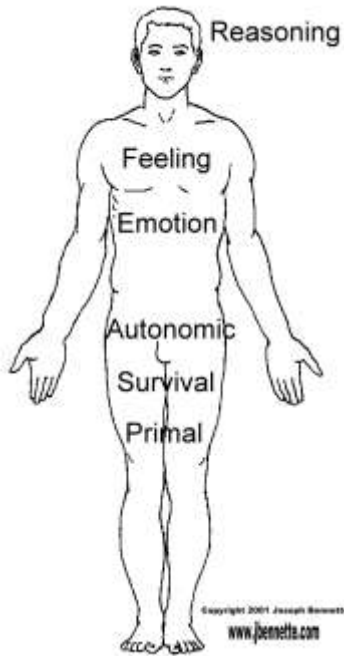


# Some Metaphors of the Body System

## Body Metaphors – Thought Patterns

Head – Direction; Primary  
 Forehead – Goals; Mission;  
 Ideals, Aspirations  
 Eyebrow – Expression  
 Eye – Personal Vision; How I  
 see the world  
 Ear – Presence - how I show up  
 Nose – Intuition; Knowing  
 Mouth – Intake; Considering  
 Face – Appearance; Expression  
 Chin – Attitude; Influence,  
 Strength/Weakness  
 Neck – Flexibility; Alternatives  
 Shoulder – Shoulds;  
 Commitments;  
 Responsibilities  
 Chest – Connection; Affection;  
 Nurturing; Relationships  
 Upper Arm – Power; Strength  
 Lower Arm – Work; Doing  
 Wrist – Choices; Flexibility  
 Hand – Learned skills;  
 Grasping/holding  
 Abdomen – Processing; Resources; Secondary  
 Upper Back – Truth (core beliefs); Experience held as truth  
 Mid-Back – Uprightness; Character  
 Lower Back – Support; Flexibility  
 Hips/Buttocks – Last; Intersection of beliefs; Joining  
 Thigh – Movement; Beliefs in action  
 Knee – Needs; Respect  
 Shin – Ascending; Climbing; Upward mobility  
 Calf – Strength; Sacredness  
 Ankle – Supporting Beliefs  
 Foot – Understanding (soul); Foundational beliefs  
 Leg – Mobility; Tertiary  
 Skin – Outer layer; Surface; Shallow; Boundaries  
 Left Side – Feminine; Yin  
 Right Side – Masculine; Yang



## Conditions Metaphors

Aches - Suppressed; Invalidated; Wronged  
 Acute pain - Pay attention NOW!  
 Aneurisms - Distrust; Betrayal; Opening  
 Bleeding - Losing; Loss; Grief  
 Breaks/Fractures - Stop thinking this way!  
 Time for a change! Sudden and  
 irreversible change is occurring now  
 Bruises - Guilt; Withholding joy; Crushed,  
 Destroyed; Fighting  
 Cancers - Losing control; Feeling the  
 victim; Rejection; Out of control  
 Chronic pain - Entertaining old, hurtful,  
 beliefs  
 Cuts - Guilt; Opening (opportunity)  
 Dull pain - Time to pay attention; Time for  
 a change  
 Fat - Stored excess emotional content  
 Fever – Heating up; Pay attention  
 Indigestion – Time to reconsider; Wrong or  
 wronged; Afraid  
 Infection - Anger; Defensiveness; Invaded;  
 Violated  
 Inflammation - Anger; Hostility;  
 Turbulence  
 Injuries/Wounds - Separation; Hurt  
 Itch - Trying; Struggling; Confused  
 Nausea – Rejection; Terror  
 Out of joint - Angry; Frustrated  
 Pulled muscles - Overwhelm; Not good  
 enough; Straining  
 Rash – Rejection; Sorry; Irritated  
 Sharp pain – Pay attention NOW!  
 Sprains - Twisted, distorted thinking;  
 Overwhelm  
 Stiffness - Fear of taking responsibility;  
 Stuck in a belief pattern  
 Tightness/Tenseness - Fear; Anxiety; Worry  
 Warts - Bothersome annoyances; Losing  
 control a little at a time; Offenses

### To use this chart –

1. Determine the condition(s) you are experiencing from the Conditions Metaphors list.
2. Look to see what the condition metaphor might mean for the condition you are experiencing.
3. Find in the Body Metaphors list the body part that has the condition to make a short “story”.
4. Then look into your life and see if that “story” is occurring in your life. If so, you may find that as you do something to make a change in your belief system, the condition will change, too.

### Examples:

Headache (ache in the head) ~ Invalidating my direction. Maybe I’m headed in the wrong direction...  
 Angina (sharp chest pain) ~ Pay attention to my relationships NOW! Time to re-connect...

*Note – This chart is for consideration only and not intended to replace competent medical assistance.*