

# SUBSTANCE-BLOCK TYPES

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Primarily blockage of the incoming, sensory (centripetal, or evolutionary) energy flow.

Underlying theme:

"I don't want to be here (in the world/my body/society)."

"It's not safe to be here".

"It's not safe to let things in".

Low vitality type: avoid contact, withdrawal

High vitality type: "I'll avoid real contact by putting so much out that nothing can get in".

Blockage to taking in:

Substance.

Solidity.

Matter.

Connection.

Information.

Body armouring tends to be in the:

Peripheries.

Left.

Front.

Lower body.

Low vitality type: armouring also around eyes and core.

Elemental:

Ether block. Excess air, lacks earth. Usually lacks water. Fire either fine or low.

Physical:

Pointy or oval face.

Long, thin hands.

Light bone structure.

Chest/shoulders collapsed or underdeveloped.

Doesn't breathe in fully; holds out-breath.

Thin, airy body types.

Skin yellow/olive.

<cold, drafts, winter.

>heat, rest, eating, summer.

Circulation poor.

Low blood pressure.

Tension in the erector spinae muscles.

Pulse weak at: neck, right and centre; stronger at: peripheries, left.

Low vitality type: lack of energy.

High vitality type: lot of nervous energy, then prone to burn out easily.

Behaviour:

Doesn't let things in (does let them out).

Runs away from needs.

The drama queen, social butterfly, or recluse.

Flighty, floaty.

Issues around food - aversion to, not eating properly, or strict about diet.

Lots of ideas, tends not to act on them, or not stay with them and see them through.

Airy, spacey, dreamy, impractical.

Unrealistic, tends to exaggerate/globalise ("everybody/always/trillions").

High vitality type: talkative, talks rather than listens, lot of superficial contact, flighty, spurts of energy, overdoes it, then burn out.

Low vitality type: shy, suspicious.

Emotions:

Fear - of relationships, sex, getting close, being abandoned, real contact.

Feels unsupported.

Ungrounded.

Anxious.

Feels doesn't fit in - feels 'different' , special, strange, alienated, unwanted.

Illnesses:

Weak points: lungs, kidneys, nerves, immune system, small and large intestine.

Chronic illnesses.

Cold, dry, wind diseases.

Auto-immune diseases.

Allergies.

M.E..

Asthma.

Debility.

Nervous exhaustion.

Scanty or absent menstruation.

Dry skin.

Eczema – dry.

Panic attacks.

Ailments from anxiety.

I.B.S..

Hypoglycaemia.

Immune deficiency.

Frequent colds and chest infections.

Low blood pressure.

Tension/lower-digestive headaches.

Pains that are; shooting, stabbing, nery, cramping, spasming, wandering.

Loose stools, or constipation due to dryness of the bowel.

Malabsorbtion.

Anorexia.

Anaemia.

High vitality type: false heat syndromes.

Treatment:

Focus on air/earth (lack of fire/water).

Raise vitality, build substance.

Bring into body – grounding.

Work on: taking things in, being here, making real contact, being real, being grounded.

Building diet - food that is: cooked, warm or hot.

- plenty of: pulses, grains, nuts, seeds, oils, flesh.

- diet rich in minerals and b-complex.

Herbs - warming and moistening.

- substance tonics, e.g.: alfalfa, American ginseng, marshmallow root, cooked licorice, solomon's seal, slippery elm, oats, cooked rehmania, paeony root, cannabis seed, jujube date.

- nervines, e.g.: oats, skullcap, valerian, vervain, passion flower, ziziphus.

- warming digestives, e.g.: citrus peel(s), angelica (western), ginger.

- immune strengthens, e.g.: astragalus, elecampagne, hyssop.

Low vitality type: - energy tonics, e.g.: Siberian ginseng, American ginseng, elecampagne, codonopsis, hyssop.

Regular eating.

Getting enough sleep.

Visualise breath drawing in through soles of feet and out through top of head.

Grounding meditations.

Heat (i.e. hot water bottle) on abdomen.

Alternating hot and cold foot baths.

Silver above and gold below.

Cold water or ice run down spine.

High vitality type: learning to pace energy.

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*Paul Francis*