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First Impressions: The first word I got for you when I started your reading was “cat”, then the word Siamese came to me. I’m not sure if you had a Siamese cat or if this has any significance for you. Then I kept seeing and hearing “sea life” like when you are watching a show about fish and coral reefs and things like that. I saw a scene of seaweed coming up from the ground or reef and fish swimming around.

I will address the Siamese cat symbolism first. I found this: In Thailand, the 'Siamese' cat was the sacred temple cat and with its keen senses of sight, smell, hearing and touch, the cat is a hunting animal that is why it was accepted by man as a symbol of beauty and grace and even as a protector of the household where it gets rid of the popular disease carrying rodents. Cat is a symbol for spiritual power, freedom, love of liberty and bad luck in Japan. On the contrary the black cat is linked to evil cunning in the Celtic world. A cat is an independent, recovers quickly and has freedom of thought. The cat is famed for agility for having nine lives.

Creatures in the ocean are obviously floating so they are not grounded. Not being grounded is usually not good for one’s emotional or physical health. At times I was shown the fish swimming in front of the seaweed but then I was shown the fish getting tangled in the seaweed and not being able to see around it when it was swimming in between the plants. I am feeling like this may be symbolic of your life. Sometimes things are fine and you feel like life is manageable but sometimes you are caught in the seaweed and you don’t feel like you can control anything or see two feet in front of you. I’m feeling like you are paralyzed by fear, waiting for negative things to happen during these times.

Suggestions:

Chart of Emotional Characteristics and Corresponding Physical Symptoms based on the Chakra Systems. The 7 Chakras are the energy centers in our body in which energy flows through.

Blocked energy in our 7 Chakras can often lead to illness so it's important to understand what each Chakra represents and what we can do to keep this energy flowing freely.

Emotional

Physical

<p>SEVENTH CHAKRA</p> <p>Purpose in life, relationship with spirit (crown)</p>	<p>I feel like you have a generally strong connection to spirit and that you participate in life as much as you are able to but that you would like to have more of both of these things. You just don't feel well enough most of the time to do that. I feel like things in your life have been changing, not necessarily negatively but change can bring about resistance and an adjustment period. We also question our place in life and our purpose during times of change and at different times in our lives.</p>	<p>SEVENTH CHAKRA</p> <p>Life threatening illnesses, chronic illnesses, brain, nervous system</p>	<p>I feel like you have physical and emotional concerns that interfere with daily life. I feel like they effect multiple parts of the body and body systems. I also feel like you have been looking for answers for some time and are getting tired and discouraged, more tired than the fatigue you usually feel.</p>
<p>SIXTH CHAKRA</p> <p>Perception, thought, morality, flexibility. ability to change and blend in (Third eye,) psychic ability</p>	<p>I am told that you have gifts of perception and the ability to know things that cannot necessarily be explained logically. I feel like you have recognized this ability in yourself for a long time but that at times you have pushed it down or not trusted it. I feel like you are using it more and learning to trust your instincts more.</p>	<p>SIXTH CHAKRA</p> <p>Head, nose, ears, anxiety, etc. pituitary gland making and storing of hormones, pineal gland</p>	<p>I'm feeling some anxiety and some sinus issues that may also cause headaches. Any headaches in your past, possibly severe? Any head injuries, even minor ones?</p>

<p>FIFTH CHAKRA</p> <p>Self expression, will, pushing forward vs just waiting for things to happen, communication activism in the world, voice</p>	<p>It is time to let the world see and hear who you are. You may not be completely comfortable with it and you might think no one will listen because you are not used to anyone listening but they will. It is time to figure out what you need and to go after it.</p>	<p>FIFTH CHAKRA</p> <p>Throat, mouth, teeth, thyroid, neck,</p>	<p>How is your thyroid? Do you have acid reflux or other throat issues? I feel a tightness in your neck. Have you had issues with your teeth and gums?</p>
<p>FOURTH CHAKRA</p> <p>Emotions, intimacy, nurturance, partnership, giving vs getting help, trust issues in relationships, care of others (heart)</p>	<p>I am told that you pick up other people's feelings easily and that you are quite sensitive. I'm also hearing that you are very nurturing and give a lot of yourself, not uncommonly more than you get in return. You aren't the type to give because you want something back so that hasn't always bothered you until it became very obvious and you recognized that you weren't being treated well.</p>	<p>FOURTH CHAKRA</p> <p>Heart, lungs, blood pressure, cholesterol, breasts</p>	<p>Feeling some inflammation and would be interested in seeing some testing, like C reactive protein. I feel like your heart has been broken and that you have had a lot of sadness. I wonder if you have ever had panic attacks or trouble breathing because I feel pressure on the lungs. How is your blood pressure, cholesterol? Any history of breast issues or issues in the family?</p>
<p>THIRD CHAKRA</p> <p>Self esteem, fulfill responsibility to self and others, discipline, care of self (solar plexus)</p>	<p>I'm feeling some self doubt and some fear about being in the world. Are you used to taking care of others and now wanting to take better care of your yourself? Maybe your health is dictating that you take better care of yourself but you aren't used to it. Are you struggling with discipline related to doing what you know is healthy for you?</p>	<p>THIRD CHAKRA</p> <p>Small intestine, stomach, addictions, liver, adrenal, hormones, blood sugar, gallbladder, kidneys, spleen</p>	<p>Sensing difficulties in this area with digestion, pain, bowel issues. Adrenal stress, blood sugar issues. Do you still have your gallbladder? Any gall stones or history in the family?</p>

<p>SECOND CHAKRA</p> <p>Balancing relationships vs. money, you and I vs we, creativity</p> <p>(Sacral)</p>	<p>I'm sensing a change in a major relationship fairly recently or one that is still impacting you. I feel like you were stifled creatively and in other ways and that now you are figuring out more of how you would like to express your creativity. Are you perhaps thinking about trying something you never have before? That would be great.</p>	<p>SECOND CHAKRA</p> <p>Reproductive organs, bladder, prostate, large intestine, lower back</p>	<p>Any back pain? Did you ever have any injury or condition that effected this area? I feel a sort of distance like you may not have kids. I do feel like you have them in actuality though so I am wondering if they are far away or if this is symbolic because you are removed from your creative self. Could be both.</p>
<p>FIRST CHAKRA</p> <p>Family issues, Belonging, Trust, safety and security, Caretaking vs. being a loner vs. wishy washy, Basic needs (root)</p>	<p>I am feeling like you weren't supported the way you needed to be when you were younger. Were you somewhat quiet? Possibly in different settings like at home because you didn't always feel comfortable talking. I feel like you weren't able to be yourself. I also feel like your mom had a difficult life. She may have tried to be there for you but wasn't capable or was under too much stress. Any alcoholism, maybe your father or in the family of either mom or dad or both? Did you get involved with a person with substance abuse issues? I'm sensing that trust has been a difficult issue for you as has feeling like you fit in.</p>	<p>FIRST CHAKRA</p> <p>Base of spine, blood, joints Bones, immune system, Lymph system, Allergies, skin</p>	<p>Feeling like you may have an autoimmune disorder and or symptoms of an autoimmune disorder. Joint pain and inflammation, difficult with movement at times. Do you have trouble sleeping? How are your bones? Any symptoms of Lyme disease or MS? Feeling like you have sensitive skin and have sensitivities in general, like to foods and chemicals, perfumes. I don't even think you realize you have all the sensitivities you do. Do you react to mold?</p>