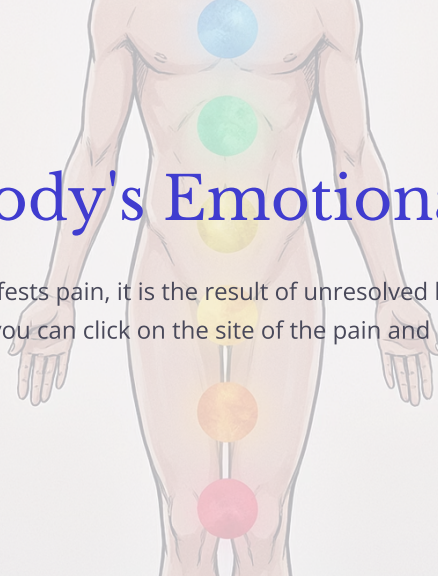


Your Body's Emotional Map

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.



1

1

Head & Face

Eyes · Teeth · Jaw · Head · Ears

2



EYES

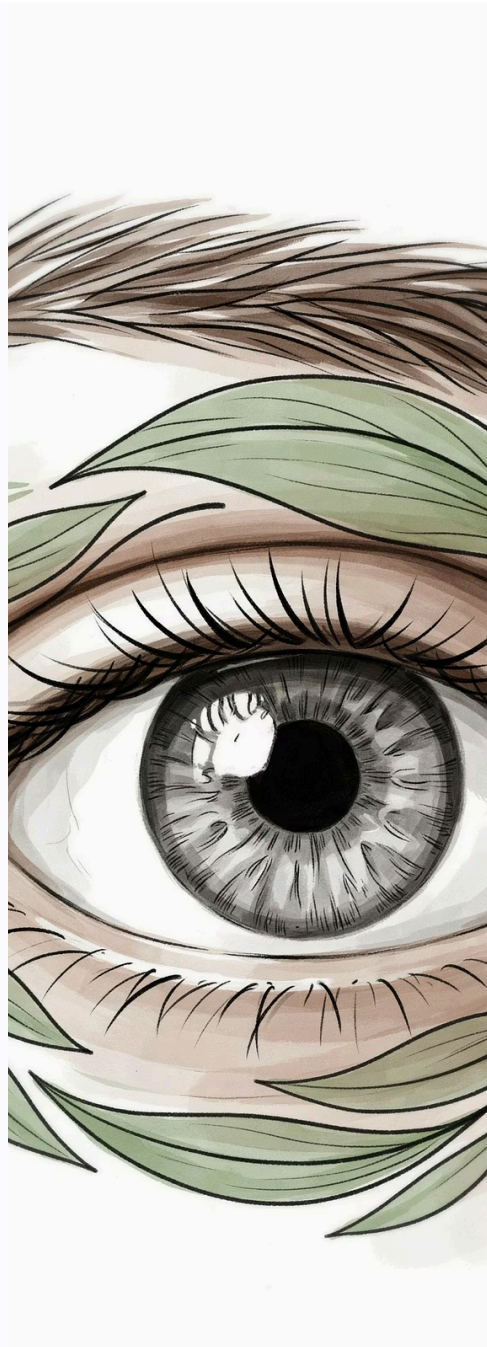
Eyes are known as the gateway to the soul. Eye pain could mean that you are not understanding or seeing things clearly; if you're ignoring your inner voice or lack self awareness, it could show up as eye pain. Your third eye or indigo chakra (6th) has to do with higher wisdom and spiritual awakening, so having pain around that area (between your eyes) could be positive as well.

Right eye pain

the right side is associated with masculinity. It has to do with lack of assertiveness, strength, logic, and rationality; it could also mean you have trouble making decisions.

Left eye pain

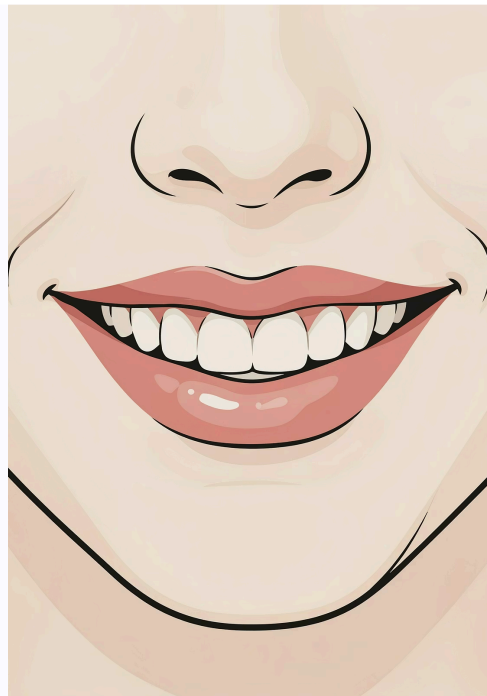
the left side is associated with femininity. It is associated with blocked intuition, creativity, and emotions; it is also related to deep caring for yourself and others



TEETH

As the eyes are the gateway to the soul, the teeth are the gateway to our nourishment. Nourishment is not just the physical food we consume. It's also our spiritual food. What are you digesting? Anxiety? Fear? Lack? Worry? Or is it Joy, Optimism, Compassion, and Love? Each set of teeth also represents a different issue.

4



TEETH (continued)

The 4 wisdom teeth — humiliation, grief, loneliness. These teeth also connect to the heart and small intestine.

The 4 front top and bottom teeth (8 incisors) — Fear, guilt, and shame. They are also connected to your kidney and bladder.

The 4 corner top and bottom teeth (4 canines) — Rage, resentment, control issues, and accountability. They are connected to the liver and gallbladder.

The 4 side top and bottom (8 premolars) — Low self esteem, self punishment, hatred. These are associated to the spleen and stomach.

The 4 teeth between premolars and canines (8 molars) — Rigidity, grief, compulsive behavior. They are connected to the lungs and large intestine.



JAW

Usually jaw pain results from unexpressed anger, or "swallowing your feelings". It has to do with stubbornness and resistance. Women often internalize anger more than men because of accepted social norms that tell us that it's not feminine to express rage. We neglect asserting ourselves in order to be accepted by society. Men have less of a problem with it. The next step would be development of unhealthy eating habits. We cannot wrap our mouth around what we want to express, so we substitute with chewing on "comfort" food as a substitute. Oddly enough, the jaw has to do with the pelvic floor. This is because the jaw is the opening through which we express our feelings. The pelvic floor area is where we suppress or hide them. Usually when our jaw tightens, so does the pelvic floor. Sometimes jaw pain means not being able to move forward in life. The pain can sometimes radiate down to the shoulders, arms and chest area.



HEAD

If you suffer from headaches you might be holding on to anger; you could be overworking yourself; You could be worried, anxiety-ridden, or depressed; you're disconnected from your physical, emotional, and mental intuition (6th chakra); Not taking responsibility for yourself; poor self-care, including bad nutrition, lack of exercise and sleep; negative frame of mind. On the positive side, it could mean a spiritual awakening headache!

Frontal headache

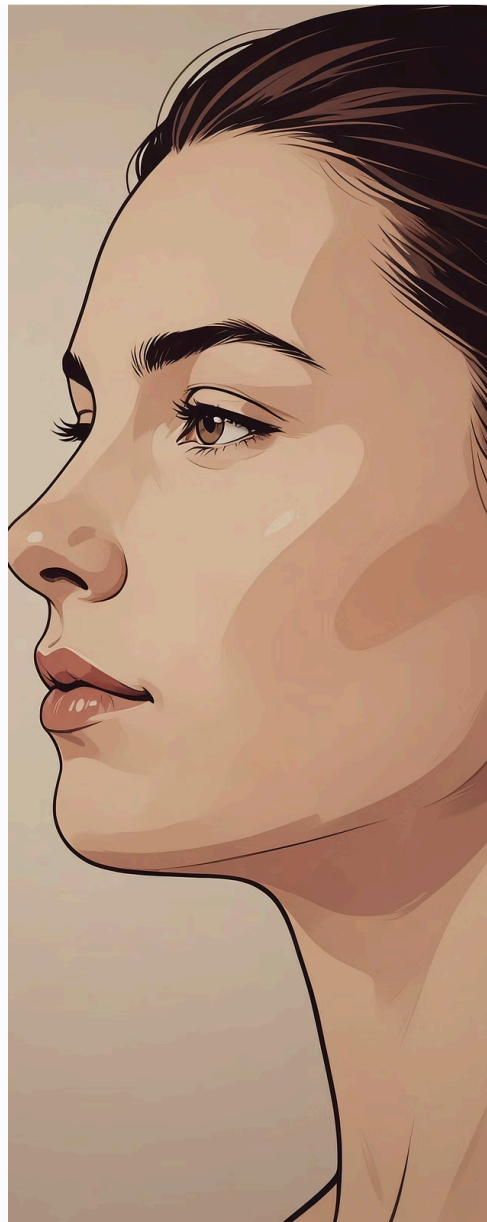
You might be overthinking or analyzing

Left side headache

Someone near/close to you might not have your best interests in mind (vulnerability)

Right side headache

Align your decisions and choices with your higher self; use your intuition more.



EARS

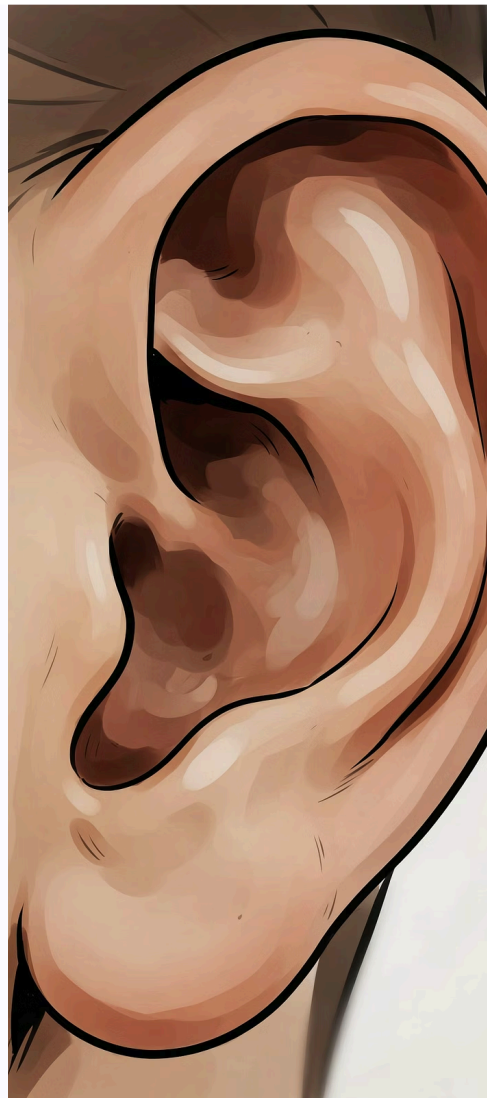
The ear and hearing in general signifies your ability to receive truth. Ears are associated with the blue throat chakra (5th). It could mean a disconnect between heart and mind, or an unstable life. It might be an unresolved conflict related to obedience. There's probably an area in your life where you lack humility and need to listen more. You also must learn to listen to your own inner voice.

Left ear pain

emotional stress;
spiritual imbalance;
ringing or buzzing in left ear might mean you are at a spiritual crossroads or you have a big decision to make. A positive sign is that you are on the verge of a spiritual awakening.

Right ear pain

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





2

Neck & Upper Body

Neck · Shoulders · Back · Chest · Ribs

NECK

Every body part's spiritual meaning is actually very logical. So it follows that the neck has to do with flexibility and resilience. It is at the the 5th blue chakra. This chakra represents self-expression and communication. It is also the part of the body where the spiritual and the material, or physical, intersect. It's the point where the lower body flows into the higher body or self. Neck pain indicates a lack of balance between our physical and and mental selves. Extreme stubbornness could manifest as neck pain. Our actions should, ideally align with our thoughts. It represents the ability, or lack thereof, to see from different perspectives. The neck supports our mind, or our wisdom. Neck pain might mean you cannot conduct open and honest dialogues easily. It also could mean that your creativity is blocked. You could have trust issues, and related feelings of vulnerability when opening up to others. You might have a problem with carrying through on a plan of action you thought about due to lack of decisiveness.



SHOULDER

This is another body part where the associated pain has a logical explanation. It means you are feeling unsupported in carrying some heavy burdens. Pain in the shoulders might indicate you are giving more than you are receiving. We can break down shoulder pain into left and right. Left is associated with Yin energy or the feminine side. Right is Yang energy or masculine side.

Left shoulder pain

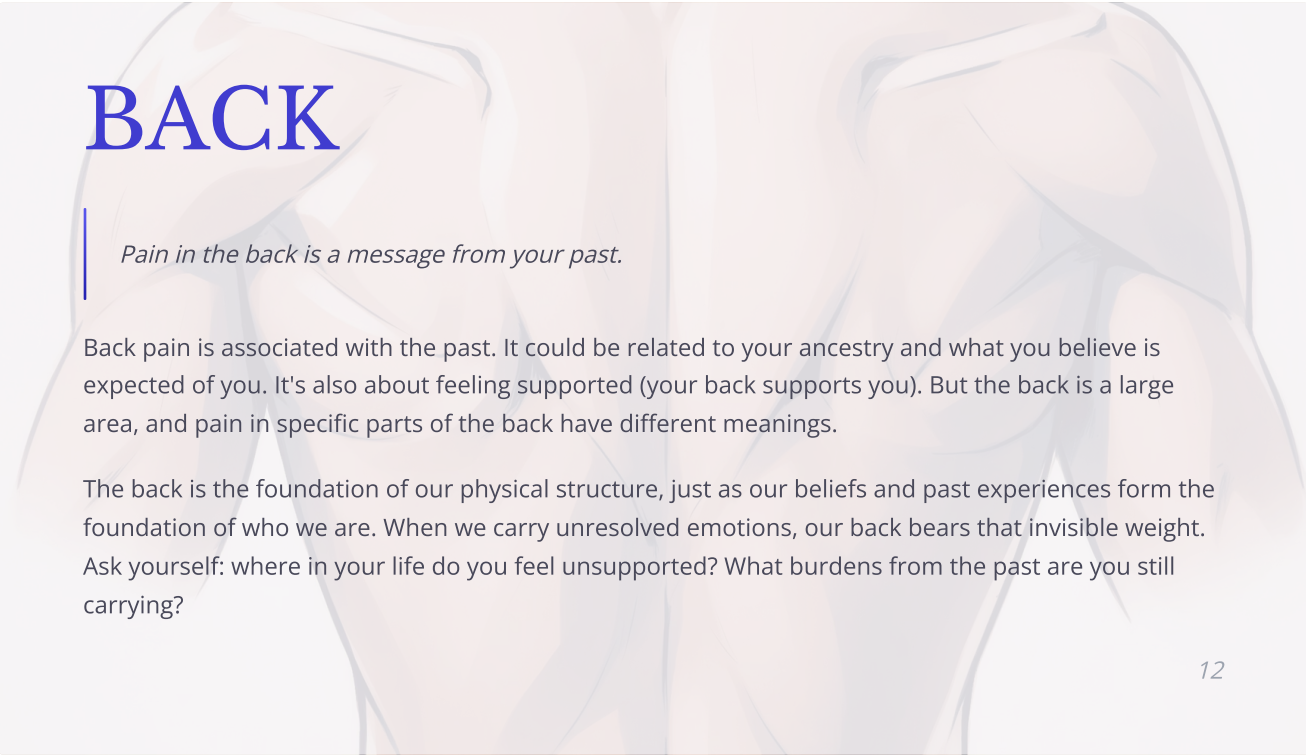
Connected to the heart chakra, it could mean you cannot give and receive love unconditionally. The burden you are carrying could be an emotional one having to do with guilt, regret, or sorrow. You could be holding on to past hurts, anger or resentment. In addition, this emotional weight could be increased by fear of expressing it and being vulnerable. On the positive side, left shoulder pain could mean a spiritual awakening.

Right shoulder pain

Connected to Yang masculine energy, or action-based tasks, the burdens you are facing could have to do with work-related responsibilities. You could be overwhelmed with the amount of work you have, and maybe you lack the organizational skills to handle it all.



BACK



Pain in the back is a message from your past.

Back pain is associated with the past. It could be related to your ancestry and what you believe is expected of you. It's also about feeling supported (your back supports you). But the back is a large area, and pain in specific parts of the back have different meanings.

The back is the foundation of our physical structure, just as our beliefs and past experiences form the foundation of who we are. When we carry unresolved emotions, our back bears that invisible weight. Ask yourself: where in your life do you feel unsupported? What burdens from the past are you still carrying?

BACK (continued)

Upper back pain

The upper back is closest to the shoulders (ie: shouldering responsibility). Are you "shouldering" or taking on lots of responsibilities and feeling overwhelmed? Do you value yourself primarily based on how much you do for others? Do you feel overly responsible for others? Do you trust that others will sufficiently support you (or have your back)?

Middle back pain

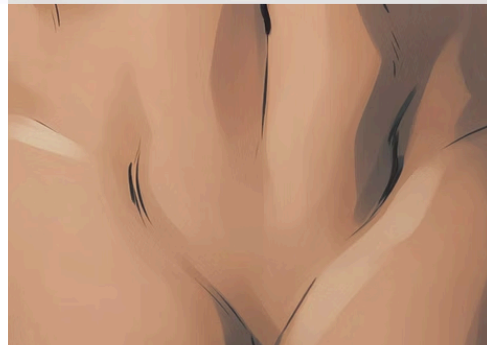
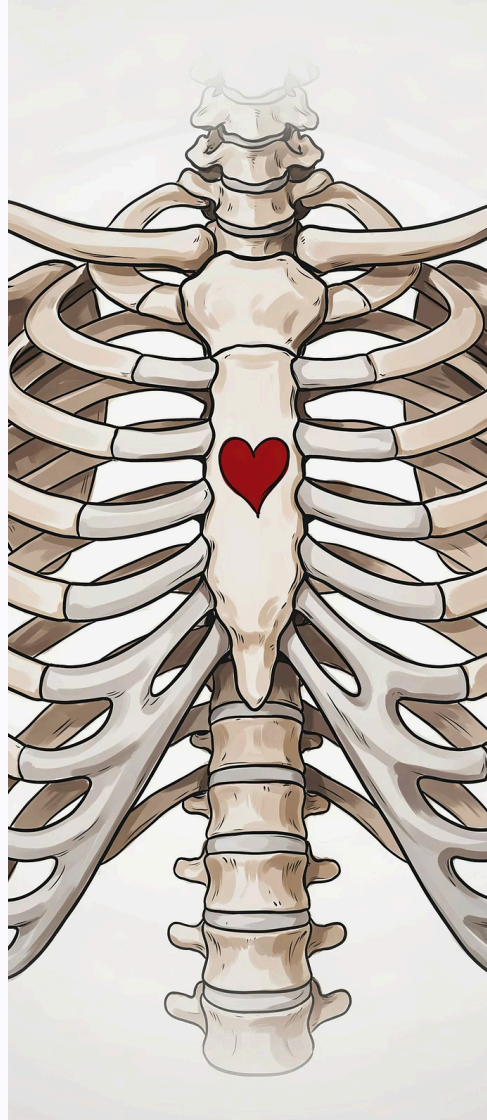
The location is directly behind the heart chakra, so it could be that your heart does not feel supported. Do you have supportive people around you? Are you supporting yourself emotionally? Is your inner dialogue positive or negative? The feelings associated with this are anxiety, depression or sadness.

Lower back pain

Since the lower back is behind the digestive system, back pain in this area has to do with digesting (or accepting) beliefs and life choices you have made. Sometimes acceptance is difficult because many choices you have made go against family and societal beliefs. The lower back is also behind the sacral chakra. Are you rejecting your sexuality? Pain in the lower back could also indicate blocked creativity. The location is close to the root chakra. So are you feeling financially secure and stable? Are you afraid of taking on a meaningful career?

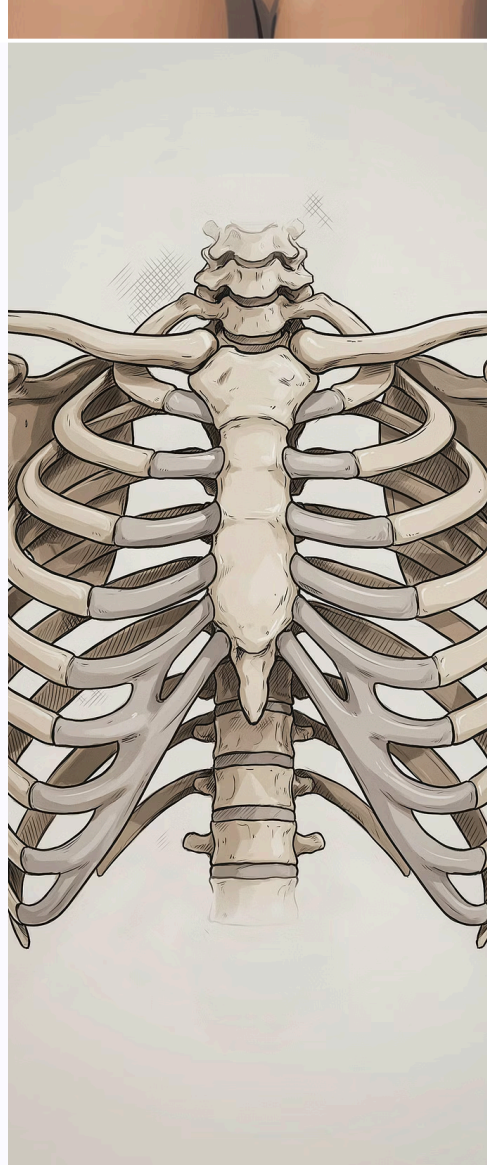
CHEST

The chest is at the location of the green heart chakra. Therefore, pain in this area relates to some kind of emotional imbalance. This could mean some sort of sadness you have not dealt with. It could also be associated with an unexpressed resentment or anger. It could be that you lack compassion. The heart chakra mainly dominates the emotion of love. A blocked heart chakra can mean that either you have trouble giving and showing love to others, or to yourself. Low self-esteem or a feeling of unworthiness is common. Sometimes people are afraid of expressing emotions because of some past unresolved trauma. A positive interpretation is connected to spiritual growth and overcoming your emotional comfort zone.



RIBS

Ribs are associated with the heart because they are the body's structure that protects our heart. So pain in the rib cage has to do with a feeling of vulnerability or feeling unprotected. Are you guarding your emotions and/or heart because of past hurts? If you are not giving assistance to others, chances are you are not receiving it from others. Are you asking for help and emotional support when you need it? Are you doing everything you can to feel emotionally secure? Since the ribs also protect the lungs, pain in this area might mean that you are having trouble breathing easily or relaxing. Ribs are also associated with flexibility during stressful times in our life. Are you handling troubling situations with fluidity or rigidity?





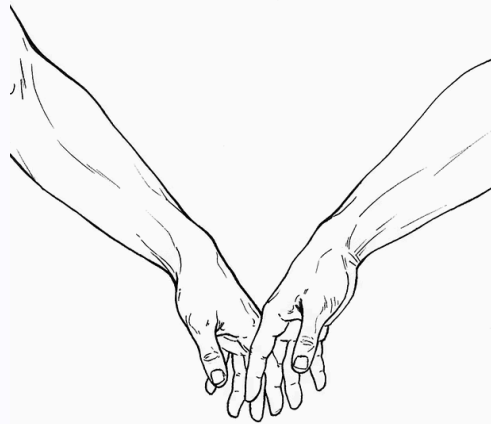
3

Arms & Hands

Arms · Elbow · Hands

ARMS

Another logical explanation for arm pain. Arms enable you to give and receive. In which relationships are you not giving enough or receiving enough? Arms also help us to carry out tasks. If you have arm pain, ask yourself if you are overburdened with responsibilities which you feel you cannot complete. It might mean you are overextending yourself. We also embrace with our arms. How are you embracing people, situations, or emotions in your life? Pain in the arms could also indicate that you are carrying or lifting the weight or burdens of others. We hold things and/or people with our arms. Where are you holding on too tightly to something or someone, or where are you not holding on enough? In Buddhism, the right arm symbolizes making the right ethical and/or moral decision about something. The left arm represents your life path and where you are headed.



ELBOW

Since the elbow represents flexing, then pain in that area could mean you are being inflexible in certain parts of your life. It is a joint, and could represent a crossroads between letting go of the past (upper arm) so that you can navigate the future (lower arm). It has to do with accepting and being able to negotiate life's challenges, and unexpected twists and turns that we may face. Elbow pain could mean holding on to the past and not being able to forgive in order to move forward. The pain is a reminder to us to "go with the flow" and face any situation with fluidity and grace. Finally, elbows represent how we extend ourselves to those around us, and most importantly, how we give ourselves enough self care.



HAND

The right side of our body is masculine or Yang energy. This is the rational, logical, intellectual side. So if you have pain in your right hand, it has to do with either the males in your life (father, brother, son, etc). It could also have to do with anything that is Yang related where you would have to assert yourself. So if a woman feels right hand pain, it could be related to her career or any part of her life where she has to assert herself more. When a man feels pain in his right hand, it could have to do with male competition. For both male and female, it could have to do with resistance or acceptance to dominant male authority figures. The left side of the body is feminine or Yin energy. Yin energy is the energy of receiving, rather than masculine giving. It could mean you are having issues with a mother, wife, sister, or daughter in your life. If you feel pain in the left hand, ask yourself are you able to receive love. Feminine energy is also linked to your intuition or creativity. If you are a male experiencing pain, are you in touch with your feminine side? Are you able to express emotions? Can you cry? For both males and females, are you tapping into your intuition as much as you should be when making decisions?

4

Core & Lower Torso

Stomach · Pelvis · Hip · Buttocks

20



STOMACH

The stomach is associated with our third solar plexus chakra. This is the yellow chakra having to do with our personal power. Of course this part of our body regulates digestion.

Therefore pain in this area is associated with how we take in or digest life events. Also think about which emotions cannot digest easily.

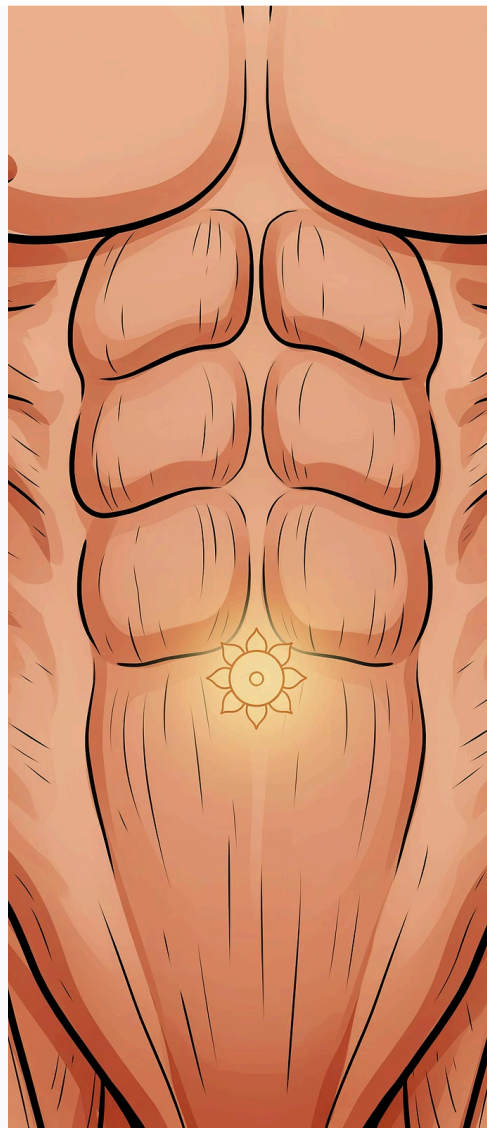
These are usually anger, sadness, anxiety, and very often, worry. Since the solar plexus is connected to our personal power, try to see where or how you are inhibiting your power.

Are you having trouble making choices in life?

Do you procrastinate before taking action?

The solar plexus represents self confidence.

Do you believe in yourself? Do you allow others' opinions of you to affect your mental state of mind?



PELVIS

The pelvic floor is known as the energetic gateway. It is associated with the first red root chakra. The root chakra is connected with our most basic needs in order to feel secure. These needs could include a home, money/income, food, etc. The pelvic area is the first to feel tension when we feel insecure. It is vital that we keep this gateway relaxed and open, or receptive. This is so we can better connect to people, information, abundance – those very things that we need in order to feel secure. When we feel pain in the pelvic area, it often means we are not in control of certain areas of our life. Try to take an objective look at areas of your life where you lack boundaries or do not know how to say "no" or where you have trouble accepting and allowing and do not know how to say "yes".



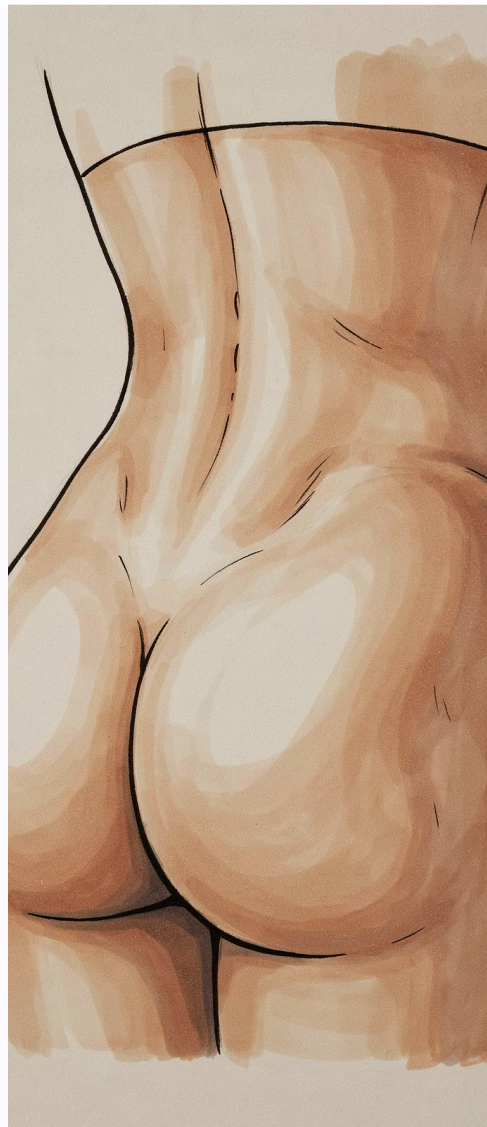
HIP

The hips are located at the second orange sacral chakra. This chakra has to do with intuition, creativity, and sexuality. The hips assist us in mobility or going forward. If you have hip pain, ask yourself where in life you are feeling stuck. Where are you staying in one place where you ought to be moving forward? This can sometimes mean acceptance or allowing. The sacral chakra is all about sensuality and the feminine or Yin energy. Therefore, look into your feminine relationships – with you mother, sister, daughter, etc...Yin energy is all about allowing or being open to receive. Sometimes in order to do something like moving forward (physically or emotionally), you have to do just the opposite – which is to stand still and accept or allow. What feelings should you allow in, in order to feel into your sexuality or sensuality? Try drawing, or singing, or dancing or any creative activity associated with the sacral chakra.



BUTTOCKS

The buttocks is associated to the first red root chakra. Again, the root chakra is associated with our most basic needs for security. So, on a physical level we should look at physical imbalance having to do with the legs, feet, and tailbone. It primarily takes power to move forward. Usually one feels a loss of personal power when they experience buttocks pain. This loss of power can often mean suppressed anger or rage. No coincidence that the root chakra is red, or the color we associate with anger. The root chakra also has to do with earth energy or being grounded and feeling stable. Try to look at areas in your life where you are not feeling secure and grounded. Sometimes just this awareness will cause an energy shift in that area.



A light purple rectangular box containing a faint, artistic illustration of a person's legs and feet. The legs are crossed at the ankles, and the feet are flat on the ground. The illustration is rendered in a soft, sketchy style with light skin tones.

5

Legs & Feet

Thighs · Knees · Shins · Ankles · Feet

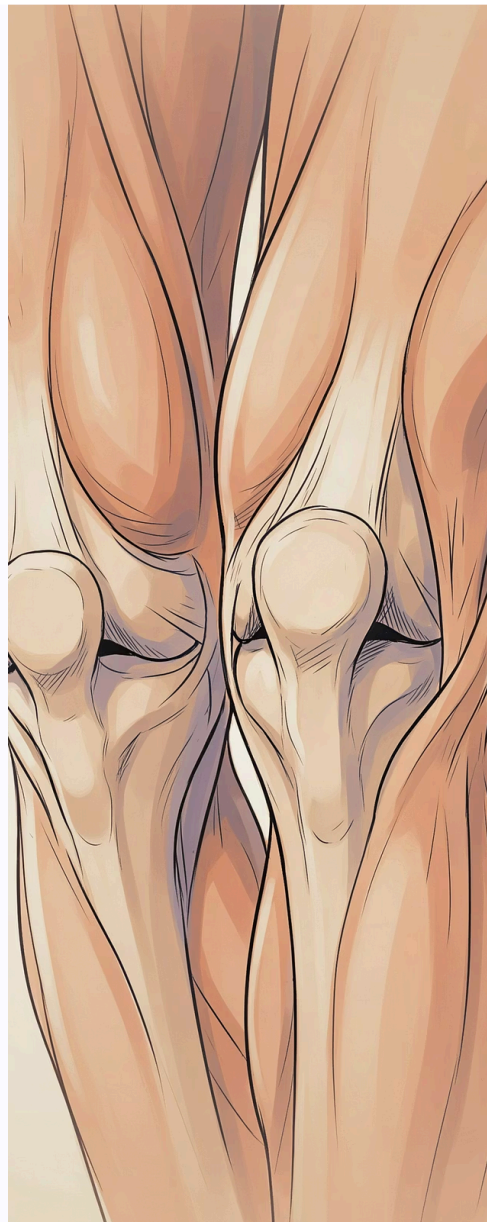
THIGHS

As in animals, humans also can have a flight or fight response to life's challenges. The legs in general are connected to this primal fear, specifically enabling or disabling mobility. So, pain in the thighs can indicate vulnerability, especially when the pain is closer to the tender inner part of the thigh. It could mean that you do not face adversity with power and strength, or that your first instinct is to run away when faced with a difficult situation. Sometimes we lean toward "running away" upon facing a new life phase or some drastic unexpected life change. We should look into ways to face these new life paths with fluidity rather than rigidity, fear, and tension.



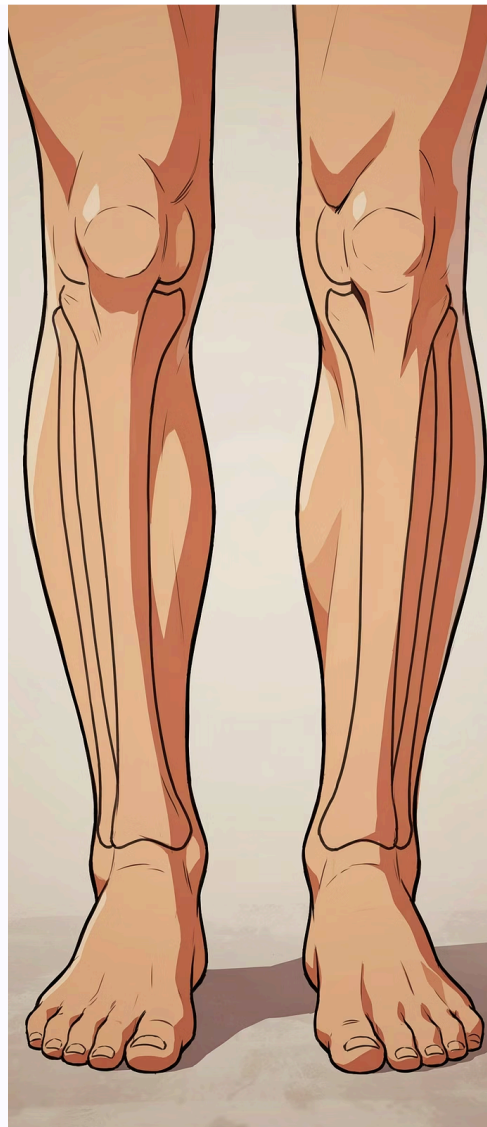
KNEES

Similar to the elbow, the knee represents a crossroads in our body. It represents being in conflict with balancing direction, since it resides at the center of the entire leg. There may be a disparity with where you would like to be at a certain stage in life, and where you actually are. Ask yourself if you still need to release issues in your past in order to move forward. Is something holding you back? The lower body is linked to the first red root chakra. So, the knees also have to do with feeling secure and safe and supported in life. It is also a load-bearing joint. Pain in the knees could mean that you are taking on many responsibilities either at home or at your job and feel no support from others. Do you have the proper emotional outlets? Are you carrying too much weight, so to speak, and not able to ask for help?



SHINS

The shins are extremely vulnerable, as they are mostly bone, and they are front-facing on our body. Connected to the root chakra as well, they are also associated with inability to move forward. However, since they are frontal facing and somewhat fragile, or susceptible to splints, they are associated with major forward moving life events and how we handle them. Shin pain could flare up before major events such as a new marriage or relationship, a new job, a new home, etc. The forward facing location of this part of the body strongly relates to the meaning behind the area's pain. So, very specifically, you might be scared to take the next step, whatever that might be. Change can be scary for many, or the fear of the unknown.



ANKLES

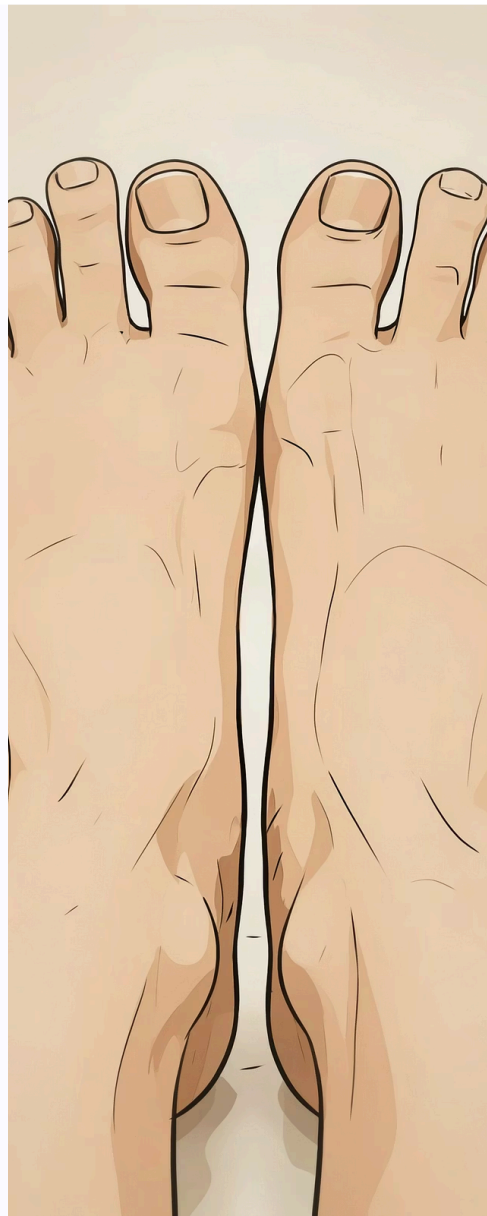
Ankle pain, similar to shin pain has to do with blockages related to moving forward.

However, the difference with the ankle is that it specifically relates to an imbalance in our life's direction or path. The ankle is the joint that assists the foot in rotating. Experiencing ankle pain usually means that you have to start taking responsibility about the direction you are taking in life. Are your metaphorical feet, mind, and heart in tune with each other regarding your direction? Are you hesitating or stalling, or standing still for some reason? Do you need to release something from the past that is disabling your movement? Do you have to take a step backwards before moving forward? Also look at which ankle is hurting. Left is feminine side and has to do with receiving or being open to receive. Right is masculine side and has to do with giving, assertiveness, or taking action.



FEET

The feet are connected to the first root chakra. It is also the first place in our bodies to receive earth energy. Foot pain could mean that we are not grounded enough. Ask yourself if you feel secure and supported in the choices you make. In order to feel grounded, our emotions must be in balance. Are you an optimist or a pessimist? If you lean more towards one end of the spectrum, try to remain neutral. The left side of your body aligns with the right (feminine) side of your brain. So pain in the left foot is connected to the direction of your spiritual path. The right side of your body aligns with the left (masculine) side of your brain. Pain in the right foot has to do with being able to assert yourself, make decisions, and think logically and rationally. It is connected more to your physical path.



A decorative header banner featuring a repeating pattern of pink roses and green leaves. The roses are in various stages of bloom, and the leaves are detailed with veins. The overall color palette is soft pink and light green.

Created with love by Sharon Wajswol

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