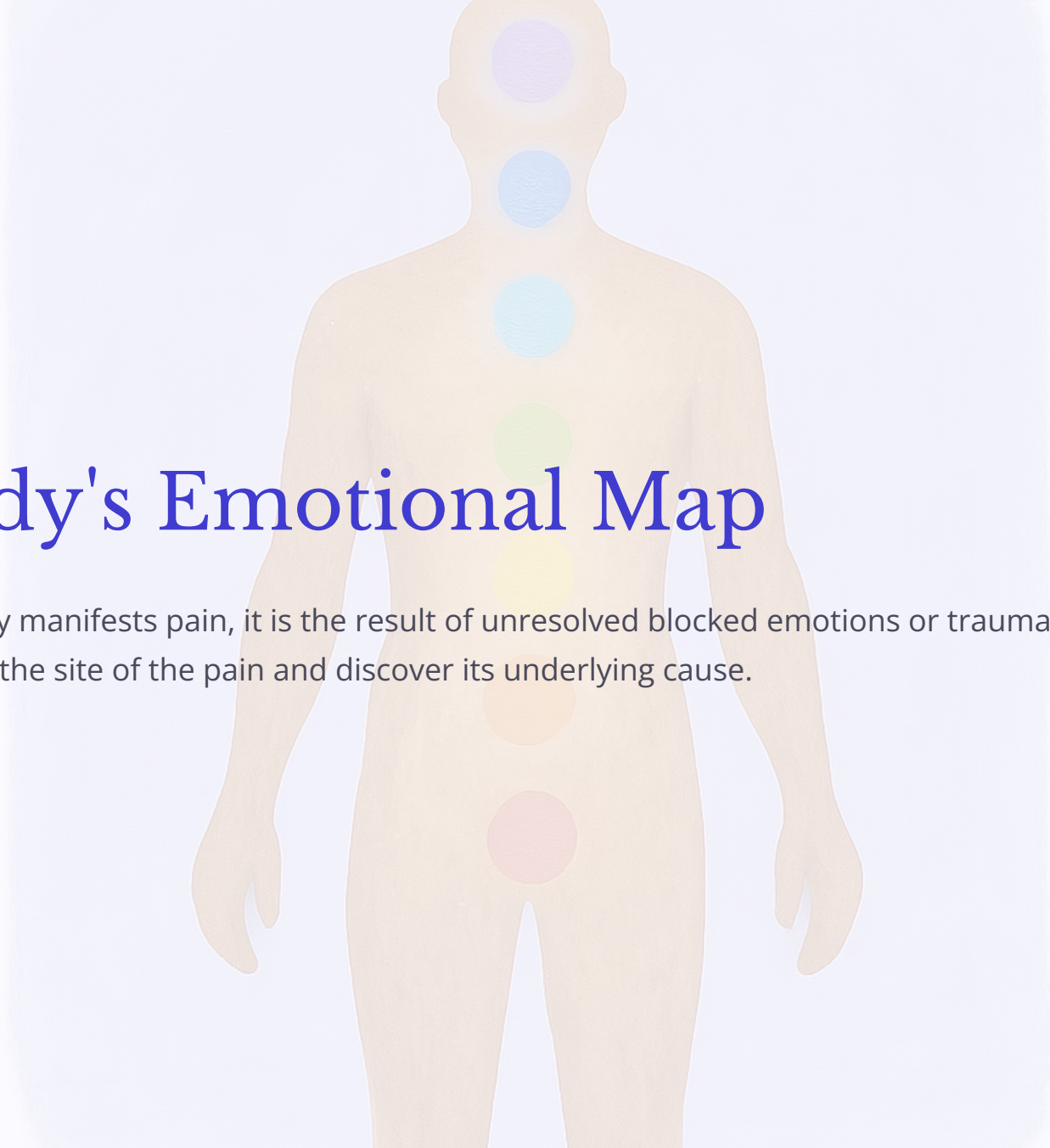




Your Body's Emotional Map

Usually when your body manifests pain, it is the result of unresolved blocked emotions or trauma. Below is a body image where you can click on the site of the pain and discover its underlying cause.

HEAD

Headaches may signal: held anger, overwork, anxiety or depression, disconnection from intuition (6th chakra), poor self-care (nutrition, sleep, exercise), or negative thinking. On the positive side — it could be a *spiritual awakening headache!*

Frontal – Overthinking or over-analyzing

Left side – Someone close may not have your best interests at heart

Right side – Align choices with your higher self; trust your intuition



EYES

Eyes are the gateway to the soul. Eye pain may mean you're not seeing things clearly, ignoring your inner voice, or lacking self-awareness. The third eye (6th chakra) sits between your eyes — pain there can also signal spiritual awakening.

Right Eye Pain

Associated with masculinity — lack of assertiveness, logic, or rationality; trouble making decisions.

Left Eye Pain

Associated with femininity — blocked intuition, creativity, and emotions; difficulty caring for self or others.



EARS

Ears represent your ability to receive truth, linked to the blue throat chakra (5th). Ear issues may signal a disconnect between heart and mind, unresolved conflict, or a need for humility — and a call to listen to your inner voice.

Left ear pain

Emotional stress or spiritual imbalance. Ringing may signal a crossroads or impending spiritual awakening.

Right ear pain

Trust yourself and make decisions from a place of reason and clarity.



TEETH

As the eyes are the gateway to the soul, the teeth are the gateway to nourishment — physical and spiritual. What are you digesting? Anxiety and fear, or joy and love? Each set of teeth represents a different issue.

4 Wisdom Teeth

Humiliation, grief, loneliness.
Connected to the heart and small intestine.

8 Incisors (front)

Fear, guilt, and shame. Connected to the kidney and bladder.

4 Canines (corners)

Rage, resentment, control issues.
Connected to the liver and gallbladder.

8 Premolars (sides)

Low self-esteem, self-punishment, hatred. Connected to the spleen and stomach.

8 Molars

Rigidity, grief, compulsive behavior.
Connected to the lungs and large intestine.



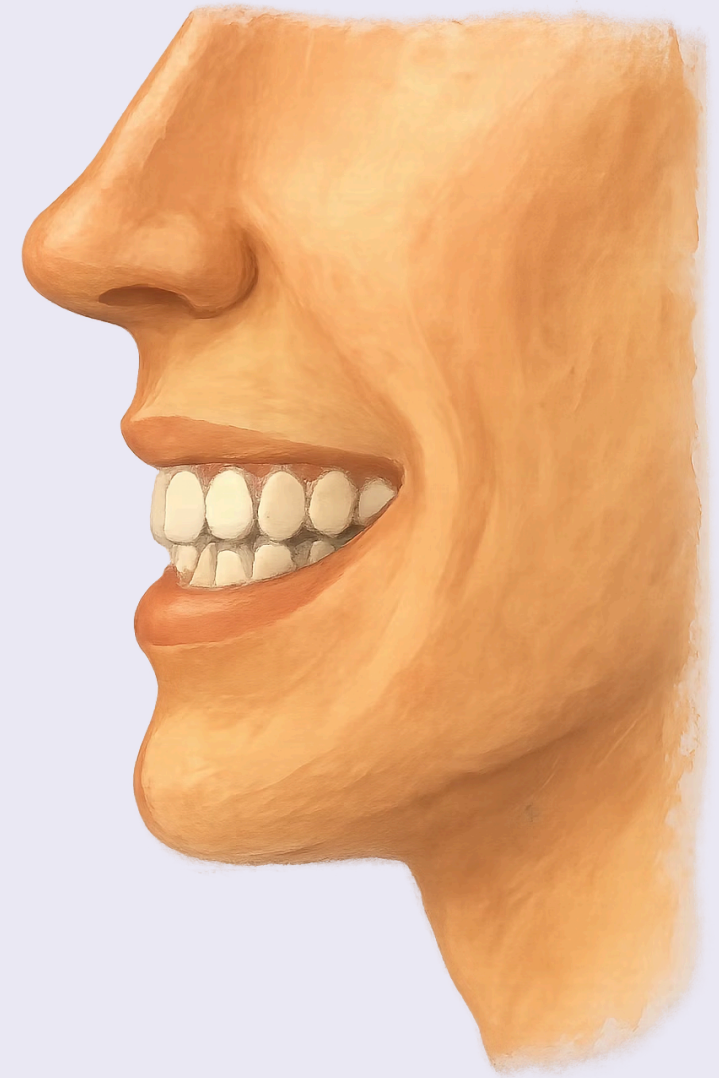
JAW

Jaw pain typically stems from **unexpressed anger** or "swallowing your feelings" — rooted in stubbornness and resistance. Women often internalize anger more than men due to social norms discouraging the expression of rage, leading to neglected self-assertion.

Suppressed emotions can trigger **unhealthy eating habits** — substituting unexpressed feelings with comfort food. What we cannot say, we chew instead.

The jaw is deeply connected to the **pelvic floor**: the jaw is the opening through which we express feelings, while the pelvic floor is where we suppress them. When the jaw tightens, the pelvic floor often follows.

Jaw pain may also signal **difficulty moving forward in life**, and can radiate into the shoulders, arms, and chest.



NECK

The neck relates to **flexibility and resilience**, sitting at the 5th (throat) chakra — the center of self-expression and communication. It is the point where the spiritual and the physical intersect, where the lower body flows into the higher self.

Neck pain often signals a lack of balance between our physical and mental selves. It may reflect:

- **Extreme stubbornness** — when actions don't align with thoughts
- **Rigid thinking** — an inability to see from different perspectives
- **Communication blocks** — difficulty with open and honest dialogue
- **Blocked creativity** — suppressed self-expression
- **Trust issues** — vulnerability when opening up to others
- **Indecisiveness** — difficulty following through on plans

The neck supports our mind and wisdom. Healing begins with cultivating flexibility — both in body and in thought.



SHOULDER

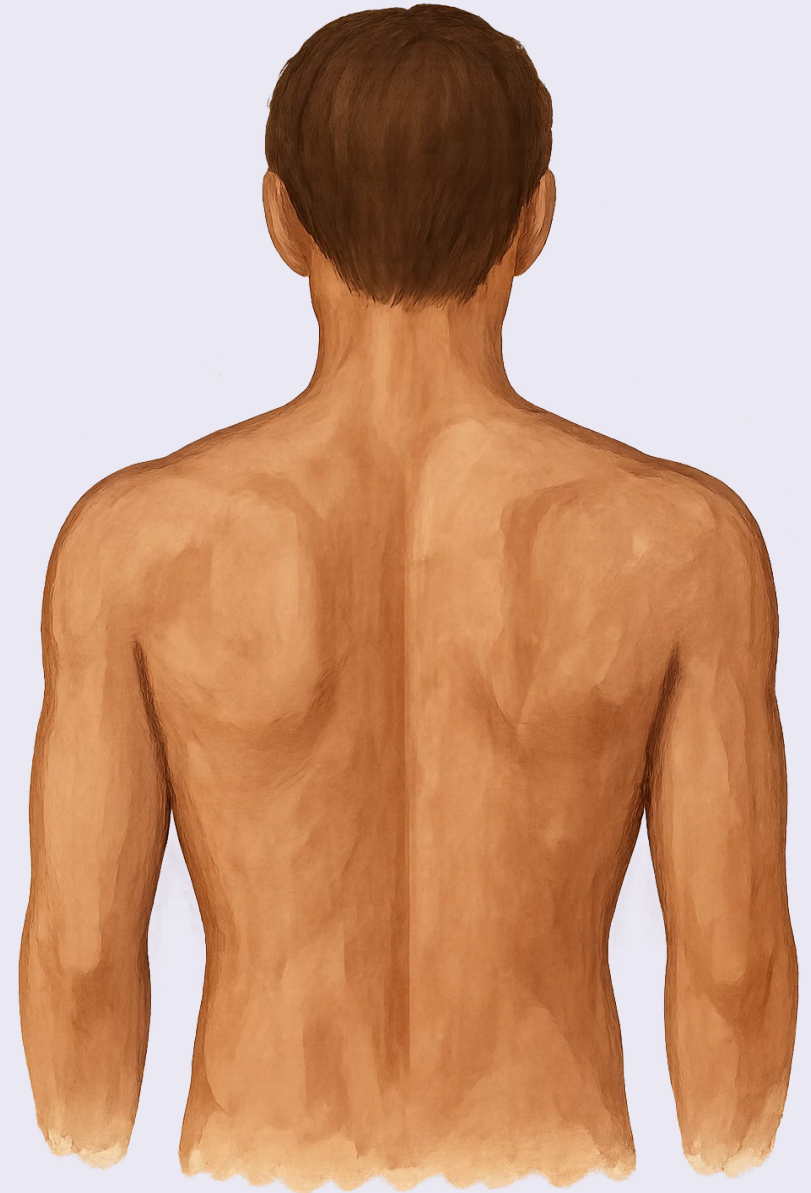
Shoulder pain means you feel unsupported carrying heavy burdens, often giving more than you receive. Pain breaks down by side — left (Yin/feminine) and right (Yang/masculine).

Left Shoulder Pain

Connected to the heart chakra — difficulty giving/receiving love unconditionally. May reflect guilt, regret, sorrow, or past hurts. Fear of vulnerability can deepen the burden. Positively, it may signal a spiritual awakening.

Right Shoulder Pain

Connected to Yang energy and action. Burdens relate to work responsibilities — feeling overwhelmed or lacking the organizational skills to manage your workload.



BACK

Back pain is associated with the past, ancestry, and feeling supported. Pain in specific areas carries different meanings.

Upper back pain

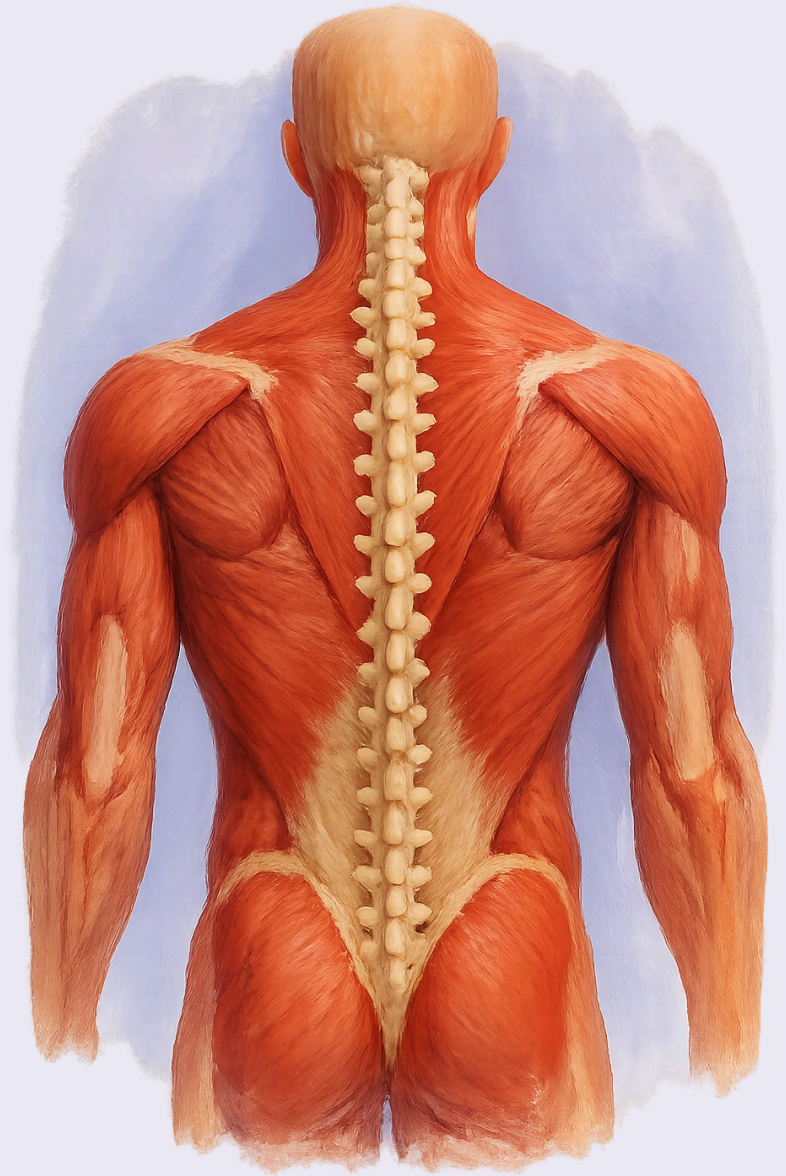
Linked to shouldering responsibility. Do you feel overwhelmed by obligations? Do you value yourself by how much you do for others, or struggle to trust others' support?

Middle back pain

Located behind the heart chakra — your heart may feel unsupported. Do you have supportive people around you? Is your inner dialogue positive? Associated feelings: anxiety, sadness, depression.

Lower back pain

Behind the digestive system and sacral chakra — linked to accepting life choices, especially those that go against family or societal beliefs. Also connected to blocked creativity, sexuality, and financial security.



CHEST

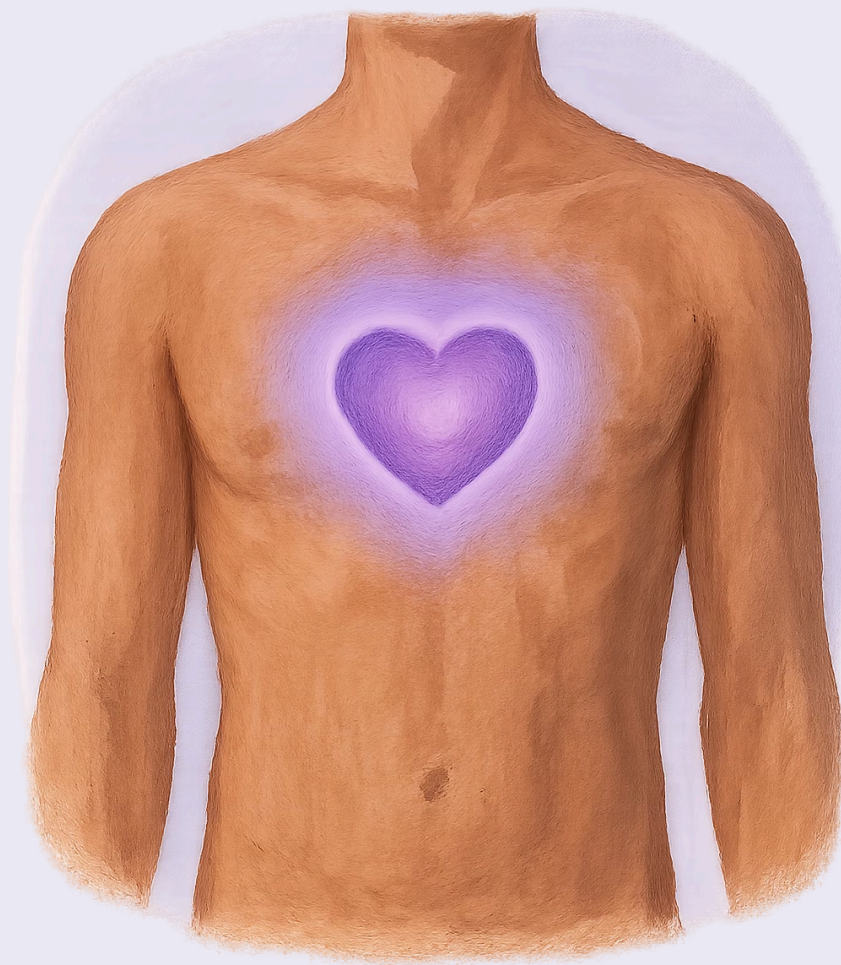
The chest sits at the **green heart chakra**, so pain here reflects emotional imbalance. This may include unresolved sadness, unexpressed resentment or anger, or a lack of self-compassion.

Blocked Heart Chakra

Difficulty giving or receiving love — toward others or yourself. Low self-esteem or feelings of unworthiness are common, as is fear of expressing emotions due to past unresolved trauma.

Positive Interpretation

Chest discomfort can signal an invitation toward spiritual growth and the courage to move beyond your emotional comfort zone.



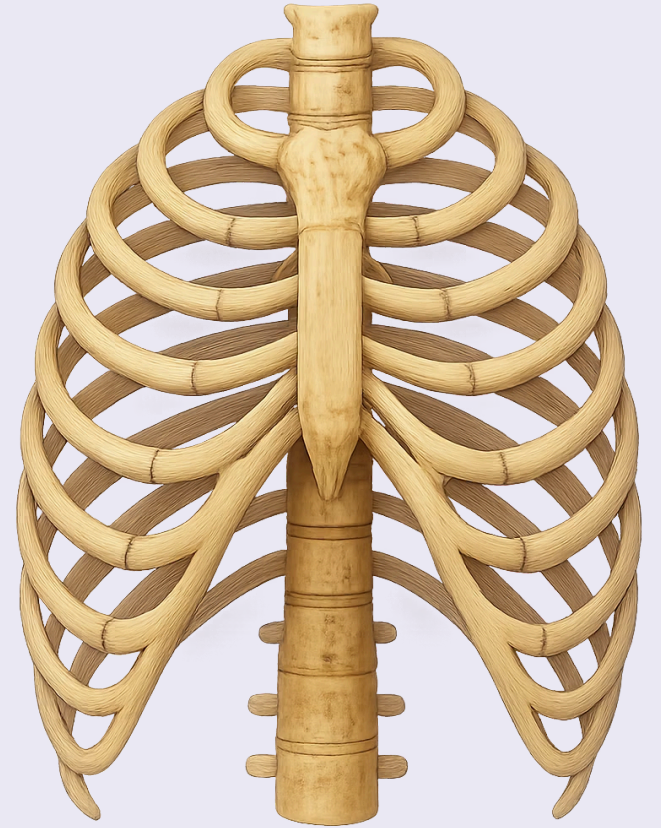
RIBS

Ribs protect the heart, so rib cage pain relates to **vulnerability or feeling unprotected**. Are you guarding your emotions due to past hurts?

Giving and receiving support go hand in hand — ask for help and emotional support when you need it. Do everything you can to feel emotionally secure.

Since ribs also protect the lungs, pain here may signal difficulty **relaxing or breathing freely**.

Ribs also symbolize **flexibility** during stressful times. Are you handling difficulties with fluidity or rigidity?



ARMS

Arms enable you to give and receive. In which relationships are you not giving or receiving enough? Arms also help us carry out tasks — are you overburdened with responsibilities you feel you cannot complete? Are you overextending yourself?

We embrace with our arms. How are you embracing people, situations, or emotions in your life? Arm pain may also indicate you are carrying the burdens of others. Where are you holding on too tightly — or not tightly enough?

In Buddhism, the **right arm** symbolizes making the right ethical or moral decision. The **left arm** represents your life path and where you are headed.



ELBOW

The elbow represents **flexibility**. Pain here may signal inflexibility in life, or difficulty letting go of the past (upper arm) to navigate the future (lower arm).

It relates to accepting and negotiating life's challenges — the unexpected twists and turns we face. Elbow pain can indicate holding on to the past and an inability to forgive in order to move forward.

The elbow reminds us to *go with the flow* and meet any situation with fluidity and grace. It also reflects how we extend ourselves to others, and how well we give ourselves adequate self-care.



HAND

Right Hand (Yang/Masculine Energy): The right side is rational, logical, and assertive. Right hand pain may relate to the males in your life (father, brother, son) or situations requiring self-assertion. For women, it may connect to career or areas demanding assertiveness. For men, it may involve male competition. For both, it can reflect resistance to dominant authority figures.

Left Hand (Yin/Feminine Energy): The left side governs receiving, intuition, and creativity. Left hand pain may signal difficulty receiving love, or challenges with a mother, wife, sister, or daughter. For men, it may ask: are you in touch with your feminine side? Can you express emotions freely? For both, consider whether you are truly listening to your intuition when making decisions.



STOMACH

The stomach is associated with our **third solar plexus chakra** — the yellow chakra connected to personal power. This area regulates digestion, so pain here relates to how we *digest life events* and process emotions like anger, sadness, anxiety, and worry.

Since the solar plexus governs personal power, ask yourself:

- Are you inhibiting your own power?
- Do you struggle to make choices or procrastinate before taking action?
- Do you believe in yourself?
- Do you allow others' opinions to affect your mental state?

The solar plexus represents **self-confidence**. Healing begins by reclaiming your inner authority and trusting your ability to act decisively.



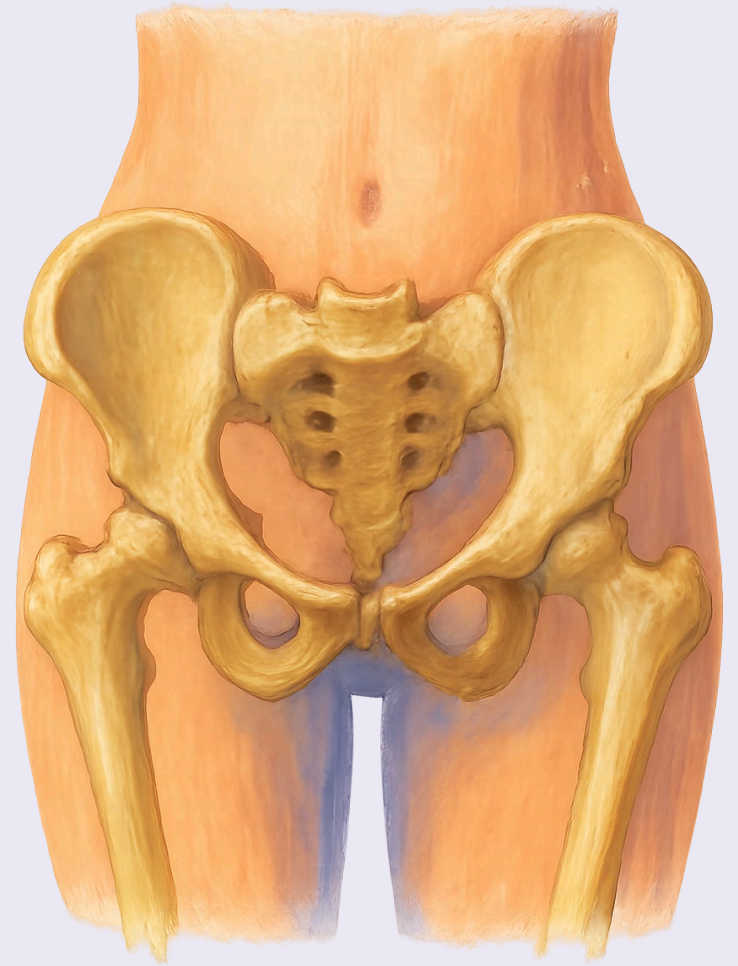
PELVIS

The pelvic floor is known as the **energetic gateway**, associated with the first red root chakra — connected to our most basic needs: home, income, food, and security.

The pelvic area is the first to feel tension when we feel insecure. It is vital to keep this gateway relaxed and open so we can better connect to people, information, and abundance — the very things we need to feel secure.

Pain in the pelvic area often signals a lack of control in certain life areas. Reflect on:

- Where do you lack boundaries or struggle to say "*no*"?
- Where do you resist allowing and struggle to say "*yes*"?



HIP

The hips are located at the second orange **sacral chakra**, associated with intuition, creativity, and sexuality. The hips assist us in mobility and going forward.

If you have hip pain, ask yourself: *Where in life am I feeling stuck? Where should I be moving forward but am staying in place?*

The sacral chakra governs sensuality and feminine (Yin) energy. Reflect on your feminine relationships — mother, sister, daughter. Yin energy is about allowing and being open to receive. Sometimes moving forward requires the opposite: standing still and accepting.

Ask yourself: *What feelings should I allow in to reconnect with my sensuality?* Try a creative activity — drawing, singing, or dancing — to activate the sacral chakra.



BUTTOCKS

The buttocks is associated with the first red **root chakra**, which governs our most basic needs for security. Physically, look for imbalances in the legs, feet, and tailbone.

It takes power to move forward. Buttocks pain often signals a **loss of personal power** — frequently linked to suppressed anger or rage. No coincidence that the root chakra is red, the color we associate with anger.

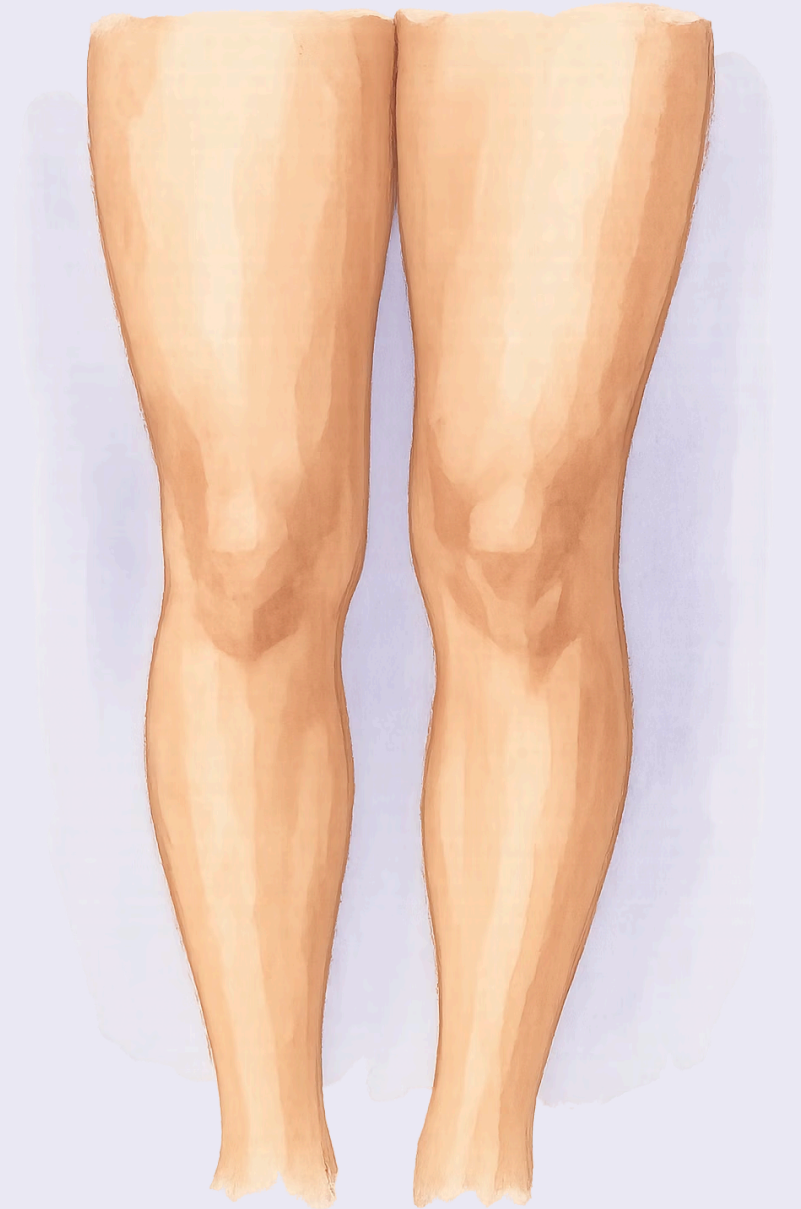
The root chakra also relates to **earth energy** — being grounded and stable. Reflect on areas of your life where you feel insecure or ungrounded. Simply becoming aware of these areas can create an energy shift.



THIGHS

Like animals, humans have a flight or fight response to life's challenges. The legs are connected to this primal fear, enabling or disabling mobility. Pain in the thighs can indicate vulnerability — especially closer to the tender inner thigh — suggesting you may not face adversity with power and strength, or that your first instinct is to flee when confronted with difficulty.

Sometimes we lean toward "running away" when facing a new life phase or an unexpected change. We should look for ways to meet new life paths with fluidity rather than rigidity, fear, and tension.



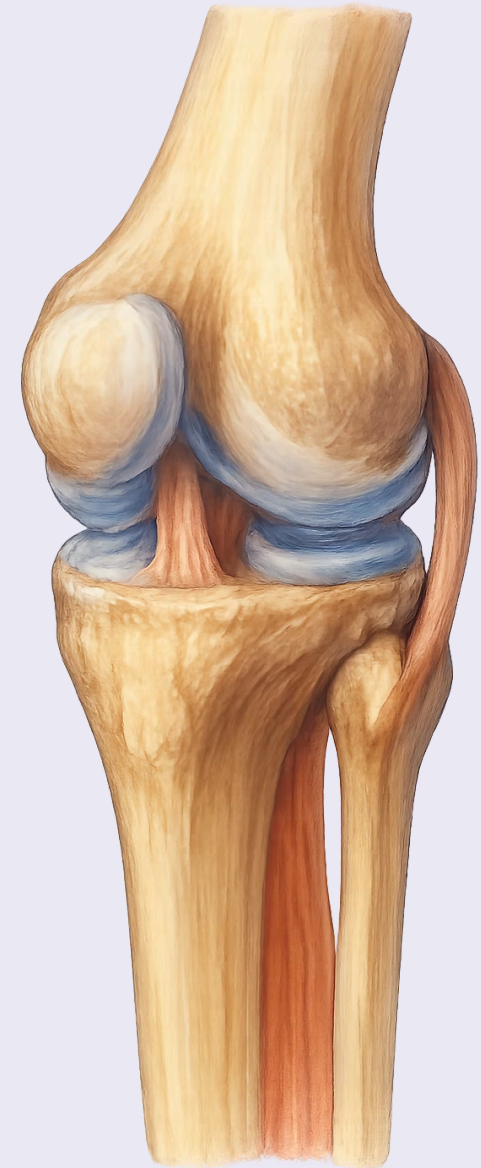
KNEES

Like the elbow, the knee represents a **crossroads** — a conflict in balancing direction, residing at the center of the entire leg. There may be a disparity between where you want to be at a certain life stage and where you actually are.

Ask yourself: Do you still need to release issues from your past in order to move forward? Is something holding you back?

The lower body is linked to the **first red root chakra**, connecting the knees to feelings of security, safety, and support. As a load-bearing joint, knee pain may signal that you are carrying too many responsibilities — at home or at work — without adequate support from others.

- Are you taking on too much weight, so to speak?
- Do you have proper emotional outlets?
- Can you allow yourself to ask for help?



SHINS

The shins are extremely vulnerable — mostly bone and front-facing. Connected to the root chakra, they are associated with the inability to move forward. Their frontal, somewhat fragile nature links them to major forward-moving life events and how we handle them.

Shin pain may flare up before significant transitions: a new marriage or relationship, a new job, a new home. Very specifically, you might be scared to take the next step — whatever that might be. Change can be scary, as can the fear of the unknown.



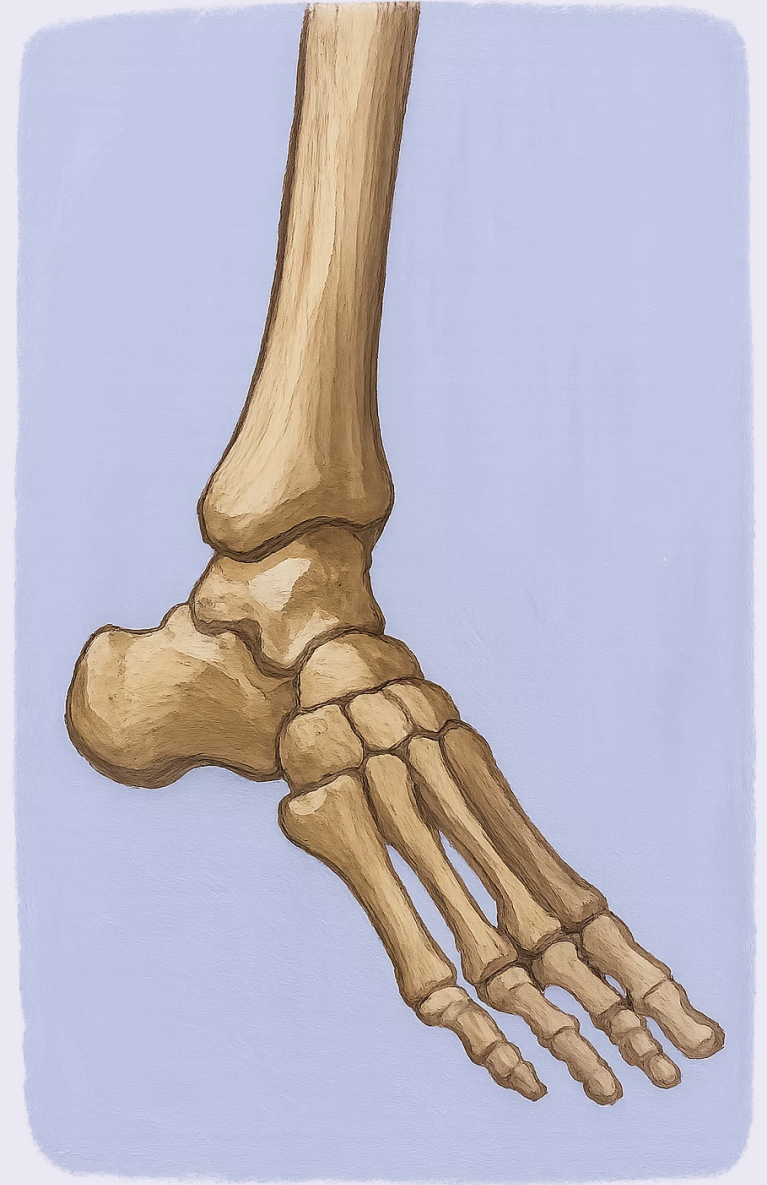
ANKLES

Ankle pain relates to blockages in moving forward, specifically an imbalance in life's direction or path. The ankle joint assists the foot in rotating — experiencing pain here usually means it's time to take responsibility for the direction you are heading.

Ask yourself: Are your mind, feet, and heart aligned with your direction? Are you hesitating, stalling, or standing still? Do you need to release something from the past that is limiting your movement, or take a step back before moving forward?

Also consider which ankle is affected:

- **Left ankle** — feminine side; relates to receiving or being open to receive
- **Right ankle** — masculine side; relates to giving, assertiveness, or taking action



FEET

The feet connect to the **first root chakra** and are the first place our bodies receive earth energy. Foot pain may indicate a lack of grounding — ask yourself if you feel secure and supported in your choices.

For balance, keep your emotions neutral rather than leaning toward optimism or pessimism.

- **Left foot:** Aligned with the feminine/right brain — connected to your *spiritual path* and direction.
- **Right foot:** Aligned with the masculine/left brain — connected to assertiveness, logic, and your *physical path*.





Created with love by Sharon Wajswol

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