

INDIGESTION



&

Ancestral Medicine



Ancestral Medicine Woman Talk About Indigestion

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 indigestion.

Indigestion for us has several possibilities. The two that we want to talk about is the idea of not being able to digest something, therefore there is a blockage. The digestion or indigestion is of course, not food, but symbolic.

The other side of that is actually the nourishment. If you can't digest your food, your body doesn't receive the right nourishment that it requires.

Again this is a symbolic aspect.



Ask Yourself:

What is it that you can't digest?

Is it something in your life, in your relationship, in your work?

Is it something about yourself that you can't digest?

Is there something about yourself that you don't want to know about, that you can't cope with?

What is it that you are stopping through your indigestion?



What nourishment are you stopping from getting into your being? Not just your physical body but your whole being.

The Two Things To Look At

1. Not being able to digest something about yourself, about your situation, about your life.
2. Not being able to nourish yourself. Ask...
What is stopping you from nourishing yourself?

Nourishment can come from so many different places.



Do you have the time to spend on yourself to really nourish and nurture yourself?

It might be that you feel you're not nourished and nurtured by your environment, by the people that are around you. These are the 2 things that we would ask you to look at.

Again Ask Yourself...

What do you not feel that you can digest in your life?

Why do you feel that you're not worthy of nourishment?



We hope this is been of some benefit to you.
Thank you so much for listening.



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

