

Left Side Feminine Energy

Receptivity, Taking In

Need to Listen / Feeling Unheard
Fear / Confusion / Never Good Enough
Indecision / Blame / Guilt
Repressed Anger / Bitterness
Fear / Burdened / Overloaded
Helpless / Anger
Fear of Life / Can't Cope

Releasing it in All Modalities

Fear / Bitterness / Condemn
Remorse / Guilt / Sad
Rage / Anger / Helpless
Worry / Failure
Resistance / Stored Pain
Disappointed / Blame Others
Victim / Poor me

Releasing it in All Modalities

Fear of Relationships
Insecure / Unsafe / Lonely
Stuck in Pain
Abused / Guilt / Self Hate
Sexual Rejection / Powerless
Insecure / Anger
Holding On / Self-Blame
Sitting on Old Pain / Helpless

Releasing it in All Modalities

Unsafe / Can't Survive / Ungrounded
Terror of Extinction / Unloved
Rejection / Despair / Annihilation
The Void, Separation from God,
Non-Existence / Fear of Going Forward
Pride / Ego / Stubbornness / Discouraged
Not Good Enough / Undeserving

Releasing it in All Modalities

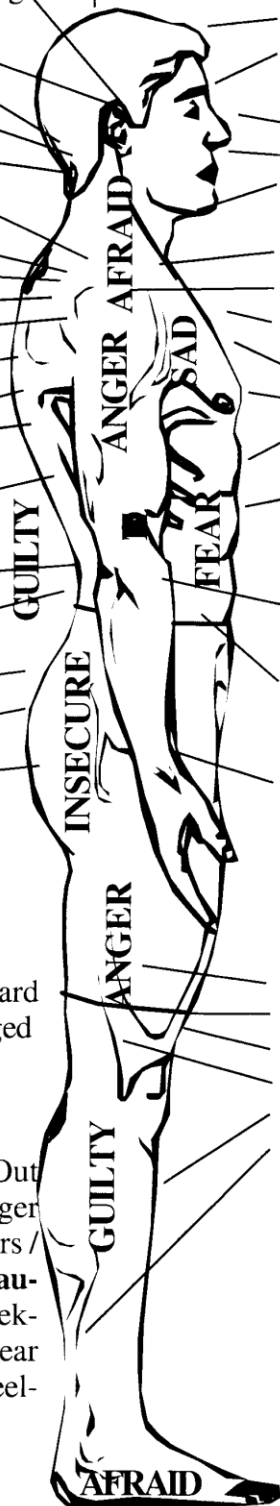
Numb Face: Stuffed Feelings

Itching: Remorse / Want to Get Out
Away / **Bad Breath** / Festering Anger
Revenge / **Body Odor** / Fear of Others /
Self-Hate / **Cramps** / Fear, Tension **Nau-
sea** / Fear / Rejection **Pain** / Guilt Seeking
Punishment **Tics & Twitches** Fear
of being watched / **Varicose Veins** Feel-
ing Overworked / Overburdened

Releasing it in All Modalities

Body Chart

Closed,
Invalidation



Masculine Energy on right side

Giving Out, Letting Go

Never Good Enough / Hurt
Afraid to See / Invisible,
Need to See Beyond the Lesson
Need Recognition / Can't Take it
Close Minded / Shut off
Stubborn / Inflexible
Can't Speak Up for Myself
Need to be Perfect / Afraid to Express

Releasing it in All Modalities

Fear of Death / Loneliness
Dishonored / Poor Me / Alone
Sad for Self / Sad for Others
Self-Pity / Deep grief / Heartache
Fear of Losing Self in Commitment
Fear / Hate / Self Doubt / Bad
Lack of Trust / Unfaithful / Guilty

Releasing it in All Modalities

Judge Self / Judge Others
Condemned / Punish Self
Punish Others / Reject Self
Reject Others / **Childhood Issues**
Arms / Anger / Rage / Frustrated
Bored / Lack of Creativity
Inflexible / Afraid to move forward

Releasing it in All Modalities

HANDS / Holding On / Can't Cope
Thumb / Worry / **1st Finger** / Fear

Pride / **2nd Finger Sexuality**
Anger / **3rd Finger** Grief / Unions

4th Finger / Family Relationships
Adult Issues / Legs / Thighs

Can't Bend / Angry / Stubborn
Better Than / Less Than / Terrified

Releasing it in All Modalities

Vulnerable / Weak / Scared
Insecure / Fear of the Future
Shut Down Sexually

Fear of Minor Details of the Future
Burning Eyes / Fear

Stinging Eyes / Terror

Dry Eyes / Resentment

Gritty Eyes / Anger

Heavy Eyes / Sadness

Releasing it in All Modalities