

Body Awareness Guide

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RIGHT SIDE OF BODY – Masculine energy, assertive, extroverted, bringing ideas to action

Problems:

Unresolved relationships with a particular male

Inability to give to oneself or others

Holding back on some level

Inability to express or over-expression

Overexertion in work and/or other activities

LEFT SIDE OF BODY – Feminine energy, receiving, passive, introverted, intuitive, creative

Problems:

Unresolved relationships with a particular female

Inability to receive (feeling unworthy)

Inability to express or over-expression of feminine energy

Inhibited creative expression

Not responding to one's intuition

TOP HALF OF BODY (FROM WAIST UP) – Communication, self-expression, the senses, emotions, touching. Outgoing, assertive, active, sociable, interpersonal relationships

Problems:

Repressed emotional/creative expression

BOTTOM HALF OF BODY (FROM WAIST DOWN) – Represents our contact with the earth, stability, strength, balance, grounding, self-support, independence, introspection

Problems:

Lack of emotional stability, balance and support

ANKLES – The capacity to support oneself. Stability, balance, our connection to the earth (being grounded). Flexibility, movement, progress.

Problems:

Resistance to progress and change

Inflexible attitudes (unwilling to bend)

A lack of self support

Ungrounded/unstable

Uncertainty about one's direction in life

BACK/SPINE – Strength, stability, uprightness, and determination in the body, mind and spirit. Support, self esteem, responsibility. The ability to support ideas and projects.

Problems:

Feeling a lack of emotional support and/or personal strength

Carrying too much responsibility, depending too much on others for support

Carrying the “heavy burden” or one’s own negative and materialistic thoughts

Repressed feelings and fears can manifest as pain, tension (holding back)

Lower back pain may indicate repressed sexuality, anger, and/or financial worries

BLADDER – Associated with issues of control

Problems:

Trying to control or “hold back” emotions

Desires that need to be expressed, holding onto old ideas that need to be “eliminated,” a need to let go and flow with life

Feeling out of control emotionally, or “pissed off” at someone or something

A need for approval, lack of confidence, feeling weary/tired, shyness

Feeling ineffective

BLOOD – The blood brings vitality to cells, tissues, and organs

Problems: A lack of joy and enthusiasm with life (discouraged)

Skepticism

Selfishness

Unresolved issues with a member or members of one’s blood relations

Toxicity in the blood can result from negative/destructive thinking

BONES – The framework, foundation and support of our physical/emotional/mental structure. The ability to support ourselves. Strength, power, and integrity.

Problems:

A need to become more solid, stable, and grounded in relation to ourselves and life

Lack of internal support or strength

Rebellion

Lack of personal integrity

BREASTS (FEMALE) – Nurturing, giving, love and mothering. Strongly connected to a woman’s self-image, feelings about her own femininity, and issues related to motherhood.

Problems:

Over-mothering, unwilling to provide nourishment or nurturing physically or emotionally, to self especially

Frustrated desires related to childbearing, overly forceful attitudes

Feelings of inadequacy as a woman
Feeling misjudged and/or misunderstood/not respected

COLON – Elimination of that which is no longer necessary. Issues related to control and materiality.

Problems: Holding on too tightly to people, material things, or the past
Guilt, bitterness, doubt
Cynicism, envy, over-controlled attitudes
Feeling cut-off, lonely, or left out, unwillingness to let go
Repressed rage
Fear of rejection
Long-standing repressed emotions
Financial worries and feelings of scarcity

EARS – The capacity to hear and listen. Willingness to perceive the true messages of life. Being open and willing to hear and consider other's opinions.

Problems:
A persistent refusal to hear truth, avoidance of issues considered unpleasant
Refusal to hear other points of view, lack of enthusiasm
Guilt, irresponsibility, emotional repression
Unsupportiveness
Vindictiveness

EYES – The capacity to see life and its issues clearly. Willingness to be open and make contact with people and the world around us. When we are open our eyes become a clear channel through which our heart and soul find expression. Excellent sight is the physical counterpart of clear spiritual perception.

Problems: A persistent refusal to see truth
Emotional repression
Low self esteem
Feeling abandoned, unsuccessful, or overwhelmed
Lack of motivation
Fear of intimacy
Fear of what's "out there" and/or what's inside oneself
FAR SIGHTED: Too extroverted, avoidance of one's own self development
Procrastination
Fear of being close with others
Living in the future and neglecting the present
Not wanting to look at or take responsibility for what one has created
NEAR SIGHTED: Introspective
Shy, refusal to look at or lack responsibility for creating positive goals or one's future
Choosing not to see any further than one's own limited beliefs, inability to see the big picture, failure to acknowledge the spiritual significance of life

FACE – Reflects attitudes about oneself and life. Self image, ego, self expression and emotional history

Problems:

The ability to face ourselves and the issues of life with honesty and integrity

FEET – Understanding balance, self support, stability, motivation. Being grounded and connected to the earth. The foundation of one's body. Stepping into new experiences. Taking the necessary steps forward (emotionally, mentally or spiritually). The ability to stand on one's own feet.

Problems:

Fear of stepping into new and different experiences in life

Not being grounded, out of contact with reality, lack of motivation

Fear of being true to self

Unsure of one's role in life (lack of identity)

Being too tired (emotionally or mentally) to move forward

FINGERS – Like the hands, fingers represent the capacity to do, to grasp and to handle life's experiences. They are an extension of the love of the heart and creativity of the mind. Fingers represent taking responsibility, giving and receiving, the ability to feel

Problems:

Will-power, strength, issues of control, steadiness of purpose, the conscious mind

INDEX FINGER: the ego, pride, judgment, power, authority, ambition, leadership

MIDDLE FINGER: Balance, introspection, religion, philosophy, service, responsibility

RING FINGER: Relationships, emotions, heart, creativity, sociability, adaptability

LITTLE FINGER: Mental/physical communication and expression, the subconscious

GENITALS - One's relationship to sexuality and interpersonal sexual relationships. Courage, willpower, achievement. Issues of power and assertiveness. The seat of sensation and the life force The ability to give and receive pleasure.

Problems:

Misuse of or excessive focus on sex

Indulging in pleasure and sensation at the expense of one's true feelings Unwillingness to channel energy into outlets of creative expression other than Sex

Selfishness, greed

Deception lack of affection

Feeling unproductive

Repressed emotions

Guilt associated with sex; anger towards or attempting to punish one's partner; fear of "letting go" lack of spontaneity in life Inability to fully surrender to the joys of passion and pleasure

GLANDS - Vitality, energy, enthusiasm. Our glands secrete hormones that keep the body/mind system balanced and healthy. These hormones reflect our attitudes and responses toward ourselves and life. Our attitudes and responses are "secreted" directly into the bloodstream.

Problems:

Unbalanced attitudes (overly restricted and/or excessive)

Too much focus on certain aspects of life while neglecting other issues that need attention (lack of wholeness and integration)

HANDS/ARMS - The capacity to "embrace" and "grasp" life and its experiences. The hands and arms are an extension and expression of the love of the heart. Communication, creativity. The ability to "feel." Reaching for goals. Taking hold of one's life (taking responsibility). The ability to give and receive.

Problems:

Withholding the expression of love, unwillingness to feel

Feeling incompetent or insecure

Avoiding one's responsibilities and transferring them onto others Lack of initiative

Feeling overwhelmed (unable to "hold on")

Failure to give and/or receive what one is capable of giving and receiving

HEAD,- Represents the way we think about ourselves. The head has the position of authority over the body. It is the directing force, which synthesizes information from the various levels of our perception and integrates that information into a unified and balanced life plan.

Problems:

Decisions, wisdom, faith, will and intellect

Conscious thoughts not in alignment with love and wisdom Uses intellect to escape from feelings

Lack of faith and trust in Divine

Intelligence Overly attached to personal objectives

Being too willful and/or obstinate

Being overly critical toward oneself or others Feeling pressured

What you consciously think and speak affects organs in the head area, throat and jaw. The source of true wisdom is found in the heart Intellect without the illumination of love is not wisdom

HEART - The seat of our true Inner Self. The doorway of spiritual illumination. The

center through which we express our capacity for deep feeling, nurturing, unconditional love, affection, forgiveness, compassion and sensitivity for oneself, others, and life. Closely associated with our desires.

Problems:

Fear of being hurt, insecurity, feeling unloved, broken-hearted, defeated Putting up barriers in an attempt to protect oneself, shutting out the life-giving power of love, arrogance, insensitivity, intolerance, misplaced affections and/or feeling burdened with responsibility
Emotions such as hate, fear, resentment, and lack of forgiveness can block the flow of vitality in the heart area

IMMUNE SYSTEM - Represents strength, vitality, and enthusiasm on the physical, emotional, and mental levels. Issues related to vulnerability. A strong immune system indicates a healthy level of self-esteem and enthusiasm for life.

Suppression:

Resistance to being open and vulnerable
Lack of enthusiasm for life, feeling that life is not exciting or worth living Feeling "down" on oneself
Being too critical of self or others from lack of self-esteem
Negative/destructive thinking
Anxiety/stress due to one's inability to create positive and peaceful experiences
Feelings of being "attacked", "beaten down", "defenseless", "defeated" It takes tremendous energy to maintain psychological defenses to avoid feeling vulnerable so to this lowers one's immunity Total honesty and vulnerability is the only true strength

JOINTS - Joints suggest "flexibility" and ease of movement in body/ mind.

Problems:

A loss of flexibility in one's attitudes and opinions (too "rigid" and "stiff")
One's body/mind becoming "bound" with the "rigidity" of skepticism and/or criticism
Unwilling to surrender to the flow of life, feeling "disjointed;" trying to overpower, or feeling overpowered by another person's will

KIDNEYS - The ability to "flow" with life and allow life to flow through us. Issues related to elimination; "filtering out" and letting go of that which is unnecessary. Issues associated with relationships. The kidneys are extremely sensitive to emotional stress, and will reflect one's tension/anxiety in impaired functioning.

Problems:

Indecisiveness; being too forceful
Repressed anger, feelings of shame; intolerance and/or hostility; emotional stress from relationships; emotional pain, fear of being alone, obsessive thinking

KNEES - The ability to bend and be flexible in one's attitudes. Grounding, self-support, stability. The ability to flow with and adapt to the motions and movements of life's changing experiences.

Problems:

A need to be more humble or flexible in one's attitudes (refusing to "bend") False pride
Resistance to change/progress

LEGS/THIGHS - Moving forwards in life. Progress, strength, power, balance, confidence. Our grounding contact with the Earth. The ability to support ourselves. Our legs/thighs carry us on into new experiences and help us carry the weight of life's pressures.

Problems:

Feeling unable to move or carry on

A lack of strength and/or self-confidence Not feeling powerful or strong enough Lack of initiative

Feeling unsupported
Not being grounded
Fear of progress and/or change

LIVER - The liver is the hardest working organ in the body. It is related to our desires and emotions.

Problems:

Suppressed anger

Prolonged bitterness
Envy; hostility; unhealthy desires; selfish motives; feelings of despair/distress
Feeling helpless/hopeless/incapable

LUNGS - The lungs are closely associated with the heart, and reflect taking in the "vital breath of life, which is love. Openness, spontaneity, inspiration.

Problems:

Lack of self-esteem, emotional repression
Resistance to accepting love Stress associated with relationships Feeling unappreciated; selfishness
Resentment; anger
Grief for others or self
Stifled expression of one's potential or capacity Lack of inspiration and/or spontaneity Too much stress/anxiety

LYMPHATIC SYSTEM - Allowing life to flow through us, releasing that which is unnecessary, and bringing nourishment to cells, tissues, and organs. Restriction of emotional energy will produce a corresponding restriction of lymphatic flow.

Problems:

Being "uptight" feeling burdened and/or confused
Inability to flow with life's changes
Feeling hindered or restricted
Impacted/unresolved emotional issue

MOUTH/JAW/TONGUE - The verbal channel/pathway for our mental, emotional, and spiritual expression. Issues related to nourishing and supporting our selves and to acquiring possessions. Taking in and assimilating new ideas/food. The creative power of the spoken word, which can glorify or condemn, heal or hurt.

Problems:

Indulgence in malicious gossip, lying, constant complaining and/or negativity in one's speech
Stored tension from unexpressed feelings
Fear of expressing and speaking up for oneself
"Swallowed feelings ", such as held-back anger and/or rage, are often stored in the jaw

MUSCLES - The ability to move and express. The primary avenue for the physical expression of our desires. Will, power, strength.

Problems:

Attitudes that are overbearing, controlling, dominating, lack of will to move, change, express, or progress

NECK - A pathway through which our feelings move into expression as thoughts and words. The ability to be flexible in one's attitudes. The capacity to view things from various perspectives. Creative expression.

Problems:

Unwillingness to acknowledge one's feelings
Unexpressed creative forces, lack of communication
Failure to see different sides of a situation
Feeling overwhelmed
Taking on too much responsibility ("a pain in the neck"). A stiff neck can reflect rigidity in one's outlook on life

PANCREAS - The capacity to take in, assimilate, and balance the sweetness of life. Uncertainty, worry, mental confusion, anger, hostility, bitterness, and/or resentment can take the "sweetness" out of one's life and the blood resulting in imbalances in this area.

Problems:

Issues of rejection and abandonment

Feeling unaccepted; self-pity

Sorrow; feeling deprived of the "sweet" things in life Inability to handle/assimilate the sweetness/beauty of life Loneliness

Trying to hold onto life too tightly

SHOULDERS - Responsibility ("shouldering it"). Self-esteem.

Problems:

Feeling that one's responsibilities are a burden

"Shouldering" a false sense of responsibility; carrying the weight of someone else's expectations or demands

Withholding the expression of love

Tension/stress

Fear of expressing oneself

Insecurity/lack of self-esteem

SKIN - Related to one's self-image. Individuality, sensitivity and feeling. Issues related to elimination (letting things go).

Problems:

Anger (against oneself or another)

Fear; anxiety/restlessness

Lack of fulfillment; feeling "irritated" about something or someone.

Pimples and boils can represent anger boiling up from inside, unexpressed emotions surfacing

STOMACH - The ability to discern, choose, digest, and properly assimilate life's experiences - recognizing what is beneficial and what is not. Being critical/judgmental of others or self will affect the stomach. The stomach is a very sensitive organ which reflects even our most subtle feelings.

Problems:

Emotional upsets, worries, anxiety, fear, discontent

Impatience

Repressed feelings

Feeling that one has been treated unjustly; inability/resistance to assimilate and process life's experiences

THROAT - The center of creativity and expression. The power of the spoken

word, communication. The verbal channel for the expression of the heart and mind.

Problems:

Fear of expressing and/or speaking up for oneself

Difficulty in expressing feelings

Unexpressed creative potentials

Fear of success or failure

Self-identity

UTERUS - "Giving birth" to new and creative ideas. Letting in life. One's relationship to men. Sexuality.

Problems:

Holding onto old wounds and pain regarding sex and/or relationships

Feeling unrecognized and/or misunderstood

Repression and/or guilt regarding sex; fears or anxieties related to childbearing and motherhood

Issues related to receiving, vulnerability, and femininity

