

**Day 6 - Heart & Circulatory System.** Wow! The blood carries nutrients to all parts of the body in your 75,000 miles of blood vessels! Along with nutrients, emotions are circulating. It's a really good idea to do what you can to be happy and lighten any sadness or anger in your heart. Healing of core issues continues in class. It's wonderful!

**Day 7 - Lymph/Immune System = the Battle Zone!** Questions today are What are you fighting? What are you fearing? Where do you have to hold battle? Wow! Big revelations about fighting = relating which I, like many others, learned at home. My Theta Healing practice buddy helped I earn how to relate with peace.  
Feels so much better!

**Day 8 - Excretory & Repro System** - no surprises here - anger, guilt, and mother issues are related to these systems. We worked on jealousy, competition and trust.

**Day 9 - The Muscles** - back to "fight or flight" issues. Found my control issues (who me!?) coming up big time along with a healthy dose of anger. I was happy to learn how to be flexible, relax, and make choices that are good for me. This is remarkable work and a kicking course! Karen Ross is an awesome teacher.

**Day 10 - the Nervous System** - is the communication system of the body. It talks in just one language - either Fear or Love. We cleared what we have been blamed for and what we have blamed others for. Feeling lighter today.

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