

Emotional Energy Centers of the Body

Burden Area

- Burdens & Responsibilities
- Carrying a heavy load
 - Weight of the world on shoulders

Throat Center

- Self Expression Issues
- Lack of Trust
 - Inability to speak feelings
 - Lack of Nurturing

Burden Area

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Heart Center

- Grief, Sorrow, Sadness, Loss
- Emptiness of Heart - Lack of Love
 - Helplessness, Aloneness, Disillusionment
 - Embarrassment, Shame, Humiliation
 - Repressed feelings, Disappointment
 - Genetic or Ancient memory
 - Cruelty, Meanness

Fear Center

- Fears & Phobias
- Loss of Control / Fear of losing control
 - Giving our power to another person
 - Relationships

Anger Center

- Anger and Rage
- Anger at others
 - Anger at self
 - Jealousy
 - Resentment

Guilt/Shame/ Unworthiness Center

- Unacceptance
- Self-judgement; self-criticism
- Not deserving of the good life has for us
- Inability to accept and receive

Support Area

- Lack of Financial Support

Old Stuff Center

- Family Sexual Issues
- Childhood conditioning
 - Violation of body or personal space
 - Something done to us / Something taken from us without our permission
 - Molestation, abuse, rape
 - Impotence, frigidity

Support Area

- Lack of Emotional Support

Rejection Center

- Abandonment
- Criticism, judgement by others
 - Self-rejection
 - Abandonment - pain in the heart

Survival Center

- Feeling we won't survive a life-threatening incident
- Violations related to surviving (accidents, abuse, violence, rape)
 - Impotence, frigidity
 - First year of life / Basic Creativity

Betrayal Center

- Betrayed by someone we trusted
- Self-betrayal