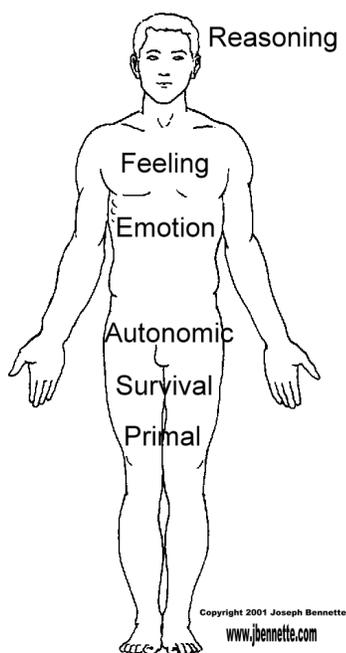


Some Metaphors of the Body System

Body Metaphors – Thought Patterns

Head – Direction; Primary
 Forehead – Goals; Mission;
 Ideals, Aspirations
 Eyebrow – Expression
 Eye – Personal Vision; How I
 see the world
 Ear – Presence - how I show up
 Nose – Intuition; Knowing
 Mouth – Intake; Considering
 Face – Appearance; Expression
 Chin – Attitude; Influence,
 Strength/Weakness
 Neck – Flexibility; Alternatives
 Shoulder – Shoulds;
 Commitments;
 Responsibilities
 Chest – Connection; Affection;
 Nurturing; Relationships
 Upper Arm – Power; Strength
 Lower Arm – Work; Doing
 Wrist – Choices; Flexibility
 Hand – Learned skills;
 Grasping/holding
 Abdomen – Processing; Resources; Secondary
 Upper Back – Truth (core beliefs); Experience held as truth
 Mid-Back – Uprightness; Character
 Lower Back – Support; Flexibility
 Hips/Buttocks – Last; Intersection of beliefs; Joining
 Thigh – Movement; Beliefs in action
 Knee – Needs; Respect
 Shin – Ascending; Climbing; Upward mobility
 Calf – Strength; Sacredness
 Ankle – Supporting Beliefs
 Foot – Understanding (soul); Foundational beliefs
 Leg – Mobility; Tertiary
 Skin – Outer layer; Surface; Shallow; Boundaries
 Left Side – Feminine; Yin
 Right Side – Masculine; Yang



Conditions Metaphors

Aches - Suppressed; Invalidated; Wronged
 Acute pain - Pay attention NOW!
 Aneurisms - Distrust; Betrayal; Opening
 Bleeding - Losing; Loss; Grief
 Breaks/Fractures - Stop thinking this way!
 Time for a change! Sudden and
 irreversible change is occurring now
 Bruises - Guilt; Withholding joy; Crushed,
 Destroyed; Fighting
 Cancers - Losing control; Feeling the
 victim; Rejection; Out of control
 Chronic pain - Entertaining old, hurtful,
 beliefs
 Cuts - Guilt; Opening (opportunity)
 Dull pain - Time to pay attention; Time for
 a change
 Fat - Stored excess emotional content
 Fever – Heating up; Pay attention
 Indigestion – Time to reconsider; Wrong or
 wronged; Afraid
 Infection - Anger; Defensiveness; Invaded;
 Violated
 Inflammation - Anger; Hostility;
 Turbulence
 Injuries/Wounds - Separation; Hurt
 Itch - Trying; Struggling; Confused
 Nausea – Rejection; Terror
 Out of joint - Angry; Frustrated
 Pulled muscles - Overwhelm; Not good
 enough; Straining
 Rash – Rejection; Sorry; Irritated
 Sharp pain – Pay attention NOW!
 Sprains - Twisted, distorted thinking;
 Overwhelm
 Stiffness - Fear of taking responsibility;
 Stuck in a belief pattern
 Tightness/Tenseness - Fear; Anxiety; Worry
 Warts - Botherome annoyances; Losing
 control a little at a time; Offenses

To use this chart –

1. Determine the condition(s) you are experiencing from the Conditions Metaphors list.
2. Look to see what the condition metaphor might mean for the condition you are experiencing.
3. Find in the Body Metaphors list the body part that has the condition to make a short “story”.
4. Then look into your life and see if that “story” is occurring in your life. If so, you may find that as you do something to make a change in your belief system, the condition will change, too.

Examples:

Headache (ache in the head) ~ Invalidating my direction. Maybe I’m headed in the wrong direction...
 Angina (sharp chest pain) ~ Pay attention to my relationships NOW! Time to re-connect...

Note – This chart is for consideration only and not intended to replace competent medical assistance.