

ANXIETY



&

Ancestral Medicine



Ancestral Medicine Woman Talk About Anxiety

The Ancestral Medicine Women are channelled by Caroline. She channels hundreds of Medicine Women to come to talk to the people who ask them for help.

Using hundreds of lived experiences, they confer and consult amongst each other about solutions for your situation, and pathways to the life that beckons you.



The ancestral medicine women are going to give a short talk on anxiety.

Anxiety for us, we see as the dissonance between the four parts of the being. For us the four parts are the spiritual, mental, emotional and the physical.

So there is a dissonance between one or more of those parts of the being, and that creates an energy, which we call anxiety.

There is another aspect, which is the dissonance that is caused between the internal being and the external environment or the external being.



We Can Look At This Two Ways:

- 1. Internally** look at the event or events that caused the anxiety in the first place.
- 2. Externally** are what people commonly call the triggers.

So there are the issues and the triggers externally that trigger that anxiety energy, from the events that have taken place previously.

That is the simplistic view, very simple. Of course, there is the complex view and the complex view is looking at the individual.



Not everybody is going to have the same event or the same triggers that cause them to suffer from anxiety.

So what can we say? The complexities for the individual are limitless. There are so many possibilities.

All we can say is look for the **WHY**.

Not just the why in your current life, in your current existence.



For example; something has happened and this has caused anxiety, go back, go back ancestrally, because something might have happened ancestrally which made you susceptible to suffer anxiety, from a particular event that you can trace it back to.

There Are 2 Things That We Would Say To You.

1. Look at the WHY.

2. Look at Epigenetics because epigenetics, (which means, on top of the gene), will enlighten you to the possibility of ancestral events, causing you anxiety in this current life.



So in other words, the anxiety may not actually be yours.

We hope that this is been informative for you and we really wish you all the very best. Thank you so much for listening.



**This Ebook is a collaboration between Caroline
Dunn from Ancestral Medicine Women
& Global Healing Exchange**

