Body Reading Cheat-Sheet #1

RIGHT SIDE -

masculine, relationship to men, father, receiving

BACK OF BODY -

past, shadow qualities

LEFT SIDE - feminine. relationship to women, mother, receiving

SKIN - barrier between us and the world, boundaries

FRONT OF BODY -

tuture, conscious/ positive qualities

SENSE ORGANS -

availibility for new information

FACE - presentation, emotional tendencies

HEAD thinking, perceiving, divine connection

THROAT - expression, communication. space for one's Self

NECK - mobility of perception, bridge between head and heart

BREASTS - who we nourish and care for

CHEST - what we love, grief, open or closed heart

INNER ARM - what and who we embrace or long to hold

HANDS - extension of our hearts: giving (R side) and receiving (L side)

SHOULDERS -

what we carry that belongs to others

SPINE - Personal + Divine Will

ELBOWS - defences

RIBS -

shield for what is precious

BACK protection, balance, alianment

BELLY - vulnerability, digestion, old emotions

THUMB -

connection to God, Divine

MIDDLE FINGER -

mind's influence

HIPS - flexibility, adaption, balance past/future

MN

WRISTS -

dexterity to do with exchanging and directing

INDEX FINGER -

ego, blame

PINKIE FINGER

- influence of physical dimension

KNEES - devotion, human burden

LEGS forward or backward motion,

grounding

RING FINGER influence of

emotional life

FEET - connection to Earth, grounding

ANKLES -

direction, pivoting, decisiveness

Key Questions: Where does it hurt/ "malfunction"? When did it start: what were you doing/ thinking/feeling? What do YOU use that body part for? How do you feel ABOUT the issue? How does the issue limit/redirect you? What does your heart say when you ask: What's the symbolism in this experience? Your body speaks in poetry that is written by your Soul + Divine Design.