

# Emotional Energy Centers of the Body

**RIGHT** side controlled by left brain  
**RIGHT** = Masculine or Yang  
 Reflects outer world

**LEFT** side controlled by right brain  
**LEFT** = Feminine or Yin  
 Reflects inner world

**RIGHT  
LOGIC**

**LEFT  
FEELINGS**

## Outer World Burdens

Burdens & Responsibilities  
 • Carrying a heavy load  
 • Weight of the world on shoulders

## Throat Center

Self Expression Issues  
 • Lack of Trust  
 • Inability to speak feelings  
**Thyroid Problems**

## Inner World Burdens

Burdens & Responsibilities  
 • Carrying a heavy load  
 • Weight of the world on shoulders

## Relationships

On the energetic level  
 the heart can look  
 black from hurt &  
 unresolved  
 emotional pain.

## Heart Center

Grief, Sorrow, Sadness, Loss  
 • Emptiness of Heart - Lack of Love  
 • Helplessness, Aloneness, Disillusionment  
 • Embarrassment, Shame, Humiliation  
 • Repressed feelings, Disappointment  
 • Genetic or Ancient memory  
 • Cruelty, Meanness

Fight or flight  
 response overworks  
 adrenals can lead to  
 Chronic Fatigue.

## Fear Center

Fears & Phobias

• Loss of Control / Fear of losing control  
 • Giving our power to another person  
 • Relationships

## Liver Problems

### Anger Center

Anger and Rage  
 • Anger at others  
 • Anger at self  
 • Jealousy  
 • Resentment

## Spleen problems

### Guilt Responsibility Center

• Unacceptance  
 • Self-judgement;  
 self-criticism  
 • Not deserving of the good  
 life has for us  
 • Inability to accept  
 and receive

On the energetic level the  
 gut can look black and  
 slimy from old emotions.

Trapped emotions in this area can  
 cause problems with the gut,  
 digestion & affect the female cycle.

## Old Stuff Center

Family Sexual Issues  
 • Childhood conditioning

## Support Area

• Lack of  
 Financial Support

## Hip & Spine problems

## Support Area

• Lack of Emotional Support  
**Hip & Spine problems**  
 Tension can lead to spine  
 misalignment.

Unresolved emotions can set like cement.

## Survival Center

Feeling we won't survive a  
 life-threatening incident  
 • Violations related to surviving  
 (accidents, abuse, violence, rape)  
 • Impotence, frigidity  
 • First year of life / Basic Creativity

## Rejection Center

Abandonment  
 • Criticism, judgement  
 by others  
 • Self-rejection  
 • Abandonment - pain  
 in the heart

## Betrayal Center

• Betrayed by someone  
 we trusted  
 • Self-betrayal

Women tend to trap  
 their emotions across the  
 pelvis affecting the cycle.

Problems with Right side legs/knees/ankles can  
 reflect feelings of lack of support in career &  
 finances. Can also be a way of slowing you  
 down to take stock of situation.

Problems with Left side legs/knees/ankles can  
 reflect feelings of lack of emotional support. Old  
 injuries that still cause pain are due to unresolved  
 emotional stuff and can be evident for years.

Legs/knees/ankles are also sites for past life reminders.

**RIGHT**

**LEFT**