

INHIBITIONS, SUPPRESSIONS AND REPRESSIONS

By Dr. Ingrid Naiman'

Playwrights and psychoanalysts have taught us much about the various ranges and psychological states of human feeling... and astrologers have done their share to translate this understanding into planetary symbols and patterns. I will try to interface some of this wisdom with medical phenomenon.

We all know at least a little about fear. Air types know a lot about fear, fire types somewhat less perhaps. Water and earth types probably experience fear in their own unique ways also. Fear is a cold and dry emotion. In a sense, all uncomfortable feelings are stagnant energies, but it is too early to explain why this is so. We know that the air element is light, cold, and dry, but no heavy emotions can possibly be light, so fear is that kind of emotion that paralyzes the lightness of air and renders an otherwise agile person inflexible, brittle, and old before his or her time.

We know, of course, that fear triggers an instantaneous adrenal response, a reaction in the physical body that operates entirely without the permission or conscious direction of the personality. It just happens. It produces a response that is sometimes neglected in the normal discussions of 'fight or flight', it produces fright, and fright can immobilize a person. When the fright is very severe, it results in shock and we know of instances in which someone who has suffered either emotional or physical shock ages overnight. I have several clients whose hair turned white in a matter of hours. Others simply have gray hair long before they are old.

The bodily system that bears the brunt of shock and fear is the kidney-adrenal system, and it is this system which must also be used to regenerate persons who have been wounded, injured, or irradiated. In the early stages when fear is the predominate emotion, persons

tend to be thin. This is because of the over-activity of their kidneys; they pass more water and leave their bodies further unprotected and vulnerable. In addition to frequent urination and the obvious emotional responses, fearful people are unusually vigilant, hyper-alert, and unable to relax. They hence do not regenerate themselves by resting as their rest is never adequate to their needs. After a time, the kidneys become exhausted and less efficient. Then, persons tend to gain weight, but it is a puffy kind of water retention that is usually first noticed around the eyes.

Fear is pacified by trust, not blind complacency or submissiveness but faith in the steadiness of Nature and in ultimate protection, salvation, and even justice. I have often wondered exactly what is meant by the words, "Resist not evil", (Matthew 5:39). Jesus was quite clear. He asked us to love our enemies. The root chakra cannot understand this admonition. The heart and soul perhaps do, but the adrenals cannot and will not obey such exalted teachings. If one resists and fails, the primordial part of us believes we will be victimized. If we pretend evil does not exist, we deceive ourselves and suffer accordingly. It is probable that evil will eventually find its own black hole and that it is neither cowardly nor wise to pay much attention to it, but one must secure one's own base and acquiesce to what is beyond our control in order to calm fears that terrorize our beingness.

Anger is hot and dry and also stagnant, but it is fiery. In the body, it exists as blood clots and liver congestion. In its repressed state, it is coagulated, sticky, and dark. It inhibits self-confidence and is really the dark side of powerlessness. It is the cause of many diseases of the blood and eyes. People who are nearsighted, astigmatic, and unable to see well

when the light is dim have sluggish livers because of emotions that are stuffed. Sometimes they are hidden from others, but often they are hidden from our selves also. We imagine that we are more likeable if we are more passive, but the need for approbation becomes a deceit. It is manipulative. It asks someone else not to look too deeply but rather to enjoy us for the image we present which is not what is underneath.

In the Tibetan's Teachings, we are told that both Mars and Neptune are sixth ray planets. They sometimes vie with each other in preparation for the second initiation, but usually, it is an either/or type situation. We suppress and hide Mars and project Neptune. Everything about us seems agreeable, gentle, and meek. The digestive system does not function because it is clogged with stagnant rage, and the reason we present only the surface is that we do not want to show the furor behind the meekness. Such people cannot plan ahead, cannot exert themselves, and they often therefore become dependent on others.

In some instances, the suppression of Mars occurs at a very early age because of some violence directed at the child who no longer consciously remembers the physical or psychological abuse. It is "safer" not to remember, but the inability to remember is a function of powerlessness. The child felt helpless, surrendered, and lost the power to confront the abuser.

We all know that psychotherapists will demand that the child discover the cause of his or her powerlessness and that the adult reclaim the power the child surrendered. We also know that this is a painful process, that it requires courage and that the process will never be peaceful. Birth is never peaceful and rebirth may be more difficult, for the adult must discover the child who was abandoned by the conscious self when the judgment of helplessness was rendered.

It goes without saying that there are many opinions as to what must be done when repressed anger is discovered. In many popular therapies, the rage is simply unleashed, on a

mattress, effigy, plant, or even perpetrator of an injustice. In most spiritual therapies, this sort of release is shunned, but in my experience, such outbursts often cure many chronic diseases like multiple sclerosis and cancer. That they create difficult conditions in their stead is often unrecognized by those too busy celebrating the first cure.

Rage is a pollutant. It stirs up the astral realm the same as do most other emotions. It is taken by those whose natures are more passive and receptive. Thus, hard as it may be, it is truly better to forgive than to seek revenge. However, we must understand that it is natural to seek revenge if suddenly realizing that one's own ineffectuality was due to the abuse of a trusted parent at a precarious age when the child was completely vulnerable. Revenge is therefore the active side of the same negative energy, but it is equally stagnant and putrid, and much more likely to result in hemorrhages than clots.

The pure state of fire, and fire is potentially pure, is enthusiastic, optimistic, inspired, and self-confident. In this state, fire provides vision and the ability to plan and to move towards a destiny. It may even confer the gift of clairvoyance or prophecy. Fire is the happiest of all the elements but also the most dangerous when repressed or deranged. We should also realize that strong fire does not preclude obedience to a holy calling, rather it facilitates a proper relationship to Neptune rather than inhibiting Neptune by creating an alter ego to mask the sordid truth. Fire is the most obedient of all the elements and the first proper submission is fiery and it also takes place in the solar plexus, not as powerlessness but as "Not my will, but thy will be done". This is the highest obedience and the only surrender that produces alignment rather than distortion.

Greed is sometimes not thought of as a psychoanalytical issue and yet it is the distortion of water. It is stagnant water and it exists in the body as cholesterol, fat, cysts, tumors, and even mucus. Oh, of course, it may only be due to a sugar binge, but what

motivated the indulgence? There are many deep emotions underlying greed and these clog the lymphatic system in the same way that anger congests the liver. Stagnant water will not reflect images properly, it will not flow or circulate, and it is too sweet. It leads to diabetes and many other unfortunate conditions, and yet it may be generated by insecurity. Each person reacts to peril in his or her own unique way. Air types are frightened and express their worries by heightened levels of anxiety and nervousness. Fire types feel powerless, bereft of appreciation and therefore also of self-respect. Water types feel they have to forge security and often engage in a dependent relationship to fill a need. They sacrifice their individuality by over identifying with the object of their dependency which may be a person, job or thing, or even a vast array of things with value. Earth types feel dulled by insecurity. They are survivors who judge that they are on their own and have to cope. They become persevering and probably overly materialistic and overachieving in order to secure their futures.

So, everyone experiences insecurity, but we each react according to our own dispositions. For example, air types are sensitive to what you think of their friends. Fire types can react very strongly if you express a belief at variance with theirs. Water types are afraid of any disruption in family life. Earth types can be frightened about financial problems or potential job losses.

Envy is a sour emotion. It is competitive in a negative way and therefore excites negative fire. It is poisonous and pollutes the blood. Grief is bitter. Grief and the more astringent emotion, fear, destroy the kidneys. Grief is sad, tearful. It is thus damper than fear which is dry. Fear causes more nerve pains and heart palpitations whereas grief has a duller vibration that tends towards more fluid retention. When the kidneys are weak, the lungs fill up with fluid making them the second organ system to suffer and it is cured by treating the kidneys, not the lungs.

This is an altogether too hasty effort to

depict emotions and their relationship to the physical body. It hardly does the subject justice, but hopefully, it will increase your understanding of why, on a more profound level, the body works the way it does.

Dr. Ingrid Naiman is a practicing medical-astrologer in Santa Fe, NM. She travels extensively, lecturing and teaching, and is writing a seven volume treatise on medical-astrology. Volume III is a monumental effort and near completion. Volumes I, II and IV (on cancer) are available from the Seventh Ray Press. For information on Dr. Naiman's textbooks, tapes, master's classes, and seminars, write: Seventh Ray Press, 395 Alejandro Street, Santa Fe, NM, 87501.

© Copyright by Dr. Ingrid Naiman 1990