

EMOTIONAL CENTERS OF THE BODY

THROAT CENTER

- self-expression issues
- inability to speak feelings (needs, wants & desires); our truth and needs
- where we hold our truth
- speaking with integrity & sharing our history

SHOULDERS & NECK

- this area carries our burdens
- carrying a heavy load
- weight of the world on our shoulders
- carrying other peoples' burdens

HEART CENTER

- grief, sorrow, sadness, loss
- heart break or lack of love
- helplessness, aloneness, disillusionment
- embarrassment, shame, humiliation
- repressed feelings, disappointment
- genetic and ancestral patterns held here

SOLAR PLEXUS

- fear center
- giving our power away to another
- loss of control
- ability to move forward in life

SACRAL CHAKRA

- 'old stuff' center
- violation of body or physical space
- inner feminine & inner masculine
- sex drive: impotence/frigidity or abuse (too open)
- creativity and inspiration center

LOWER BACK AREA

- support area
- feeling supported by others and all of life



-ability to receive support and help

INSTINCTIVE/SURVIVAL CENTER

- root and instinctive center holds feelings of survival
- light threatening center holds all violations related to surviving
- holds memory of accidents, abuse, rape, near death experiences
- first year of life and creativity
- basic needs on Maslow's hierarchy (food, shelter, clothing, housing)

MISCELLANEOUS CENTERS:

ANGER CENTER

- anger at self
- anger at others
- jealousy
- resentment

GUILT/SHAME CENTER

- unworthiness
- unacceptance
- self-judgement
- self-criticism
- not deserving the good life has for us
- inability to accept or receive

REJECTION CENTER

- abandonment
- criticism/rejection
- self-rejection

BETRAYAL CENTER

- betrayal by someone we trusted
- self-betrayal

