1. ENERGY VS MATTER

2. HISTORY OF MIND/BODY MEDICINE

3. PSYCHONEUROIMMUNOLOGY

4. THE STRESS FACTOR

5. DECODING EMOTIONS IN THE BODY

6. CHAKRA ENERGY CENTERS

7. KINESIOLOGY

8. SUPPORTIVE MIND/BODY THERAPIES
   - Meditation
   - Creative Visualization & Affirmations
   - Essential Oils & Flower Essences
   - Yoga, Tai Chi & Qi Gong
   - Breathing Therapy
CONTROL CENTER
The planning and thinking center. From thought comes activity (doing) and purpose (moving).

DOING CENTER
From the inner desire to do, create, and express (in the shoulders) to outer expression (in lower arms and hands).

NECK: bridge between head and heart, where we swallow reality and express our feelings.

SHOULDERS: where we carry others and the tension of not doing what we want to.

BACK: where we hide our problems; and feel the pressure of being a human and having to stand upright.

CHEST: where we put on a good front to meet the world.

ELBOWS: where we both hug and push away.

HANDS: where we handle ourselves or are handled by others.

ABDOMEN: where we hold our feelings in tight.

BUTTOCKS: where we sit on anything we don’t want to be seen.

KNEES: where we surrender our pride, or are unable to stand up for ourselves.

ANKLES: these form our support system by holding us upright.

FEET: give us ground and stability reflecting our direction and purpose.

MOVING CENTER
From inner movement (in pelvis) to outer expression of movement and direction (in legs and feet).

The Structural Bodymind
MIND/BODY Emotional Blockages

The following describe emotional blockages that are known to affect physical functioning of organs and body parts connected with certain emotions. The descriptions following give you a small window view of which emotion correlates with which organ function and body part.

THE UPPER BODY

The Head

- **Headaches:**
  
Pain always indicates a separation of some sort from something. Usually we say separation from what is the Truth. The greater the pain the more important that something is. Depending on which part of the head is afflicted the meaning changes. Louise Hayes suggests that Headaches indicate invalidating the Self out of Fear. In Chinese Medicine there are several different kinds of headaches according to the quality of the pain and the location on the head.

- **Vertex:**
  
The top of the head is associated with our connection to the Universe or God. Pain here is associated with separation from that higher power. It is also associated with the Kidneys and the emotion is Fear. Both the Gallbladder and Urinary Bladder channels traverse the top of the head. The Gallbladder is associated with Courage, and the Urinary Bladder through its associate with the Kidneys is associated with Fear.

- **Forehead:**
  
The forehead is associated with introspection and illumination of your own Inner Being. Pain here is associated with separation from your own Inner Being.

- **Temporal:**
  
The sides of the head are associated with courage, especially courage to face your world. Migraine Headaches, usually located in the front quadrants, right or left, indicates a separation from your world. The involvement of the eyes in Migraines indicate not only an unwillingness to look without, but to look within. Most Migraine sufferers report, not only severe pain behind the eye, but also acute sensitivity to light.
• **Occipital:**

  The back of the head represents your past. Some say also this is an area of spirituality. Pain here represents something in your past that is not complete and remains unforgiving. The back of the head is traversed by the Gallbladder Channel and the Urinary Bladder Channels indicating Anger born of Fear. The Back of the Head is thought to be the seat of Spiritual Experiences. The only way to see them is through inner sight. Pain in the back of the head represents an unwillingness to look deep within for the source of Light & Truth.

**Throat:**

  The Throat represents our Will, and our ability to communicate, both with others and with ourselves. Sore throats, lumps in the throat, tumors all represent difficulties in saying what we want to say. Lumps, both physical tumors and those that are non-manifest (Hystericus Globus) are our willful attempts to block free expression of emotion and of our identity. The Throat is another one of those weak links that can seduce or sabotage you from your path. The Throat is the channel between the Head and the Heart. Thyroid problems indicate difficulty in analyzing, digesting and assimilating the communication between the Head and the Heart. Louise Hay suggest also that the breasts represent mothering and nurturing. Cysts, lumps etc. represents over mothering.

**Solar Plexus:**

  The solar plexus is said to be the seat of the Ego and Individuation. Some call this the Negative Ego. In general this area represents the conflicts in your life. Pain or discomfort in the Diaphragm area represents unresolved conflicts. In Chinese Medicine, pain in this area indicates Liver Qi Stagnation, usually associated with Anger.

**Stomach:**

  The stomach represents digestion, not only of food and physical nutrients, but of new ideas, new ways of doing things, and accepting change of any kind. The Stomach is nothing more than a big flexible bag of muscle whose job it is to ripen and rot whatever is put into it. That is, its job is to break down what is put into it into a form that the body can deal with. This it does by adding Hydrochloric Acid, Hormones, Enzymes and Bile which reduces every sold morsel into an undifferentiated mass called ‘chyme’. Simultaneously it rocks back and forth swishing and swilling this mess until it is liquefied and able to pass through the small Pyloric Valve into the Small Intestine where the actual absorption of nutrients mostly takes place. Metaphysically, when we come upon a new idea or a new way of doing things, the process is similar. First we must swallow the idea, either whole or in handy bite sized morsels, break it down into a form we can handle and finally absorb that which we need to nourish ourselves. In the same way that a bad diet poisons the body, toxic ideas, suppressed emotions and resistance to change can have a poisoning effect.
THE BACK AREA

Spine:

The Spine Represents the support you think you have in Life and your alignment with those supportive forces. Curved spine, or Scoliosis represents a misalignment with Life. Spasms represent an unwillingness to accept the support that is there.

Shoulders:

Shoulders represent burdens and responsibilities. Frozen Shoulder for example represents a complete unwillingness to shoulder your responsibilities in Life, especially your own Life. Pain and dysfunction to varying degrees represents varying degrees of unwillingness to be responsible. Moving forward in Life sometimes requires that you 'put your shoulder to the wheel' to overcome inertia. The Gallbladder channel traverses the shoulders and indicates Courage (or lack of...).

The Back

The back, is considered to be the active, aggressive, lighted side. The back also represents that which is behind you. Very often we do not see clearly that which is behind us. Back problems generally represent conflict between the urge to move forward and the inertia of an unforgiving past that holds us back. This tension very often separates us from both and pain is the result. Louse Haye suggests that backs generally represent support.

MID-Back:

The midback is the link between the shoulder and the lower back. It can be a weak link. As we firm up our shoulders and become willing to take on the responsibilities of Life, and we have gathered around us the financial and emotional support we need (lower back), something sneaks up and stabs us in the back. The Spleen represents Worry or Overthinking and the Liver represents Anger or base emotions. Both of these can sabotage even the best-laid plans. Louse Hayes suggests that the mid-back represents Guilt and stuck in past stuff.

Lower Back:

The Lower Back represents support; financial support, emotional support of family and friends, and support of God or the Universe. The Kidneys are located in this area and Kidney dysfunction results in Fear/Fright/Phobias. A sore lower back may indicate that we have taken on more than we think we can handle. This is a dysfunction, only if it is not the Truth. If we have indeed taken on too much, that would be indicated by a physical trauma to the back and all we need to do is lighten the load. Chronic low backache, though, not associated with any trauma is the one with the Metaphysical application, and the one related to Kidney depletion. Coccyx: The Coccyx/Sacrum is the seat of Self-pity. There is a fear of asking for help. One would rather sit and feel sorry for one's self than get off one's butt and do something.
The Hips and Down:

Hips:
Hips represent decisions in Life, especially decisions about moving forward. Pain in the hips is a sign of being ‘stuck’, unable to make a decision, or see clearly what is needed to be done next. The process of walking requires that we first thrust the hip forward and the leg etc. follows. This is actually, an act of faith on our part, since we are quite literally initiating a fall to the ground and trusting that our legs will save us.

Upper Thighs:
Thighs are the link between the Hips & decisions, and the Knees & pride. Very often, when we have made a decision and take the next step, Pride gets in the way. "What if I look stupid? What if it’s not right? What if it doesn't work out?" Our knees lock up or turn to Jell-O, and we are prevented from moving forward. The pain that begins in the Hips and shoots down the Thigh (Sciatic Nerve), is the separation from our desire and decision to move forward and our Fear of falling flat on our ass. Louse Haye suggests that Upper Thigh problems represent retaining childhood trauma.

Knees:
Knees represent Pride. In spiritual practice it is suggested that one must go down before one can rise up. Pride or Ego keeps us from surrendering to the Will of God or the Universe. In practice, every time we move forward in Life or approach change, we approach the unknown. We may feel vulnerable or unsure. We may stand still, stiff kneed resisting the winds of change. It is interesting to note that stiff, sore knees are a symptom of Kidney deficiency, whose emotion is Fear. Rather than admit our fear, we resist it until it overwhelms us. While knees represent Pride, and it is said that ‘Pride goes before the fall’, knees can also represent Humility, which is the wisdom to be yielding in the face of change. Briefly, Knee problems may be said to indicate being stuck in the Ego, too proud to bend. Louise Haye also suggests that Knees represent Pride and the Ego.

Shins:
The Shins represent another weak link. Although the Shins are mostly bone, the hardest substance in the body, the Shins are actually quite sensitive and brittle. A slight whack on the Shins is not only painful, it weakens the entire body and stops it cold. When we have organized ourselves to move forward, to take the next step towards the goal we have set, and are in the process of taking it, something comes along and sends you tumbling. It is something we trip over because we don't see it, even though it is right there in front of us. In ancient times the shin pads that worriers wore were called greaves. Very often what trips us up is something, the loss of which we haven't properly grieved.

Ankles:
Ankles represent flexibility, which is important as one navigates the twists and turns of Life. Stiff, painful ankles means that change is difficult for you. Maybe you are one who digs in your heels and resists moving forward. The more Life forces change upon you,
the deeper you dig in. A broken ankle is a good sign to develop some flexibility in your Life. Louise Hay suggests that ankles represent mobility and direction.

Feet:

Our feet represent our connection with Mother Earth. Sore, swollen, numb or painful feet represent the state of our relation with our Mother. Mother Earth, and our base energies. While it is legs that carry us forward into Life, it is the feet that actually make contact with the ground and can stop any advance, or at least make it difficult. In modern society with its asphalt, concrete and high rises, we lose touch with the Earth and its energies. This may be reflected in our relationship to the one who gave birth to us. Separation can cause real pain.

Quick Reference List

**Acne**
Something you are afraid of trying to come to the surface

**Abscess**
Inner conflict unable to find release - erupts through the skin

**Burns**
Pent up anger, fear of someone else's anger, afraid you'll get your fingers burnt

**Boils**
Anger coming to the boil

**Cuts**
Leaking life's joys

**Colds**
Leave me alone! Confusion, suppressing something, take time out to rest. Could also indicate a cleansing.

**Circulatory System**
Symbolizes the emotions and the capacity to love. The circulation distributes the vital energy throughout the body.

**Constipation**
Fear of letting go. Holding on to old emotions that are no longer of any use

**Diarrhea**
Letting go of new impressions without processing them, fear of the new.

**Diabetes**
Lacking the sweet things in life. Living in the past. Unforgiving

**Digestive**
Stands for the reception and digestion of impressions. This requires openness, acceptance and devotion. The stomach will live out our emotions if we ban the capacity to feel from our conscious life. Also the fear of not getting our share keeps us from letting go.

**Eczema**
Wanting to break out of the barriers you have set yourself

**Eyes**
What don't you want to look at? Long sighted - Can't see in the now Short sighted - Always looking to the future.

**Ears**
Don't want to hear or listen to your inner voice?

**Feet**
Fear of moving forward

**Flu**
Believing in mass thought

**Hepatitis**
Resistance to change, fear, anger

**Headaches**
Excessive tension, hardheadedness or perpetual worrying. Placing too much weight on rational thought. Hurry, worry, strong will. Blocking out intuition.

**Hands**
What are you holding on to? Left hand - receiving Right hand - giving

**Thumb**
Under the thumb

**Index Finger**
Authority - the pointer

**Middle Finger**
Universal symbol

**Ring Finger**
Partnerships

**Little Finger**
Sex and communication

**Itching**
Something getting on your nerves
**Jaundice**
Internal and external prejudice, unbalanced reasoning

**Kidney Problems**
Projecting one's deficiencies and problems onto a partner or other people. Very sensitive and often disappointed and frustrated. Hanging on to emotions. Release them.
Elimination Don't poison yourself in projecting your problems onto others. Look at them - solve them.

**Knees**
Pride. Stubbornness, egotism or unconscious fears preventing you from submitting or yielding. Humility without self-lack.

**Liver**
Chronic complaining, justifying, faultfinding to deceive yourself.

**Legs**
Fear of the future. Afraid of going forward. Where's my support?

**Larynx**
Repressed speech. Afraid to speak up for oneself! Lack of self-expression

**Migraine**

**Mouth**
Cannot take in new ideas or impressions. Become flexible. Communicate

**Rashes**
Striking back at yourself

**Respiratory System**
The taking in and letting out. What don't you want to come in contact with? In what respect don't you feel free?

**Sinuses**
Someone close to you is irritating you. Sharing. What you are presenting to the outside world does not compute with your inner feelings.

**Teeth & Gums**
Lack of confidence in self. Difficulty in making decisions. Wanting to please everybody.

**Throat**
Not wanting or not able to swallow down something

**Ulcers**
Feeling judged or an injustice is being done. Acid thoughts and feelings. Fear eating away at you…
## Emotional First Aid Kit

<table>
<thead>
<tr>
<th>Issue</th>
<th>Crystal</th>
<th>Flower Remedy</th>
<th>Essential Oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abandonment</td>
<td><em>Rose Quartz</em></td>
<td><em>Sweet Chestnut</em></td>
<td><em>Rosewood</em></td>
</tr>
<tr>
<td>Addiction</td>
<td><em>Amethyst</em></td>
<td>Agrimony, Chestnut Bud</td>
<td><em>Clary Sage, Bergamot</em></td>
</tr>
<tr>
<td>Anger</td>
<td><em>Garnet, Sugilite</em></td>
<td><em>Holly, Impatiens</em></td>
<td><em>Eucalyptus, Ylang-Ylang</em></td>
</tr>
<tr>
<td>Anxiety</td>
<td><em>Rhodochrosite, Smoky Quartz</em></td>
<td><em>Impatiens</em></td>
<td><em>Chamomile, Lavender</em></td>
</tr>
<tr>
<td>Communication</td>
<td><em>All fifth chakras stones</em></td>
<td><em>Mimulus</em></td>
<td><em>Chamomile</em></td>
</tr>
<tr>
<td>Criticism (of self or others)</td>
<td><em>Rose Quartz</em></td>
<td><em>Beech, Crab Apple (of others), Larch Pine (of self)</em></td>
<td><em>Juniper</em></td>
</tr>
<tr>
<td>Despair, Discouragement</td>
<td><em>Amber, Smoky Quartz</em></td>
<td><em>Gentian, Gorse, Sweet Chestnut</em></td>
<td>Any citrus oil</td>
</tr>
<tr>
<td>Overwhelm</td>
<td><em>Amazonite, Aventurine, Hematite, Moonstone, Sodalite</em></td>
<td><em>Elm</em></td>
<td><em>Bergamot, Chamomile, Lavender</em></td>
</tr>
<tr>
<td>Repressed</td>
<td><em>Lapis, Malachite, Obsidian, Ruby</em></td>
<td><em>Rock Water</em></td>
<td><em>Rosewood</em></td>
</tr>
<tr>
<td>Envy</td>
<td><em>Rose Quartz</em></td>
<td><em>Holly</em></td>
<td><em>Rosewood</em></td>
</tr>
<tr>
<td>Fearfulness</td>
<td><em>Charoite, Smoky Quartz</em></td>
<td><em>Aspen, Mimulus, Red Chestnut, Rock Rose</em></td>
<td><em>Bergamot, Cypress</em></td>
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<tr>
<td>Guilt</td>
<td><em>Sugilite</em></td>
<td><em>Pine</em></td>
<td><em>Juniper</em></td>
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<tr>
<td>Impatience</td>
<td><em>Garnet, Rhodonite</em></td>
<td><em>Impatiens</em></td>
<td><em>Chamomile, Lavender, Myrrh</em></td>
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<tr>
<td>Indecisiveness</td>
<td><em>Carnelian, Smoky Quartz, Tiger’s Eye</em></td>
<td><em>Cerato, Scleranthus, Wild Oat</em></td>
<td><em>Thyme</em></td>
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<tr>
<td>Inertia</td>
<td><em>Smoky Quartz</em></td>
<td><em>Hornbeam</em></td>
<td><em>Cinnamon, Ginger</em></td>
</tr>
<tr>
<td>Money Issues</td>
<td><em>Citrine, Emerald</em></td>
<td><em>Mimulus</em></td>
<td><em>Basil, Cinnamon, Ginger</em></td>
</tr>
<tr>
<td>Issue</td>
<td>Stone(s)</td>
<td>Plant(s)</td>
<td>Essential Oil(s)</td>
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<tr>
<td>Perfectionism</td>
<td><em>Rose &amp; Smoky Quartz</em></td>
<td><em>Crab Apple, Larch, Pine</em></td>
<td><em>Juniper</em></td>
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<tr>
<td>Power Issues</td>
<td><em>Citrine, Peridot</em></td>
<td><em>Larch</em></td>
<td><em>Basil, Cinnamon, Ginger</em></td>
</tr>
<tr>
<td>Rejection</td>
<td><em>Peridot, Rose Quartz</em></td>
<td><em>Pine, Sweet Chestnut</em></td>
<td><em>Cypress</em></td>
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<tr>
<td>Resentment</td>
<td><em>Sugilite</em></td>
<td><em>Willow</em></td>
<td><em>Rosewood</em></td>
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<td>Self Esteem</td>
<td><em>Peridot, Rose &amp; Smoky Quartz</em></td>
<td><em>Centaury, Larch</em></td>
<td><em>Ginger, Peppermint</em></td>
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<tr>
<td>Seriousness</td>
<td><em>Amber, Herkimer Diamond</em></td>
<td><em>Hornbeam, Rock Water, Vervain</em></td>
<td><em>All Citrus Oils</em></td>
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<td>Stress</td>
<td><em>Amethyst, Bloodstone</em></td>
<td><em>Impatiens</em></td>
<td><em>Lavender, Ylang-Ylang</em></td>
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<tr>
<td>Traum</td>
<td><em>Amethyst</em></td>
<td><em>Star of Bethlehem</em></td>
<td><em>Clary Sage, Lavender</em></td>
</tr>
<tr>
<td>Lack of Groundedness</td>
<td><em>All First Chakra Stones</em></td>
<td><em>Clematis</em></td>
<td><em>Myrrh, Vetivert</em></td>
</tr>
</tbody>
</table>
BACH FLOWER REMEDIES

ROOT CHAKRA
Aspen, Cherry Plum, Mimulus, Red Chestnut, Rock Rose

SPLEEN CHAKRA
Heather, Impatiens, Water Violet

NAVEL CHAKRA
Cerato, Gentian, Gorse, Hornbeam, Scleranthus, Wild Oat

HEART CHAKRA
Beech, Chicory, Rock Water, Vervain, Vine

THROAT CHAKRA
Agrimony, Centaury, Holly, Walnut

BROW CHAKRA
Crabapple, Elm, Larch, Oak, Pine, Star of Bethlehem, Sweet Chestnut, Willow

CROWN CHAKRA
Chestnut Bud, Clematis, Honeysuckle, Mustard, Olive, Wild Rose, White Chestnut

NOTE: If all chakras are blocked, use BACH’S RESCUE REMEDY
**MIND/BODY QUESTIONNAIRE**

Which of the following have you been unhappy or stressed about and for how long:
(Please rate the amount of stress [1 low - 10 high] in the provided space)

<table>
<thead>
<tr>
<th>How Long</th>
<th>Stress Rate</th>
<th>WORK</th>
<th>How Long</th>
<th>Stress Rate</th>
<th>FAMILY</th>
<th>How Long</th>
<th>Stress Rate</th>
<th>GENERAL</th>
<th>DATE:</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>stressed from managers</td>
<td></td>
<td></td>
<td>in-laws</td>
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<td></td>
<td>lawsuit</td>
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<td></td>
<td>other employees</td>
<td></td>
<td></td>
<td>spouse</td>
<td></td>
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<td>moving to new area</td>
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<td></td>
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<td>work atmosphere</td>
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<td>children</td>
<td></td>
<td></td>
<td>accidents</td>
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<td></td>
<td></td>
<td>amount of earnings</td>
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<td>parents</td>
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<td>change of responsibility</td>
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<td>close friends</td>
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<td>world events</td>
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<td></td>
<td></td>
<td>too many responsibilities</td>
<td></td>
<td></td>
<td>other relationships</td>
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<td>political issues</td>
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<td></td>
<td></td>
<td>insecure future</td>
<td></td>
<td></td>
<td>not having children</td>
<td></td>
<td></td>
<td>trust issues</td>
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<td></td>
<td>too much work</td>
<td></td>
<td></td>
<td>sexual difficulties</td>
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<td>let down</td>
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<td></td>
<td>lack of work</td>
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<td></td>
<td>pregnancy</td>
<td></td>
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<td>not feeling recognized</td>
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<td></td>
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<td>work hours</td>
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<td>other:</td>
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<td>financial</td>
<td></td>
<td></td>
<td>had abortion</td>
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<td></td>
<td></td>
<td>lack of organization</td>
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<td>lack of intimacy/</td>
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<td>lack of fulfillment</td>
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<td></td>
<td>romance</td>
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<td></td>
<td></td>
<td>nature of work</td>
<td></td>
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<td>other:</td>
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</tbody>
</table>

Which of the following do you currently and predominantly experience in your life?

- 1. Anger
- 2. Apathy
- 3. Childhood abuse issues
- 4. Disappointment
- 5. Discontent
- 6. Despondency
- 7. Discouraged easily
- 8. Dissatisfaction
- 9. Fear
- 10. Feeling stuck
- 11. Frustration
- 12. Easily offended
- 13. Grief
- 14. Guilt
- 15. Hate
- 16. Heartache
- 17. Hopelessness/despair
- 18. Indifference
- 19. Jealousy
- 20. Let down from others
- 21. Low esteem
- 22. Loss
- 23. Loss of control
- 24. Loss of focus
- 25. Melancholy
- 26. Not getting what you deserve
- 27. Not good enough
- 28. Rejection
- 29. Restlessness
- 30. Sadness
- 31. Shyness
- 32. Unloved
- 33. Victimized
- 34. Why me
- 35. Worthlessness

Is something bothering you, burdening your heart, or are you struggling with something which you have not indicated above?

________________________

Do you feel accepted and acknowledged?  [ ] Yes  [ ] No  Please explain:

________________________

Do you feel fulfilled?  [ ] Yes  [ ] No  Please explain:

________________________

Is there a goal you are working towards in your life?  [ ] Yes  [ ] No  Please explain:

________________________