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
- 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.*

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