

**Resolution:** Steps forward on a more mature, adult level.

**Archetypal principle:** Moon-Mars.

## Stomach neurosis

(nervous stomach)

**Physical level:** Stomach (feeling, receptiveness).

**Symptom level:** Pains (stomach ache, cramps, burning, stabbing pains): call for help; vomiting: one feels *sick to one's stomach*, spewing something (which one finds) indigestible back out again; having swallowed something heavy which is weighing one down; something is pinching and aggravating one, but is out of place in the stomach; one feels a burning sensation on one's tongue (or first of all, in one's stomach as well) to say something, but this should, in any case, be processed on the mental-spiritual level rather than the physical level; the stabbing pain in the pit of one's stomach indicates an injury on the figurative level.

**Handling:** Spouting out once again what one cannot use; uttering one's opinions instead of spluttering and getting rid of food in this way; assimilating in the figurative sense what is pinching and aggravating one; saying out loud what one's tongue or stomach is burning to express: burning needs and emotions want to be burned up through activity; old injuries want to be digested and often also responded to.

**Resolution:** Getting to know and appreciate the stomach as a display instrument for one's spiritual tone (mood); taking its messages for real and taking them seriously; yielding completely (to the flow of life).

**Archetypal principle:** Moon-Mercury.

## Stomach perforation

(see also Stomach ulcer)

**Physical level:** Stomach (feeling, receptiveness).

**Symptom level:** First clarify and interpret the basic problem; danger of life-threatening bleeding (loss of life energy) and → peritonitis: breakout from the safe and secure cage, the nest of childhood; offensive breakthrough into the great, wide world of the stomach cavity; abdominal guarding (*défense musculaire*); eating a hole in one's own stomach.

**Handling:** Actively and combatively breaking out of the nest of childhood; creating free outlets to let out one's own feelings and emotions; learning to assert oneself aggressively instead of swallowing aggressions and bottling them up inside; creating release valves and outlets for offensive emotions; risking invasions.

**Resolution:** Gaining life-saving access to the big, wide world; taking on responsibility, exerting influence.

**Archetypal principle:** Moon-Mars/Uranus.

## Stomach ulcer

(see also Stomach diseases, Ulceration)

**Physical level:** Stomach (feeling, receptiveness).

**Symptom level:** Undigested, unexpressed emotions and feelings are swallowed and digested on the physical level; the digestive enzymes that are secreted, and above all, the hydrochloric acid in the gastric juices eat through one's own stomach wall due to a lack of material alternatives: ripping oneself to shreds; pouring salt (acid) into open wounds; not having out conflicts, and instead reacting in an insulted and "acerbic (acidic)" manner;

abdominal guarding (*défense musculaire*) in the stomach cavity; stay-at-home types unwilling to leave the nest (→ stomach diseases), who – although the group is so important to them – nevertheless do not feel themselves to be accepted members of their community; in order to achieve this welcoming reception/acceptance, their own diverging interests are suppressed even more and emotions swallowed, although this rarely leads to success; associated symptom of *gastric bleeding* (much rarer and less dangerous than bleeding from the duodenum): life energy is lost and reappears in the form of tarry stools (pitch black); one's own vitality is adapted and sacrificed to the kingdom of the dead.

**Handling:** Making oneself aware of and admitting one's feelings and the longing for maternal safety and security/the paradise of childhood and the desire to be loved and cared for; consciously processing conflicts: being strict and hard with oneself; consciously digesting impressions; abandoning the façade of independence and forceful assertiveness; rejecting what one as a *poor sucker* had previously just swallowed without resistance; becoming harder, more courageous; blowing apart the childhood nest that has now become a cage.

**Resolution:** Leaving the nest of childhood in order to free oneself and become grown-up and independent.

**Archetypal principle:** Moon-Mars.

## Stomach upset

(see also Stomach neurosis)

**Physical level:** Stomach (feeling, receptiveness).

**Symptom level:** The stomach does not like what has been indulged in, or at least not in

such abundance: it is upset; one cannot digest what one has asked of oneself or one's stomach: weighed down feeling after eating binges or drinking sprees; overload in the domain of further processing: biting off more than one can chew; wanting to integrate too much; asking too much of oneself; frequently amongst children who cannot yet determine their limits well enough and thus overestimate or even do not yet know their digestive and processing capabilities – when they have then recognised the problem, they react by becoming upset.

**Handling:** Paying attention to quality and quantity, before one upsets one's stomach; learning to truly enjoy: allowing the qualities of the goddess Venus (such as aesthetics, harmony, beauty) to reign at the dining table; shifting the emphasis from quantity to quality.

**Resolution:** Fulfilment instead of fullness or even just getting one's fill.

**Archetypal principle:** Moon-Jupiter.

## Stomach, descended

**Physical level:** Gut (feeling, instinct, security), stomach (feeling, receptiveness).

**Symptom level:** A slackening of the bands which hold the stomach in place causes it to slump lower: letting oneself sag in the area of nesting, security, and the home of the spirit; overstretched, large stomach due to chronic overstuffing, which sinks deep down into the stomach cavity: not getting enough.

**Handling:** Approaching things related to the area of one's own nest in a looser way; consciously relaxing and allowing things to slide; letting the soul "just hang loose" instead of the stomach; ensuring adequate provisions on the figurative level in order to be able to take the load off the stomach; getting one's fill