



Lung/L.Intestine

3-5am / 5-7am

Grief
Rigidity

Crying / Yearning

Sorry / Anguish

Rejection
Defensiveness

Confusion
Self-abuse

Desired Outcome

Joy
Acceptance
Relaxed

Kidney/UB/Adrenals

5-7pm / 3-5pm

Fear / Timid
Peeved

Paralyzed will

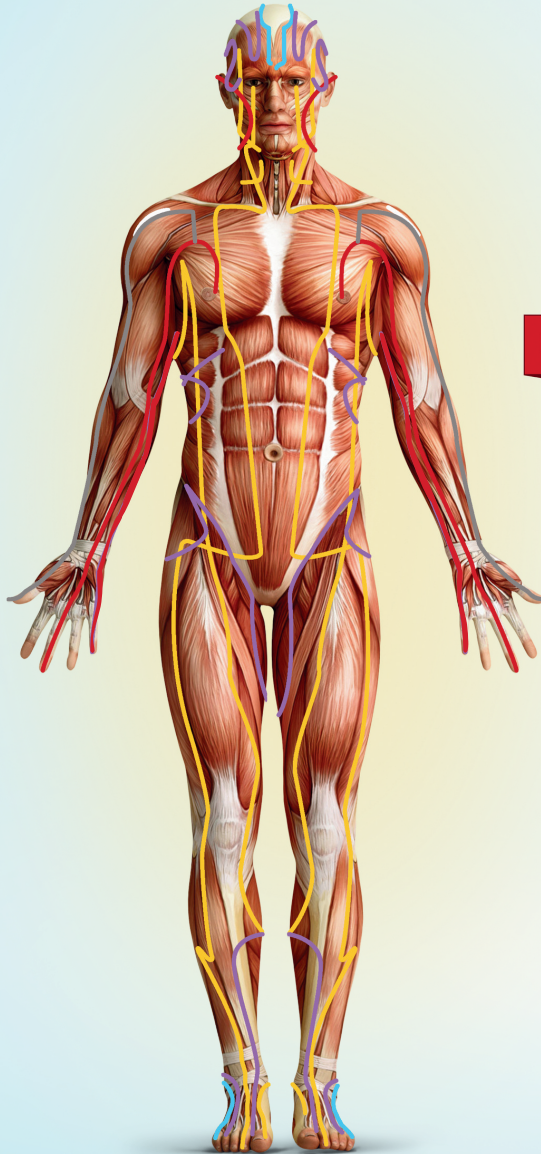
Blame
Dread / Horror

Shock
Poor memory

Made wrong
decision

Desired Outcome

Safe
Understanding
Competent



Heart/S.Intestine

11am-1pm / 1-3pm

Lost + Vulnerable
Abandonment

Betrayal
Broken Trust

Unrequited Love

Deserted
Insecurity

Inappropriate Laughter/Joy

Desired Outcome

Secure
Safe

Gonads

7-9pm

Humiliation
Shame

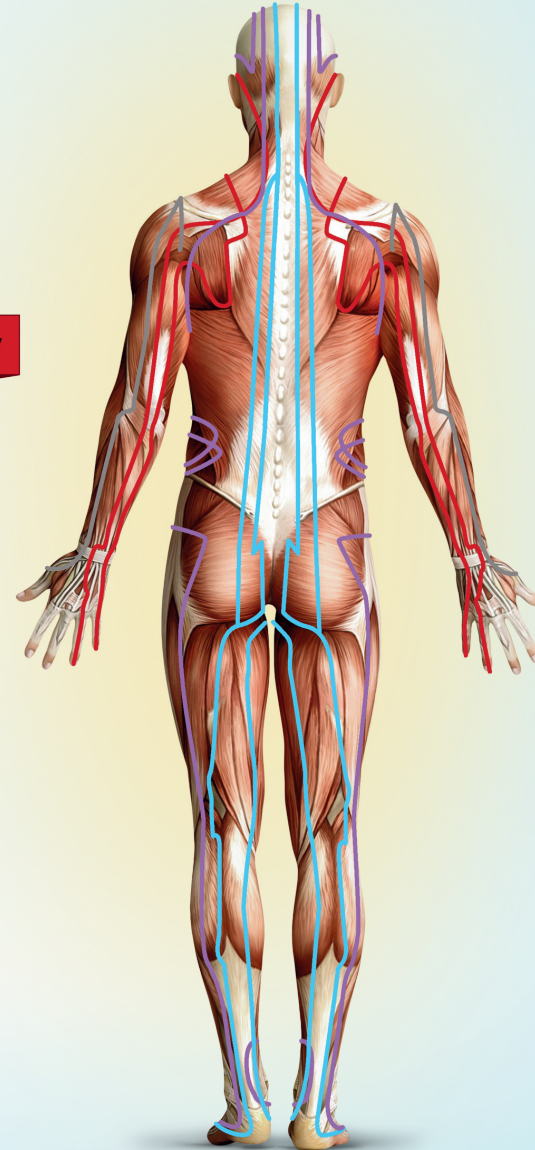
Jealousy

Pride

Shock

Desired Outcome

Free
Grounded
Stable



Spleen/Stomach/Pancreas

9-11am / 7-9am

Low self-esteem
Disgust

Anxiety / Failure
Nervousness

Worry
Over-concerned

Hopelessness
Helplessness

Lack of control
Despair

Desired Outcome

Worthy
Calm
Relaxed

Liver/Gallbladder

1-3am / 11pm-1am

Anger
Resentment

Depression
Frustration

Bitterness
Hatred

Indecisive / Guilt

Desired Outcome

Forgiveness
Love

SOMATIC AWARENESS & ARMORING SEGMENTS

FACE

Twitching, out of context expressions,
excessive blinking, tension

EYES

Scattered, looking down, or can't
make eye contact with others

VOICE/THROAT

Talk too much/fast, stuttering, excessive
pausing, excessive permission/apologizing,
not in "full" voice, pitch, tone, cadence,
tempo. Dry, tight, difficulty swallowing.

JAW

Tight or locked, clenching, grinding
teeth, tension headaches

SHOULDERS/NECK

Tight/Rigid, closed/sunken, tensed
upwards towards ears

HEART

Increased or irregular heart
rate, tightness in chest

BREATH

Shallow, irregular

STOMACH/GUT

IBS, poor digestion, tightness,
gas, lack of appetite

ARMS

Crossed, tightly folded,
tense, restless

HANDS

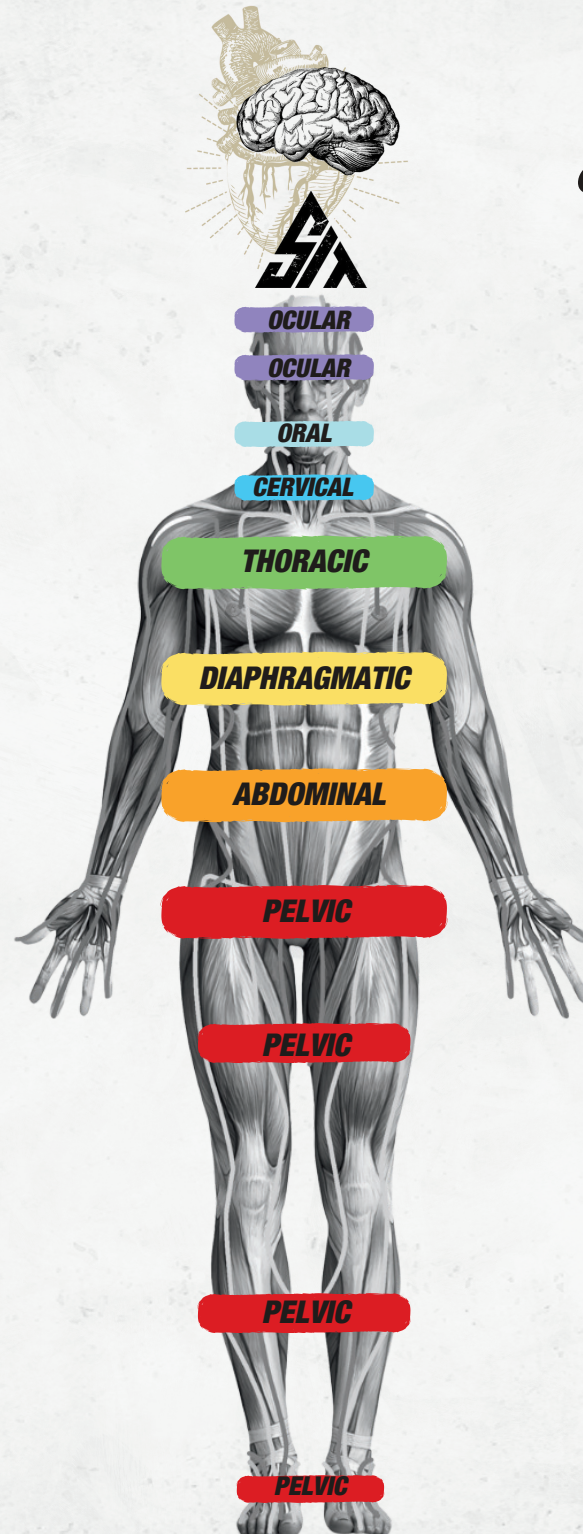
Clenched, sweaty, restless

LEGS

Crossed/closed, restless

FEET

Lack of authority in walk, restless



OCULAR

All the muscles of the eyes and eyeballs, the forehead, the cheeks, the
scalp, temples and the occipital lobe (the centre of vision in the brain)

Emotional Expression: suspicion, contempt, detachment, guarding,
fight, anger, grief, and amusement.

ORAL

Mouth, chin, nose, jaw, ears.

Emotional Expression: contempt, disgust, longing, fear, pain,
anger, desire, connection, self-awareness and presence.

CERVICAL

Deep neck muscles, the tongue and its operational muscles.

Emotional Expression: self-pity, helplessness, longing, hurt,
fear, pain, rage, freedom, creativity and self-expression.

THORACIC

Intercostal muscles, the large chest muscles (pectorals), the
shoulder muscles (deltoids), the muscles around the shoulders
and scapulas, the arms, the heart and the lungs.

Emotional Expression: anger, grief, mourning, longing, fear,
rage, deep heart feelings, love and joy.

DIAPHRAGM

The diaphragm, the stomach, the solar plexus.

Emotional Expression: pain and pleasure, the blocking of the
diaphragm is significant because it cuts the body in two, and cuts all
sensing and feeling of the lower segments, such as rage, hate, terror,
sexual feelings, excitement, strength and empowerment.

ABDOMINAL

The large abdominal muscles (rectus abdominus), the transversus abdominis, which
runs from the lower ribs to the upper margins of the pelvis, and in the back, the lower
section of the muscles which run along the spine (latissimus dorsi and sacrospinalis).

Emotional Expression: pain, fear, pleasure, trust, all feelings about nourishment
and being nourished, relaxed in the center.

PELVIC

Almost all the muscles of the pelvis: the genitals, urinary tract, the buttocks (gluteus
maximus), the adductors and abductors (in the thighs), hamstrings, and lower legs.

Emotional Expression: anger, rage, anxiety, terror, panic, pleasure, sense of
power, sexual feelings and arousal.