



Ask and Let Go(d)

The issue should be “fear of ...”. Some examples: fear of

abandonment	digestive discomfort
abduction	digestive issues
abuse	discomfort in esophagus
aching heart	discomfort in nose
aching hips	discomfort in sinuses
acid reflux	discomfort in throat
allergies to grasses	dizziness
allergies to trees	drinking ...
allergy causing itchy eyes	dying
anger	ear drainage
anxiety	eating ...
asthma	emotional pain
attacking skin	fatigue
being exhausted	feeling despair
being light-headed	feeling down
being lonely	feeling separate from family
being sad	feeling sick
bleeding from rectum	feeling tired
bleeding ulcer	finding ideal job
breathing at altitude	finding love
breathing problems	flu symptoms
burning eyes	foot problems
burping	fungus in skin folds
cataract preventing sight	gagging
catching a cold	having abundance
chemo brain wiping out memory	headache
chronic inflammatory disease	hearing problems
computer not working	heart pain
confusion	heart problems
congested nose	hiccups
congested sinuses	high blood sugar
coughing	high lymphocytes
coughing after drinking ...	hip pain
coughing after eating ...	HIV/AIDS
coughing from discomfort in throat	intestine problems
deep depression	kidney infection
deep sadness	light affecting further sleep
depression	living
diabetes	living alone
diarrhea	living alone without family



Ask and Let Go(d)

living with pain
low neutrophils
low self-esteem
low serotonin level
lower back pain
malaise
methadone cough
migraines
molestation
moving forward
need to be loved
nerve pain
neuropathy
not being emotionally stable
not doing anything
not feeling rested after sleeping many hours
not finding love
not having abundance
not knowing where to live
not losing weight
not seeing clearly
not sleeping
not sleeping at night
not wanting to have sex
not working
pain from accident
pain from front to back of chest
pain from shingles
pain in arms
pain in back
pain in ear
pain in feet
pain in hip
pain in hip
pain in jaw

pain in jaw joint
pain in joints
pain in knees
pain in muscles
pain in neck
pain in shoulder
pain in stomach
pain under skin
painful cramps
post nasal drip
problem breathing
problems using computer
producing too much acid
psoriasis
quitting smoking
rash
rejection
ringing in ears
sciatica
seizures
sensitive nasal membranes
sensitive skin
sensitive skin with itching
sneezing
sneezing after eating ...
soreness on side of neck
sounds
stopped breathing in night
stress
stroke
too much going on
trauma from accident
tremors
urinary problems