

What causes moods swings?



Many people experience episodes of unexpected, overwhelming and uncontrollable moods that can stretch from one extreme to another: From pleasant and exhilarating to unpleasant and dark.

These unpredictable emotional states, that are distressing and frustrating for both the sufferer and their loved-ones, are often associated with hormone fluctuations as they exaggerate the imbalanced feelings inside.

Extreme cases of emotional fluctuations can be labelled bi-polar disorder. This condition could result in episodes of psychosis whereby the sufferer feels that their reality is like an uncontrollable dream state. What is happening here is that the tumultuous emotions are projected into their outer reality, when the nervous system (the brain being part of this) can no longer rationalise these emotions.

Un-tethered and exaggerated feelings make the sufferer feel out of control.

The standard treatment methods are mood stabilizers that are neural inhibitors that will de-sensitize the sufferer from the raw emotional charges. This is to ensure that they not act on these extreme emotions leading to risky or destructive behaviours. This treatment, however, can disconnect the patient from their feelings. They then become less aware of their own personal preferences, inhibiting them being able to make positive improvements in their personal circumstances.

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Homeopathy offers another option: Helping the sufferer re-connect and access hidden qualities inside themselves, that will enable them to live from a more secure, balanced and whole (healed) place.

Homeopathy doesn't manage symptoms, it changes the foundation within the individual

By using the four elements we can understand each fundamental aspect of the person.

AIR (thoughts)

WATER (emotions) —————|————— FIRE (actions)

EARTH (physical sensations)

For full functionality, we have to balance out the four aspects of ourselves

Someone who suffers from *mood swings is stuck in the emotional/water realm*. This then reduces the focus on actions, thoughts and sensory perception.

Think of the sufferer swooshing around all at sea – which is the **sea of emotions** – and their whole reality ends up feeling like a drama. Their feet **can't reach the bottom** for security (Earth) and they haven't got a map (which abstract thinking Air can offer them) are **not seeing land on the horizon**. They therefore don't know which way to swim and can only **cling onto flotsam and jetsam** that happens to be passing (which are people close to them or even just random ideas, such as heresay, superstitions, googling, social media, etc. that they pick up on the way in the attempt to find security there). They are too immersed in the world of possibilities and cannot anchor themselves in the plain facts of the here and now that is only available if they *reach inside themselves*, and not externally.

Moods swings are caused by an inability to access objectivity, empowerment and security in a time of crisis

How to solve the problem:

Due to social conditioning, genetic programming and past emotional upsets, we hold run conditioned responses that stop us from accessing all our natural faculties that are represented by the 4 elements. Only when we can access all the elements can we truly balance ourselves, and become fully functional, thus becoming the best version of ourselves.

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So in this case, the cause of mood swings is an inability to be fully present in their physical bodies, thereby coming to their senses (earth); be able to plan where they want to be through objective thinking (Air); and take the right actions (fire), rather than feel like a victim within the drama.

This will enable inner security and ownership of ones life.

In my practice we take away these resistances in two ways:

1. Individually prescribed homeopathic remedies

Remedies that are typical for mood swings (but have to be right for the case)

Medhorrinum – this takes away the belief that we are responsible for other's happiness and they of ours that underlies **co-dependence**, that keeps most emotional people in a constant flux.

Merc. cor. – that takes away a controlling and corrosive **inner critic**. This mind judge is making you feel bad about your natural ability to feel emotions strongly because the 'negative mind' does not like the feeling of inner instability. This, incidentally, is a key remedy for helping to eliminate the underlying mental cause of anorexia.

2. Releasing pictures held in our subconscious

These have been placed there by emotional imprinting, so that the sufferer plays out old dramas that no longer serve them.

By using my unique visualisation exercises that I take my client through, the sufferer will start becoming a more functional 'character' in the drama of life.

These exercises are now available for secure purchase in downloadable MP3 format in my website shop www.HomeopathyForVitality.co.uk "Release Emotional Upsets".

We need to release emotional imprinting to stop acting out old dramas

Here are some more practical exercises that will achieve this inner connection to more objectivity and security:

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1. Cultivate non-attachment.

Pick up 7 items laying around the house, some valuable some less so – pen, mobile phone, treasured book, jewellery etc . Holding each one in turn, ask yourself if I lost this forever, would I still be ok? The answer will always ultimately be YES – you will still be alive, breathing and ready to live another day, even though you may feel upset or annoyance. Then progress to people that you know. Without wishing them harm, we can realise that we can be ok without constant attachment and relationship.

This can enable us to discover a new security within ourselves so we can start to free ourselves from having to keep worrying about people and things that are ultimately beyond our control. With this, we gain ‘bandwidth’ to pay more attention to our own needs. Don’t worry, this won’t turn you into a hermit – it will instead make you more fun to be around, because others won’t sense your neediness! This then enables you to ‘lighten up’ as you interact with the world.

This way you gain more security in your own being. (Earth element)

2. Use your power of imagination to anchor better feelings in your body.

Imagine your perfect day. If time and money were no issue, see yourself in your perfect day: there is no need for specifics, like where who what, but rather gather general impressions: You could reach for a wonderful childhood memory. What are the qualities that you treasure most? Freedom? Excitement? Warmth and comfort? Creativity? See the scene in from of you now – just get the impressions that it holds, people, scenery, trees, beach, house, movement, etc. Then start to fully immerse yourself in it. How would you be? What would it feel like? Feel that in your body – start to notice a sense of ease, lightness and warmth, maybe even a tingling aliveness.

The more you pay attention to both what you see and how that feels in your body, the deeper we are re-programming the nervous system to make this your ‘new normal’. Once we can access this better feeling, we can never fully go back to darkness and misery, because your body is now consciously holding a better option. When you fall back into the dark world of past negative experiences, your body’s sensations will be able to pull you back from the brink.

This will help your ability to know what is right for you and you will becomes less likely to buy into thoughts and concepts that do not serve you.