

RIGHT SIDE

Masculine Energy
Self
Physical
Mental
Energy Flows Out
Future

VALIDATION/ADEQUACY

LEFT SIDE

Feminine Energy
Others
Spiritual
Energy Flows In
Past

ABILITY TO COMMUNICATE BURDENED/OVERWHELMED

EYE CONDITIONS

Burning - Afraid
Stinging- Terrified
Dry- Resentment
Gritty - Anger
Heavy - Sad/Grief

SAD/GRIEF
Anger
Bitterness
Sweetness
of Life
FEAR
Assimilation
Powerless
ANGER

ABILITY TO GIVE

ABILITY TO TAKE IT IN

Lack of Support
Opposition
Worry

Pride
Blame
Fear

Sexuality
Frustration
Anger

Relationships
Grief

Family
Judgements
Pretense

Grasping Life
Letting Go

MOVING FORWARD

MOVING FORWARD

EGO/PRIDE

STABILITY
GROUNDED

TOES

BIG: Worry/Fret
2nd: Frustrated
3rd: Anger
4th: Sad/Grief
5th: Fear

FRONT SIDE

Conscious
Social



BLOOD- Flow of Life

BONES- Structure/Fortifying Self

FASCIA- Divide Loyalties

LIGAMENTS-About Control

LYMPH-Feelings of Being attacked

NERVES-Communication Issues

SKIN- irritation, Frustration

TENDONS-Connection

Ignoring Your Deep Needs

Stubborn/Inflexible Emotional Support

Unloved

Betrayal

Past Guilt

Disappointment

Insecure

Financial Support

Something or Someone Being in Pain

Too Many Rules
Ridged/ Inflexible

Change in Direction

Feeling Alone Rejection

Have to be perfect

Accepting New Experiences

Change Direction

BACK SIDE

Unconscious Private

