



Empowering You Organically - Season 12 - Episode 111

Title: Ruth Cummings: Letting Go of Emotional Pain - Part 2

Hosts: Jonathan Hunsaker & TeriAnn Trevenen

Guest: N/A

Description: Emotions we don't release get trapped in our bodies. Or as today's guest, Ruth Cummings, puts it "Our bodies are a trash can for all the emotions we didn't process". Tune in for Part 2 to learn how we can better manage the connection between emotions and disease.

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FEATURED PRODUCT



- USDA Certified Organic dehydrated green juice powder
- Made with 14 sprouted & fermented superfoods and botanicals for maximum nutrition
 - 33 times more potent than juicing (with less work and mess!)
 - Only 24 calories & 3g net carbs per serving
- Supports healthy immune function, detoxification, increased energy & mental clarity
- 17 different enzymes and a powerful natural probiotic to support overall gut health
- Non-GMO; No fillers, sweeteners, additives, artificial flavors, preservatives, colors, yeast, soy, added sodium, or starch

Ruth Cummings

Ruth Cummings is the owner of Athletic Touch Therapeutic Massage, which she founded in 1995.

She has over 50,000 hours experience as a massage therapist working on all types of clients, ranging in age from infants to centenarians and everyone in-between.

Ruth has worked on professional athletes in the NFL, MLB, and UFC, as well as amateur athletes in college and elsewhere.

She specializes in chronic pain relief and injury rehabilitation, but her real passion is the treatment of emotional pain in teens and their parents.

Ruth has a BA in psychology and creative writing, is a natural therapeutic specialist, as well as a personal trainer.

She coaches soccer and tennis, and her coaching achievements include two high school state championships in soccer and one in tennis.

She is an effective communicator with teens, and offers personal coaching in positivity, anxiety control, and self-esteem. Ruth is married with two teens and her family loves to travel. Check out her blog or massage website.

Summary: What is Emotional Pain - <https://familyfitnesstravel.com/what-is-emotional-pain/>

We feel physical pain after emotional intense situations in our lives that manifest into the physical pain we feel.

Our bodies hide painful, scary and stressful feelings to keep us safe and alive. The difference between emotional pain and non-emotional pain, is how chronic and stubborn it is.

Most of the time we are **not even aware that we are stuffing emotions** at the time of the intense situation, which makes it difficult to let things go that we didn't even know we were holding onto.

We can hold emotions from our younger years all the way to a few minutes ago, and each can cause odd pain in our bodies that are logically hard to explain.

The mind and the body don't always see eye to eye which makes unraveling these emotional pains challenging. Once we can get the mind and body to recognize the pain pattern in which they are spinning, the healing is much easier.

Awareness is the main ingredient in starting the healing process, then breath work, journaling, seeing a counselor are a few Self-Care suggestions to implement to start feeling better.

Heart Chakra

Location: The center of your chest, just above the heart.

Color: Green

Meaning: Love, Compassion

Blocks in our heart chakra can manifest in our physical health through heart problems, asthma, and weight issues. But blocks are often seen even more clearly through people's actions. People with heart chakra blocks often put others first, to their own detriment. It's the middle of the seven chakras, so it bridges the gap between our upper and lower chakras, and it also represents our ability to love and connect to others. When out of alignment, it can make us feel lonely, insecure, and isolated.

Throat Chakra

Location: The throat.

Color: Blue

Meaning: Love, Communication

As one would expect, this chakra is connected to our ability to communicate verbally. Voice and throat problems as well as any problems with everything surrounding that area, such as the teeth, gums, and mouth, can indicate a blockage. Blocks or misalignment can also be seen through dominating conversations, gossiping, speaking without thinking, and having trouble speaking your mind. When in alignment, you will speak and listen with compassion and feel confident when you speak because you know you are being true to yourself with your words.

Deeper Dive Resources

Ruth's ALL Humans Welcome Prayer Chain

<https://familyfitnesstravel.ck.page/38470dc383>

Ruth's "In Touch with Kindness" weekly email with health, self-care and fun happy tips.

<https://familyfitnesstravel.ck.page>

Ruth's Blog – Family Fitness Travel

<https://familyfitnesstravel.com/about/>

Ruth's Facebook Page:

<https://www.facebook.com/Family-Fitness-Travel-101244591542431/>

Ruth's massage website:

www.athletictouch.com

Ruth's Play & Self Care website:

www.familyfitnesstravel.com

Ruth's FREE Newsletter with Weekly Tips:

<https://familyfitnesstravel.ck.page>

Links From Ruth:

[19 Ideas to Release Stress & Emotions From Your Body](#)

[What is Emotional Pain?](#)

[Self-Care Basics: A Beginner's Guide](#)

[Dr. Lad's Pranayama \(Breathing Exercises\)](#)

[Root Chakra Healing Sound \(one of my favorites...there are many\)](#)

[Sacral Chakra Healing Sound](#)

Heart Chakra Sounds:

<https://youtu.be/qxLoVPZvtTY>

Throat Chakra Sounds:

<https://youtu.be/QJs4iCV-g6I>

The Untethered Soul by Michael A. Singer

<https://untetheredsoul.com/>

Thich Nhat Hahn Foundation

<https://thichnhathanhfoundation.org/>

Live It Challenge

<https://organixx.com/live-it>

Organixx on Facebook

<https://www.facebook.com/OrganixxSupplements>

Organixx on Instagram

<https://www.instagram.com/organixxliving/>