

**Dear Steve,**

I am 63 years old. I have high blood pressure, and circulation problems. I am also effected a lot by changes in the weather, and have been since I was a child. I am widowed, and even though I have some family around me, I am a bit lonely. I work for the government, but am looking forward to retiring in a few years. Otherwise, my health is pretty good. Any help you can give would be appreciated.

Frieda - Switzerland

**Dear Frieda,**

We'll cover whether changes and blood pressure at another time. Circulatory problems reflect the extremes of emotions. Your energy is just not reaching your extremities. You are an emotional person. However, the emotions themselves are not at issue. You may judge those feelings as bad, getting angry because you get angry, sad because you're sad and so on. Anger is not bad, sadness is not bad, joy in the face of others' sadness and pain is not bad. What may seem limiting is how you express those emotions, and how others judge your feelings. Your history may be full of others being threatened by your feelings. Well, Frieda, those people no longer have power over you.

You can express sadness and anger in a loving way. You can express your joy and ALLOW others to share in that. I recommend Hypnotherapy or another short term type of therapy in which you can experience your FULL range of emotions in a loving, supportive atmosphere. "Peak" Spiritual experiences would also be useful - chanting, experiential meditations, yoga, Tai Chi. And, don't forget about sensuality - massages, baths, incense, sex, music, movement, good feeling clothing, and so on.

Never apologize for your feelings. You can apologize for how you EXPRESSED those feelings, but never for the feelings themselves. They let you know what you need and want.

**Positive Thought To Manifest:** I express ALL my feelings at the perfect time, and in whatever form is for the Highest Good. I allow others to feel safe with that.

Bring Spirit Back Home (your body will love you for it),  
Steve