Your Body is Talking, Are you Listening?



Evette Rose

Masculine
Father
Leadership
Authority

METAPHYSICAL ANATOMY

Mother
Spirituality
Femininity
Balance in life



Feeling controlled or out of control

Resisting taking action

Trying to control an action/thought. Also overthinking

Tired of hearing certain sounds/voices

Anger and resistance to what you see.

Suppressed sadness

Not speaking your truth/expelling emotions

Feel powerless to someone controlling your destiny/decisions/path

Doing too much/ not asking or trusting support

Needing more freedom/feeling suppressed

Needing to slow down. Overdoing

Feeling your confidence and power is suppressed

Needing to make decision

Not trusting what the world has to offer you

Reluctance to receive from others

Walking in anger (your defense mechanisms are causing you harm)

It's time to take care of yourself

Needing to slow down
Needing nurturing

Feeling manipulated or pressured by figure to do something you feel is not right for you

Suppressed grief about future worry

Feeling controlled by feminine or masculine figure

Feeling unsafe in your environment (triggered past memories)

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METAPHYSICAL ANATOMY

Body Part	Possible Key Emotions
Age spots	Skin trauma stemming from ancestry line due to sun exposure. Feeling resentful toward circumstances. Frustration and irritation that has grown out of control.
Ankles	Flexibility related to the future, control issues, stubbornness and conflict with mother.
Anus	Refusal to let go of bad and sabotaging patterns that are still serving you. Holding onto toxic and unhealthy love and relationships.
Arteries	One's ability to give to others and support (fear of giving too much of yourself, fear of being depleted or taken advantage of).
Arms	Fear of being powerful and reclaiming your own personal power and identity.
Back	Support, structure, responsibility, stability.
Middle Back	Feeling responsible for others, blurred line between what is your issue and what is not. Humiliation, embarrassment; feeling dominated and controlled.
Lower Back	Financial responsibilities, others needs, burdens; feeling under pressure.
Bacteria	Guilt and regret, self-punishment, sabotage.
Bladder	Feeling pissed off with people in authority. Feeling helpless and disempowered to change your circumstances.
Uthera	Drawing power from your feelings of resentment, don't want to let go of toxic relationships. Feel suppressed and resentful leading to hardening of the attitude. Feel attacked by loved ones.
Blood	How you feel about your appearance, how you communicate your needs, life force. How protected you feel from the world.
Bones	Needing to be strong, feeling supported, loyalty of others toward you.
Bones broken	Support has been pulled out from under you. Losing control of your life. Fear of change. Sabotaging personal progress. Needing to

	break away from old habits and take more time to make decisions.
Brain	Control issues, what you see and feel are not coherent, resulting in conflict. Feeling unable to control what your brain senses, your connection to your environment is traumatic.
Breasts	Nurture, love, mother love, giving and receiving nurturing, abuse trauma, relationship with close family members.
Bunions	Feeling vulnerable and exposed in your quest to move away from family values. Stubbornness, "I will show you." Pushing too hard—can only have fun when working really hard.
Cheeks	Insecurities. Feel intimidated by authority and confrontation.
Chest	Feel pushed away by a mother and also pushing people away. Negative association with love.
Chin	Worthiness, anger related to words you cannot express. Feel betrayed yet unable to say anything about it. Your truth is not believed.
Ear	What don't you want to hear, need to block out; who or what? Fear of confrontation. Feel disempowered by influential people.
Elbow	Poor personal boundaries. Need to push people away. Hardening of the attitude. Indecisiveness, "Should I or shouldn't I?" Lack of passion related to what you do in life. Elbow problems are related to feeling very indecisive. Not knowing whether to leave or continue a project, job or relationship. Feeling obligated to see things through however, even though there is no benefit for you.
Eyebrows	Need to be different than others. Don't feel unique and good enough as you are. Lack of acknowledgement and praise.
Eyes	Seeing truth, resistance to not seeing your environment, too much responsibility, wanting to hide. Related to birth trauma.
Fat	Protection. Being unattractive = feeling safe. Trauma related to scarcity such as food, love and protection. Trauma related to being a threat to someone. Love and relationships = toxicity.
Feet	Stepping forward, control, direction, stubbornness, feel

	controlled and out of control, resistance to change, fear of moving away from family and family values.
Fingers	Feel unsure where you fit in, needing to establish your identity, to be validated, do not feel supported when doing things. Holding back secrets, direction in life, passion. See the Fingers section.
Forehead	Feel conflicted and angry due to current circumstances and people in your immediate environment. Feel like losing control.
Fungus	Resentment related to a mother / feminine figure. Abandonment trauma.
Glands	Feeling unable to express boundaries. Holding back anger as a result of recent circumstances. Represents how you feel about your situation.
Gums	Feeling attacked, unsupported when making decisions. Feel unable to change / break away from unhealthy circumstances. Anger is your best defense.
Hair	How you feel about yourself. Feeling unprotected. Need to get away / escape circumstances or someone. Feel controlled and threatened. Disassociated from feelings.
Hands	Blocks around receiving, giving, delegating without guilt, understanding how you feel when you are working (such as in the workplace).
Heart	Giving and receiving of love and nurturing. The Left side ventricle is related to receiving. The Right side ventricle is related to giving. Also related to one's territory and competitiveness.
Hip	Balance and moving forward, being flexible, relationship problems, sexuality, confidence in personal relationships.
Infection	Resentment and anger grown out of control. Disgusted with self, feeling shame and suppressing feelings of panic.
Intestines	Store old abuse, store resentment, anger, vengeance, injustice and betrayal within close relationships.

METAPHYSICAL ANATOMY

Jaw	How one expresses oneself to parents—what is the conflict?
Kidney	Resentment, anger, not letting go, toxic relationships.
Knees	Moving forward, making big changes, fear of what others might think if you follow your own beliefs and values. Fear of stepping into influential roles; feel pushed down and controlled by a feminine figure.
Cut on Knee	Your goals and needs are attacked, criticized and unsupported by influential people.
Lips	Feeling insecure and overly aware of how others view you. Fear and tension related to what you need to say. You don't trust your own judgment.
Liver	Regret, resentment, guilt because of what one cannot change. Anger related to feeling suppressed, loss of identity.
Lungs	Grief, depression, sorrow, lack of joy, feeling smothered, suppressed and controlled by those you rely on for love.
Lymph nodes	Unable to let go of toxic relationships, love is toxic and unhealthy but I can't let it go. Unable to forgive. Anger is my power and strength.
Muscles	Knowing what is good / bad for oneself. Self-sabotaging health and happiness. Stuck in unhealthy / undesirable circumstances and feeling helpless to change it. Feeling under attack. How one feels about oneself, stubbornness, having to be right, holding on to guilt.
Myelin Sheath	Trauma related to communication. Blocking what you see and sense in your environment. Self-sabotage of personal progress. Love in your life feels toxic, stressful and invasive.
Nails	Feeling unprotected, controlled and manipulated by authority.
Neck	Rigidity, not able to make decisions, resisting your environment. Feel vulnerable and out of your depth within circumstances and relationships. Not allowed to be with someone else.
Nerves	Communication trauma. Ability to communicate is being controlled and manipulated by authority.

METAPHYSICAL ANATOMY

Nose	(see Sinus) Personal power, how strong do you feel when outside of your comfort zone? Trauma related to intuition and psychic abilities. Your character feels under attack.
Parasites	Boundary issues, invasion, not feeling worthy of saying "no."
Pelvis	Ancestral trauma related to sexual abuse, feeling unimportant, cannot stand your ground, feel powerless.
Rashes	Built-up trauma related to fear of confrontation, verbal or physical abuse. Take things too personally.
Ribs	Feel ignored by family, unable to protect what matters to me.
Shoulders	Carrying responsibility (Financial / Family) / guilt about having fun.
Sinus / Blocked	Trauma related to intuition and psychic abilities. Feel offended and invaded by environment. Feel rejected and abandoned. Disconnected from feeling joy.
Skin	Irritation, sensitivity to specific issues / people, lack of protection, poor personal boundaries, holding on to anger and resentment, feeling vulnerable.
Spine	Structure, direction in life, burdens, financial responsibility, sexuality, reproducing, breadwinner.
Swelling	Boundary failures resulted in anger and feeling helpless. You are not expressing clear boundaries.
Teeth	How supported and protected you felt during your childhood and womb stages.
Tendon	There is urgency to what you want to do, feel pressured; everyone is watching my every move.
Tongue	You are not sharing your opinion. Feel silenced by authority.
Veins	Feels blocked around receiving love and support. Receiving may have equaled feeling obligated, controlled. Love = abuse / lack.
Virus	Worthiness, disappointment, self-punishment, poor personal boundaries, having to fight for respect and understanding.
Warts	Feeling resentful toward influential people for projecting too

	much responsibility onto you. People in your life feel energetically parasitic. Feelings of resentment have grown out of control.
Wrists	Feel that you are the buffer between two people, feeling caught in the middle of something. Fear of failure.