fruit cocktail in heavy syrup -49

Are PRO inflammatory and make you hurt more.

Foods that have a positive number on the Inflammation Index, such as:

- Acerola cherries +342
- Asparagus, cooked +38

Are ANTI inflammatory and make you hurt less.

Several years ago, one of my dear friends developed a head-to-toe rash.

She came to me in desperation.

I discovered what she needed to do to get rid of her rash was to get off sugar.

P.S., when she got off sugar because she was so eager to stop whole-body itching, she discovered that all her little aches and pains went away.

If you have been hurting all over or in specific places where you feel you can't get relief, you might want to look at your diet.

Set up an appointment with me by emailing Catherine@unlimitedenergynow.com, calling 678-612-8816 or reaching out to me via Skype at [catherinecarrigan](https://www.skype.com/en/contacts/catherinecarrigan) to find out how you can feel better naturally.

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Years ago, I was trying to come up with a simple, memorable way to explain to my clients how to eat to get rid of their pain.

Typically, I can get rid of at least half of a person's pain just by empowering them to improve their diet.

So here's my professional secret:

Nobody in their right mind eats CATS.

Usually, if I explain this to you, your first impulse would be to laugh out loud.

Laughing alone will help you to remember it.

If you have been truly suffering, more than likely you are willing to do whatever it takes to escape the clutches of your pain.

So what are CATS?

CATS are pro-inflammatory foods that increase the levels of inflammation in your body:

- Caffeine
- Alcohol
- Tobacco
- Sugar

And the friends of CATS:

- Fried foods

- Gluten

Now if you know anything at all about actual cats, you know they have a mind of their own.

They can not and will not be controlled.

If they're out, they want to come in.

If you keep them in, they want to go out.

Cats are the crazy makers of the pet world.

If you think you have any control whatsoever over cats, you're wrong.

And so it is with caffeine, alcohol, tobacco, sugar and their friends fried foods and gluten – not only the most pain-inducing substances on the planet next to bashing your head against the sidewalk but also the food groups you are least likely going to be able to control if you play with them regularly.

CATS and their friends are highly addictive.

If you play with them long enough, they can take charge of your life, just like their furry four-legged cousins who sit on the dining room table, spread cat hair on your favorite jacket and give you a dirty look if you ask them even nicely to behave any differently than they want to do.

You can even get to the point where you actually believe you could never ever give them up:

- Forego morning coffee? Catherine, you must be nuts.
- Reduce or eliminate beer, wine, mixed drinks? Catherine, you clearly have no social life.
- Give up cigarettes, cigarillos, cigars, chewing tobacco? Catherine, you would have to send me to a desert island for a month and even that might not work should you choose to return to civilization.
- Sugar, candy, soft drinks, high fructose corn syrup? Now Catherine you are REALLY getting on my nerves!
- Fried foods, French fries, fried chicken – these are major food groups in the South.
- Gluten? Aside from the fact that it's been sprayed with glyphosate, a.k.a. Roundup, which causes cancer, infertility, multiple sclerosis, autism, heart disease, gastrointestinal disease, obesity, depression and Alzheimer's disease, you may be totally devoted to your morning toast, cookies, cakes and pies.

But then one day you wake up in so much pain you can hardly stand yourself.

You're on every legal drug your doctor can prescribe and tried all the ones from the drugstore too and you can hardly walk around the block, raise your arm, bend over at the waist and tie your shoes or lift your finger without wondering what the hell happened to you.

Is it really worth it – to allow the CATS and their undermining friends to rule your life?

If you don't believe me, look up the pro-inflammatory effects by visiting InflammationFactor.com. This site clearly explains the connection between what you put in your mouth and the pain that you feel.

What is healing? Healing happens when you stop allowing CATS to rule your life.

SUPPLEMENTS

Tall Yellow Top Australian Flower Essence. This is a powerful healing remedy for loneliness.

<https://ausflowers.com.au/Tall-Yellow-Top-Flower-Essence-15ml.html>

This Essence is for alienation. There is no feeling of connection or sense of belonging to family, workplace, country, self, etc. Often as a consequence of this alienation the head, or intellect, takes over from the heart. As many people have been in this state for a long time, Tall Yellow Top will often need to be used for longer periods, sometimes for up to 6-8 weeks without a break. It is important when in this state to reach out to others for support. Be patient with the results from this Essence if it appears to be a little slow in acting. The results are well worth waiting for.

Negative Condition

- ☒ Alienation
- ☒ Loneliness
- ☒ Isolation

Positive Outcome

- ☒ Sense of belonging
- ☒ Acceptance of self and others
- ☒ Knowing that you are 'home'
- ☒ Ability to reach out

Soul Shield+ <https://www.healingorchids.com/livingtreeorchids-products/combination.html>

Soul Shield+

There are times when we need to protect ourselves, for a variety of reasons. People that work with light are highly likely to attract challenges from diverse and sometimes dark energies from time to time. As well there is the global situation, which is increasingly shrouded in threatening shadows. Soul Shield provides powerful protection at multiple levels, to help us bring that light we carry within safely through with strength and certainty. Now with Defender from the Dark added to the formula, to give protection in further dimensions of our chakra system.

Contains: Pushing Back the Night, Protective Presence, Knight's Cloak, Defender from the Dark.

Angelic Canopy Aura Spray

<https://www.healingorchids.com/livingtreeorchids-products/sprays-new.html>

Angelic Canopy Aura Spray & Space Cleansing Spray

A very powerful spray for clearing the aura as well as office & living spaces of negative energies. Deeply reassuring, it is a balm for the troubled soul. Nurtures those who are in grief, despair or who have lost hope. Good for rescue dogs. Releases tension from the flight vs. fight response, & helps to strengthen one's alignment to the values of life. Very effective in space clearing, aura cleansing and for cleansing crystals.

'All things can be done in Grace.'

In the US you can find all these remedies through southernherb.com.

ImmunoG PRP Powder from Numedica

https://www.numedica.com/Product_detail.cfm?Fname=NM175

This will help you rebuild your mucosal barrier and reduce the severe psoriasis.

SUPPORTIVE THERAPIES

Make sure you switch over all your skin care products to 100 percent organic.

I recommend products from www.thebodydeli.com and/or Sally B's Skin Yummies, many of whose products are EWG verified.

Reiki from a highly trained energy healer who can repair the holes in Kaia's energy field.

Cranio sacral therapy every week to unwind the chronic stress in your nervous system and help you get out of fight or flight. Realize that just one trip to Costa Rica won't do it - I recommend you receive cranio every week especially while you are going through a divorce.

Daily meditation

Breathwork to release the energy of all the abuse, trauma and fighting. Breathwork will help you because you tend to stay stuck in your story and need to get out of your head.

For you, I would recommend breathing exercises before you practice meditation - it will be easier for you to achieve a meditative state.

You can read *The Little Book of Breathwork* and work through the series of mudras and affirmations in the back on a daily basis to get out of the stress and shift into a truly peaceful state of mind.

https://www.amazon.com/Little-Book-Breathwork-Catherine-Carrigan/dp/0989450643/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1578411042&sr=8-2

Eight Minutes to Inner Peace

As I have practiced and taught breath work and yoga over the past 24 years, I came to put together a simple, easy routine that empowers anyone to shift their energy in a rapid period of time.

This is the same breathing routine I taught the unemployed barber with kidney failure and that I taught the gay woman suffering from anxiety as she witnessed her life partner slipping away with a degenerative and fatal disease.

I came to call this Eight Minutes to Inner Peace.

I know that when we feel bad we all want quick tools to shift out of our discomfort.

While the average human can maintain their attention for less time than a goldfish, our natural healing remedies need to keep pace.

This is the simplest way I know to make a profound change in the way you feel.

Start by sitting or lying down in a comfortable position.

1. ONE MINUTE: Focus on lengthening your inhale.
2. ONE MINUTE: Focus on lengthening your exhale.
3. ONE MINUTE: Focus on making your inhale and exhale equally long and deep.
4. ONE MINUTE: Bellows Breath. Inhale into your belly and exhale forcibly by contracting your solar plexus.
5. ONE MINUTE: Breath of Fire. Inhaling and exhaling rapidly, pump your diaphragm. Your inhale will happen naturally.
6. ONE MINUTE: Alternate nostril breathing. Inhale through your right nostril. With the thumb of your right hand, close the right nostril. Exhale through your left nostril. With the ring finger of your right hand, close the left nostril. Exhale through your right nostril. Use your thumb to close your right nostril. Exhale through the left nostril. Use your ring finger to close the left. Repeat.
7. ONE MINUTE: Bumblebee breath. Place your pointer finger and middle finger on your forehead. Place your thumbs on your ear flaps and close your ears. Place your ring finger lightly on your closed eyelids. Little finger rests on your cheekbones. Make a humming sound like a bee.
8. ONE MINUTE: Ocean breath. Open your mouth, relax your jaw. Inhale and make the sound of the ocean in the back of your throat. Exhale and make the sound of the ocean. Close your lips and continue making the sound of the ocean.

If you would like to watch videos explaining how to do each breath, please visit this link:

<http://unlimitedenergynow.com/eight-minutes-to-inner-peace-breathing-exercises-pranayama/>

Although I recommend performing the entire breath work session in this sequence for at least one minute for each breath, as time permits you can enjoy each one longer.

Notice the exercises that feel best for you. This may vary from day to day and from season to season.

Although all breath work is beneficial, yogis have developed a deep understanding that specific breathing exercises activate different sides of your nervous system as well as different energy centers in your body.

You can tailor your breath work routine depending on specific health challenges.

High Blood Pressure

To lower high blood pressure, I recommend you practice all eight breathing exercises in this sequence twice a day, preferably first thing in the morning and again before going to bed.

Also, turn to one or all of these exercises during the day anytime you feel angry or anxious – the two emotions known to drive up blood pressure.

If you don't want to do the whole routine or only have a few minutes, I recommend you focus on:

Breathing into your belly to activate your parasympathetic nervous system

Exhale

Circular Breathing

Ocean Breath

From 24 years of teaching yoga, I will tell you that most people with high blood pressure do not exhale properly.

If you suffer from high blood pressure you tend to stay stuck in your sympathetic nervous system and need to balance your nervous system, which is why circular breathing and ocean breath will be so helpful to you.

Low Blood Pressure

If you suffer from low blood pressure, practice these exercises twice a day, preferably first thing in the morning and before bed.

Also turn to one or all of these exercises any time you feel disempowered or low self esteem – the primary emotions that cause low blood pressure.

I recommend you focus on:

Breathing into your upper chest to activate your sympathetic nervous system

Inhale

Bellows Breath

Breath of Fire

If you suffer from low blood pressure you may also tend to suffer from depression. You tend to be stuck in the parasympathetic nervous system, which is why bellows breath and breath of fire will be so helpful to you.

Anxiety

If you suffer from anxiety, practice these exercises twice a day, preferably first thing in the morning and before bed.

Also turn to one or all of these exercises any time you feel anxious.

See if you can identify where in your body your muscles are tightening up.

You may be able to notice where in your body you are holding the energy of anxiety. Or you may simply feel tight and constricted everywhere.

As you bring the light of awareness to where you hold tension, breath into those places and let it go.

I recommend you focus on:

Breathing into your belly to active your parasympathetic nervous system

Circular Breathing

Alternate Nostril Breathing

Bumblebee Breath

You tend to be stuck in your sympathetic nervous system.

Even if you know you should relax or would like to relax, you may not be able to do so.

Circular breathing will help to balance the two sides of your nervous system so that you can relax.

Alternate nostril breathing will balance the right and left hemisphere of your brain so that you can get out of your habit of repetitive thinking and find whole brain solutions.

Bumblebee breath will quiet your overactive ego mind so that you can let go into silence.

Depression

Practice these exercises twice a day, preferably first thing in the morning and before bed. Also turn to one or all of these exercises any time you feel depressed.

See if you can identify where in your body you are holding stuck energy. Breath into those places and let the feelings go during these exercises.

I recommend you focus on:

Breathing into your upper chest to activate your sympathetic nervous system

Alternate Nostril Breathing

Bumblebee Breath

Ocean Breath

When you feel depressed, you are stuck in the parasympathetic nervous system. Breathing into your upper chest will help to activate stagnant chi.

Alternate nostril breathing will balance the right and left hemispheres of your brain so that you can find whole brain solutions.

Bumblebee breath will calm your ego mind and allow you to experience inner peace.

Ocean breath will balance your nervous system and give you the energy to move forward.

Fatigue

Practice these exercises twice a day, preferably first thing in the morning and before bed. Also turn to one or all of these exercises any time you feel your energy drop.

See if you can feel in your body any places where your energy is stagnant or stuck. Allow your breath to open all your energy channels as you practice.

I recommend you focus on:

Breathing from your navel into both of your arms, both legs and up into the head

Circular Breathing

Bumblebee Breath

Ocean Breath

In yoga there is a flow of breath that originates in your navel.

Experts say there are 72,000 nadis or energy channels that originate in your navel.

When you breathe from the center of your belly up into your head and down into your legs and out into your arms you energize your whole being.

Circular breathing can balance your nervous system and help you feel happy.

Bumblebee breath will calm the overactive ego mind that has exhausted you.

Ocean breath will give you the energy to move forward.

Asthma

Because you may have difficulty breathing, be sure not to strain. Do not push. Do not judge yourself, just do the best you can.

Practice these exercises twice a day, preferably first thing in the morning and before bed.

Also turn to one or all of these exercises any time during the day when you experience shortness of breath.

I recommend you focus on:

Belly breathing

Inhale

Exhale

Circular Breathing

It's crucial you learn how to breathe into your belly because your breath may have been stuck in your upper chest possibly your entire life.

I witnessed an 81-year-old yoga student with asthma transform his breathing in one of my classes as I taught the simple technique of belly breathing.

You may also be affected by environmental allergies.

Have a natural health practitioner discover whether there is mold in your home or workplace adversely affecting your lungs and making it harder for you to breathe.

Discover whether any food sensitivities such as cow's milk are affecting your lungs.

Above all be patient with yourself.

Sleep apnea

Practice these exercises before you go to bed. After completing all eight breathing exercises, lie in bed and continue to practice circular breathing until you fall asleep.

I recommend you focus on:

Inhale

Exhale

Circular breathing

Breathing Difficulties

You may not have had any diagnosis by a medical doctor but simply notice you have difficulty breathing.

I recommend you blow your nose thoroughly before practicing. Give yourself permission to blow your nose again between each exercise, as pranayama will open up your airways.

If your nose is very congested, you may want to do a nasal rinse before starting.

You can mix salt into warm water and irrigate your nasal passages.

I recommend you focus on:

Inhale

Exhale

Circular breathing

If the exercises feel difficult, stop and blow your nose. It's OK to be a beginner! As you practice a little bit every day, you will notice it's easier to breathe and you will experience higher levels of energy while also feeling calm and peaceful.

EXERCISE

Walking in nature to soothe your soul.

It is imperative that you start to study tai chi at this time in your life.

I recommend you find the best tai chi master you can find in your area and attend classes a minimum of once a week and attend tai chi workshops as often as possible.

Although I am a massive fan of qi gong and teach it myself, in your case I strongly recommend you take up tai chi because you have no idea how to fight.

The best way to think of fighting is actually learning how to manage energy.

If you don't learn tai chi I venture to predict that your divorce will be an even worse experience than your marriage.

If you can learn how to manage conflict from a higher perspective, you can A get out of fight or flight B stay rooted and grounded while maintaining your boundaries and C get what you need at last.

<https://catherinecarrigan.com/natural-healing-remedies-for-fighting/>

Natural Healing Remedies For Fighting

Posted on Aug 8, 2013 by Catherine Carrigan in Blog | 0 comments

This week, I was working with a new client in another city. She is going through a divorce from an abusive husband.

I have a true passion for many subjects in my work, but one of the most dear to my heart is empowering women to free themselves from abusive situations.

In my early 30s, I spent two years in a YWCA support group for battered women. Even though that time of my life was incredibly difficult, it was a major turning point – perhaps THE major turning point – in my life.

I made a list of all the supposedly “bad” things that had happened to me up to that point, and I resolved then and there that I wanted to become a happy person.

I wasn’t exactly sure how I was going to go about doing that – I had no previous reference point for actually being happy – but I had resolved that enough was enough and it was finally time to be happy.

During those meetings at the YWCA support group, at every single meeting, every week for two years, our group began by going over the wheel of Power and Control. This information comes from the National Center for Domestic and Sexual Violence. Domestic violence knows no bounds of educational or economic background. Smart people, dumb people, poor people, rich people, it is a scourge that cuts across a wide swath of society.

In my mind it’s important to teach people about domestic violence because you can’t actually get healthier – physically, emotionally or mentally – as long as you are in an abusive situation. The first step is to get out of the abuse, which, I recognize, is often easier said than done.

You can read about the Wheel of Power and Control at the following link.

Most people who are in abusive situations do not actually understand how it all works.

This is part of the problem.

How can you react differently if you don’t understand how abuse works?

I encourage all my clients who are in abusive situations to spend time every day studying the Wheel of Power and Control.

I remember being in my group. The facilitator would draw a large circle on the board and at the beginning of the meeting all of us in the room would have to remember the various methods by which other people can try and control us -including physical abuse.

At every single meeting, even though I am a Phi Beta Kappa graduate of Brown University, I would sit there, scratching my head, struggling to remember it all.

Even to this day, if I tried to recite all the abusive methods to you, I am quite certain I would forget something.

Why is this the case?

As a very good friend of mine observed once, “Fool me once, shame on you. Fool me 1,000 times, it’s so painful I can’t even bear to look at it.”

If you are in an abusive relationship, one of the most important things you can ever learn is how to avoid fighting.

Why is that so important?

When you try to argue back with an abusive person, you can never ever win.

That is because the entire reason the abusive person is trying to fight with you in the first place is to try to win, to exert power over you and to control and dominate almost every aspect of your personality.

This ends up being like fighting with a tar baby. One connection and you are totally stuck in the mess, unable to extricate yourself.

Despite all the years of therapy I have ever done, the one modality that has taught me the very most about how to win without fighting is tai chi.

I owe very much to my tai chi teacher Jeff Cook, a 28-year tai chi master.

Many little boys naturally learn how to fight and stand up for themselves in the course of growing up. They learn how to defend themselves from bullies on the playground.

But we women and little girls tend to shy away from overt fighting. As a result, we never really learn how to manage conflict very well and are more vulnerable when potential abusers or bullies show up along our path.

This is what I have learned about tai chi fighting.

I like to call it a natural remedy for fighting because even though I have learned this I still – to this day – would rather do almost anything other than fight. I am a conflict avoider. I prefer peace.

If you are like me – a conflict avoider who prefers peace – than mastering these methods can help you tremendously, because sooner or later we run across someone who would rather fight with us.

Here we go. Let me know if this makes sense to you.

Step One. If someone is trying to fight with you, argue with you or punch you, the first maneuver is to step out of the way. Literally. Avoid the fight. Leave the room. Don’t answer their phone call. Do not respond to their email. Evade. If you avoid the fight long enough, then potentially the other person has time to cool off, think through their feelings and come back to you with a better attitude.

Step Two. If the person continues to try to fight with you, send them to another department. Find a bigger expert. “I am pretty good at what you are talking about, but this other person/company/professional is even better. Why don’t you get them to help you?” Direct their attention elsewhere. Ward Off.

Step Three. You evaded, your warded off and they keep on coming. Block. You set extreme boundaries. "This room is off limits to you." Or, "I am not available between the hours of 6 p.m. and 8 a.m." Set up a boundary to keep them out of your physical, emotional and mental space. Do not let them in.

Usually if I am writing this out on a piece of paper for a client, at this point I draw a dotted line.

I draw the line because generally us peace-loving individuals will want to do everything possible above this line to avoid having to go below the line.

Personally I am just 5 foot 4 inches, so if someone really wanted to clobber me, it wouldn't be that hard to beat me up.

As much as I have learned from Jeff Cook, he has taught me that if someone really came after me, the best thing for me to do would be to stomp on their foot as hard as I could and then run away.

So I would have a lot to lose in an actual fist fight. But even if you are 6 foot 4 inches and 250 lbs., trust me, if you got into a fight, more than likely everybody would lose. That's because whether you are throwing punches or lobbing verbal insults, sooner or later in an actual fight everybody gets hurt.

I am sure you have noticed that in your closest personal relationships that fighting just ends up hurting everybody's feelings. It could take days or even years to get over the emotional wounds caused by the wrong words said in a moment of heat.

Step Four. Hit. However, if you have evaded, warded off and blocked and that still doesn't work, then you hit. If you get to the point where you actually have to hit, you make it count because you want to stop the whole thing then and there. You deliver a calculated blow designed to end the fight for good – a knockout punch if at all possible.

Step Five. Maim. Here is where us yoga-loving, regular meditator, peace-loving folks get really uncomfortable. If you have gotten to the point, you have to cut off their arm or their leg to make them stop. You use your sword.

Step Six. Kill. This is personally completely out of my comfort zone. Obviously it would be the step of the last resort.

The entire point of learning tai chi fighting is to learn how to ground yourself, to stay grounded no matter what kind of conflict is swirling around you, and how to master your own energy. When you master your own energy you will be able to manage conflict so graciously that you will cause other people to lay their swords down in your presence.

This does not happen by you being weak on any level.

It happens by you being grounded in your body, by you managing your own emotional energy with extreme awareness and by you being respectful also of other people's personal boundaries.

Fighting – whether physical fistfights or emotional arguments – is extremely stressful.

The more time we spend learning these natural healing remedies for fighting, the more time we can spend living our lives in peace.

Tai chi may look like the easiest, gentlest, most graceful exercise, but it can also teach you how to defend yourself and even how to kill if necessary.

Every time you practice tai chi, you rewire your entire nervous system. You get out of the fight, flight or freeze reflexes and you learn how to be in your body, grounded in a very practical way.

What is healing? True healing happens when we learn how to manage our energy well no matter what is going on around us.

<https://catherinecarrigan.com/how-to-use-energy-to-manage-conflict-gracefully/>

How To Use Energy To Manage Conflict Gracefully

Posted on Aug 22, 2012 by Catherine Carrigan in Blog | 0 comments

One of the best things I ever learned from practicing tai chi was how to manage conflict graciously.

Most of us women never learned how to fight.

I spent two years in a YWCA support group for battered women when I was 30 to 31, so I learned about abuse, but I did not learn how to stand up for myself, how to manage conflict or how to fight gracefully.

More than 20 years later, tai chi has taught me how to use my energy to manage conflict.

Because so many of my women clients never learned how to fight either, I am simplifying this information to make it easier to learn.

Ground yourself. If you are fully grounded, in your body and connected to the earth, you can't be pushed over. Too many spiritual people are not only ungrounded, they are disconnected completely from their physical body. This is not good. If you learn the three nails, you can use your energy to ground yourself through your feet. Energetically reach through your heel, the ball of your foot and your big toe to ground yourself.

Evade. The first thing to do if someone is trying to fight with you is step out of the way. If you step out of the way and avoid a fight, you are doing both yourself and the person who wants to fight with you a favor. That's because in an actual fight literally everybody gets hurt. Words get said that shouldn't be said. Fists fly. Things get scratched, bruised and beat up. It is not cowardly to step out of the way graciously. It is wise.

Ward off. If your intended opponent keeps on trying to throw punches, you do what I call "send them to another department." When you ward off, you use your energy to redirect their energy. You find a bigger expert. You send them for help elsewhere.

Block. If evading and warding off don't work, you block. When you block, you set extreme boundaries. You don't allow their energy to get into your space. You will know if their energy has gotten into your space if you are even allowing them into your head space. What about this? What about that? If you are spending time thinking about them, you have let them in, you are running their energy through your energy and you are energetically in the conflict. When you block, you keep your energy free and clear. You keep them out of your head space. A quick way to do this on a mental/emotional/spiritual level is to ask yourself the author Byron Katie's question: "Who would I be without this conflict?" Get back to your peaceful self. Stay out of other people's stuff. Stop trying to control the world, do things for other people, fighting their battles. If you buy into the fact that there is a conflict, then you have bought into their energy, you are in the fight and you are losing your energy by the minute.

If I were having you write this up instead of me, I would have you draw a line across your paper at this point.

That's because when you evade, ward off or block, you end up avoiding a fight.

If those three techniques don't work, you hit. And if you hit, you have to make it count.

If hitting doesn't work, you maim. You go for a truly vulnerable place.

And if hitting and maiming don't work, you kill. But I know that if you are reading my blog you are already the kind of person who would rather not kill. Which is why you will want to get really good at these other techniques.

When you ground your energy and use this stepped down approach, you can learn to manage any conflict, whether it is an actual fist fight, sword fight or argument.

Having spent two years in the support group for battered women, I have a very strong personal aversion to conflict and fighting of any kind. Tai chi has put me back in my power so that I don't have to run away when I see conflict coming. I can simply use my energy better to manage conflict so graciously the other person does not recognize that I am actually fighting back.

<https://catherinecarrigan.com/youll-never-win-a-war/>

You'll Never Win A War

Posted on Apr 25, 2014 by Catherine Carrigan in Blog | 0 comments

"I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there." Mother Teresa

One of the things that bugs me about many natural health sites is their focus on what is wrong in the world. Perceived threats from all sides. Things that could supposedly kill you. A million possible ways that you could get sick. What is wrong with other systems of healing (a.k.a. the traditional medical establishment) rather than what to do instead.

This is very low vibration information and can switch you off to the point that you don't want to do anything.

What I have learned from practicing tai chi is that nobody ever really wins a war.

If you and I started fighting – whether we got into a fist fight or a war of words – the truth is that sooner or later everybody will get hurt.

You might give me a black eye even if I broke your leg.

I might hurt your feelings and you might say something to me that will pierce my soul for eternity.

I have written another blog post about natural healing remedies for fighting, as most people in our culture are not taught how to manage conflict graciously or effectively.

But what I want to say is that when it comes to natural healing or alternative medicine, what I like to be is a quiet gentle voice for how to be happy and healthy.

I don't want to fight the drug companies.

I don't want to fight the traditional medical establishment.

I don't want to fight other systems of healing, be they traditional or alternative.

In these sort of conflicts, a lot of confusion is created and the consumer is simply left standing in the dust thinking, "What about me? What can I do to resolve my health issues?"

One particular health newsletter I receive begins every issue by announcing that someone or something is out to take advantage of you or about to kill you.

I would rather lift your spirit instead.

Socrates said, basically, that people always choose the good.

If a new client is taking a drug or doing some other activity that is unknowingly harming them, it's not because they are bad or stupid.

What I find works instead of all this fighting or scaring people is teaching simple, effective methods of being happier and healthier.

Such as:

- Juicing
- Eating more vegetables
- Getting enough rest
- Dealing with your emotions
- Meditating
- Making time to have fun
- Exercising in ways that you enjoy
- Learning to cook in ways that actually nourish your body
- Taking advantage of natural healing remedies
- Allowing space to listen to your soul
- Learning how to access your own intuition
- Learning how to love others unconditionally
- Yoga, tai chi and qi gong
- Finding your passion
- Eating an anti-inflammatory diet
- Forgiving everybody for everything
- Taking care of the planet

When we recognize that all people are acting from the best information they have in any given moment, we can forgive others and move forward unencumbered by bitterness or anger.

We don't need to waste energy fighting anything, we just need to embrace what actually works.

What is healing? Healing happens when we embrace the highest vibrations, which include love and peace, harmony and joy.

I am sorry you are going through such a rough patch in your life but have no doubt that spending time with Darin McBratney in Costa Rica will help you re-set, reframe and rebuild.

Sending you love and light,

Catherine Carrigan