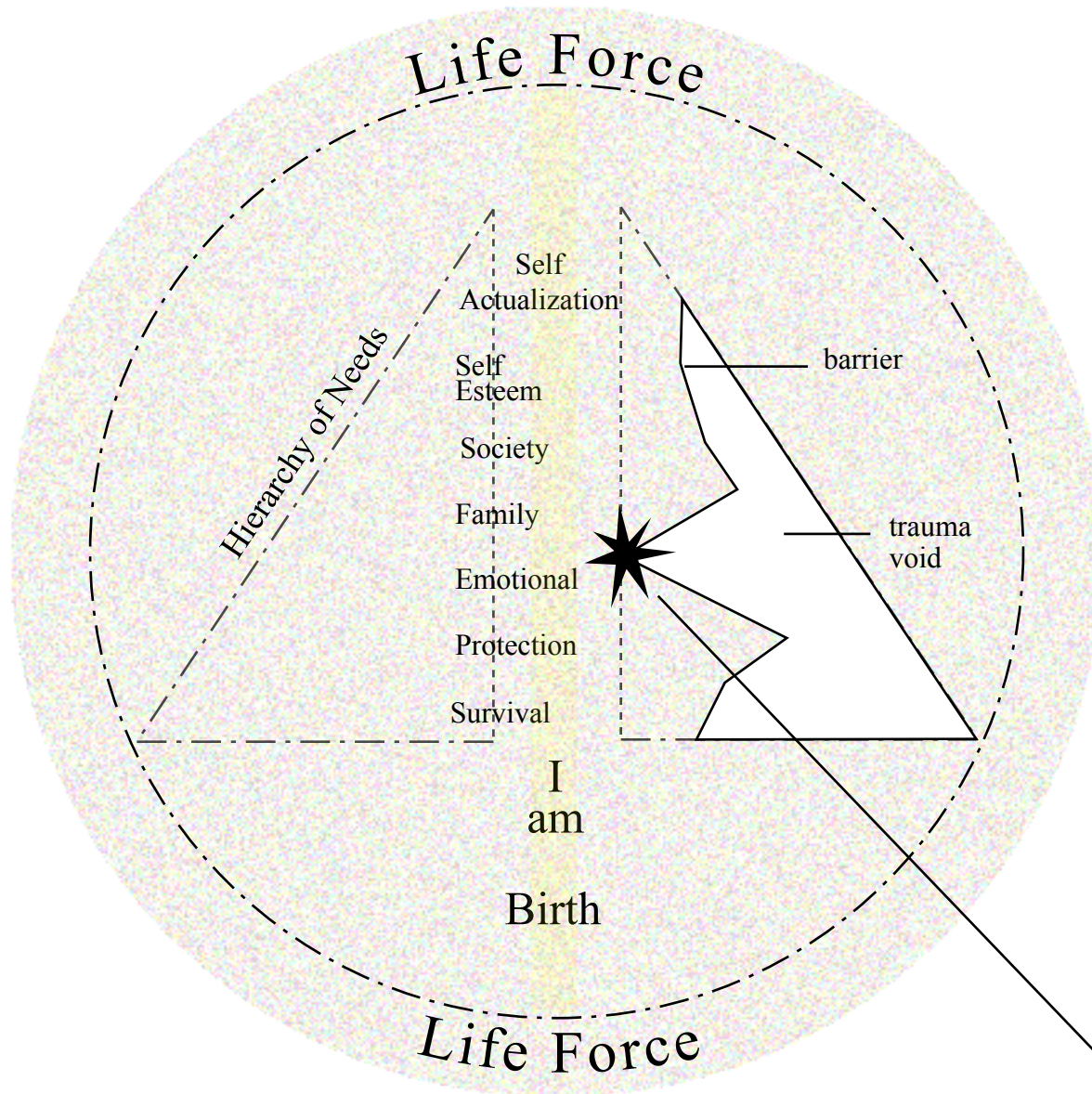


Outcome of Unresolved or Arrested Grief



1) unresolved or arrested emotion from grieving process becomes enmeshed with "I am" if allowed to build up in "barrier".

2) Power of "life force as "I am" transforms arrested emotion (from grief) in to state of being.

Therefore:

- I am Sadness = depression
- I am Anger = rage, violence
- I am Fear = anxiety, panic
- I am Numbness = depression
- I am Guilt = self hate
- I am Denial = isolation
- Combined Emotions = complexes