

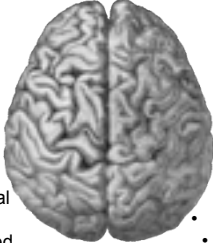
Right-Left Axis

- Right side = Father (right side health issues come from father's side of the family and relationship to yang energy)
- Left side = Mother (left side health issues come from mother's side of the family and relationship to yin energy)
- Right side sends energy
- Left side receives energy





Brain Functions




| | |
|--|---|
| Left Brain | Right Brain |
| <ul style="list-style-type: none">• Logical• Sequential• Analytical• Verbal• Language• Rational• Practical• Scientific• Mathematical• Strategic• Past Oriented• Compartmentalized | <ul style="list-style-type: none">• Intuitive• Holistic• Creative<ul style="list-style-type: none">• Visual• Symbolic• Imaginative• Impetuous<ul style="list-style-type: none">• Artistic• Philosophical• Possibility Based• Future Oriented<ul style="list-style-type: none">• Associative |

Right and Left Side (Body and Brain)

| | |
|--|--|
| <ul style="list-style-type: none">• Right Side – Left Brain• Masculine side of our nature• Sends energy• Protects us<ul style="list-style-type: none">◦ Liver (detoxification)◦ Thymus (immunity)◦ Left brain (logic)• Patterned from Father's side of the family | <ul style="list-style-type: none">• Left Side – Right Brain• Feminine side of our nature• Receives energy• Opens us up<ul style="list-style-type: none">◦ Pancreas (nourishment and pleasure)◦ Heart (love, joy)◦ Right brain (intuition)• Patterned by Mother's side of the family |
|--|--|


Vertical Axis

- Head World
 - Mind/Mental/Thinking
 - Parent, Superego
 - Mind
- Heart World
 - Heart/Emotional/Feeling
 - Adult, Ego
 - Spirit
- Gut World
 - Guts/Physical/Doing
 - Child, Id
 - Body



The Wizard of Oz

- Scarecrow – Looking for a brain
- Tin man – Looking for a heart
- Lion – Looking for courage (guts)




Star Trek

- Spock – mind
- McCoy – heart
- Captain Kirk – guts




Three “Worlds” on the Face





Head
Heart
Body

Cartoon Caricature



Three “Worlds” of the Senses

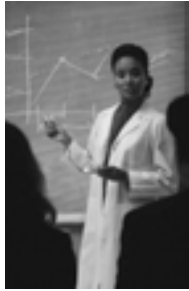


Sensory Doorways

- The eyes are the doorway to the mental world
- The ears are the doorway to the emotional world
- The hands are the doorway to the physical world
- The nose sits at the junction between mind and heart (the throat or neck)
- The mouth is at the junction between heart and body (solar plexus)

Learning Types

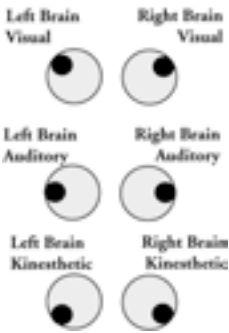
- Mental people are visual learners
- Emotional people are auditory learners
- Physical people are kinesthetic (touch and movement) learners



Eye patterns

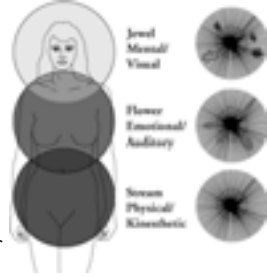
- Looking up engages the visual
- Looking to the side engages the auditory
- Looking down engages the kinesthetic

| | |
|---------------------------|----------------------------|
| Left Brain Visual | Right Brain Visual |
| Left Brain Auditory | Right Brain Auditory |
| Left Brain Kinesthetic | Right Brain Kinesthetic |



Three Basic Rayid© Types

- Jewel
 - Mental type
 - Visual learner
- Flower
 - Emotional type
 - Auditory learner
- Stream
 - Physical type
 - Kinesthetic learner




Jewel
Mental/
Visual

Flower
Emotional/
Auditory

Stream
Physical/
Kinesthetic


Tree of Life

- A twelve-element model from the Hebrew Tradition
- The model I use is the original form of the tree, which was rediscovered by my friend Roylon Mortensen
- The tree has 12 spheres and 22 pathways
- Visit <http://www.kabbaloney.com/> to learn more about Roylon's model




Holographic Nature

- Within each "world" of our nature is the same three-fold pattern, as well as in the body as a whole
- Thus we find expansion, contraction and equilibrium present in the mental world, the emotional world and the physical world
- This forms the basis of my system of emotional anatomy




Physical (Gut) World

- Abdominal cavity
- Gut brain = gut instincts
- Connected to the “reptilian” brain
- Seat of passion, physical appetites (hunger, thirst), sex drive and survival instinct
- Inner child or id



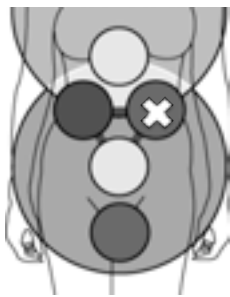
Liver Center

- Physical detoxification center – the ability of the body to eliminate chemical substances that are damaging to the body and synthesize blood
- Energetically represents the ability to “fight back” and defend ourselves physically from those who would cause us harm
- Emotional seat of anger, irritability, hatred, aggression and bitterness




Pancreatic Center

- Physical center of digestion and assimilation – the ability of the body to digest and metabolize nutrients (Chinese “spleen chi”)
- Energetically represents the ability to receive pleasure, find happiness, joy and fun in life
- Emotional seat of playful inner child, joy, fun, humor; “sugar and spice”



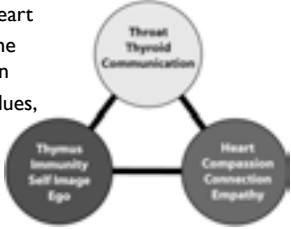
Navel Center

- Physically is the place where we either absorb or reject substances – (Chinese “sifters and sorters”)
- Energetically represents the survival instinct, the ability to care for self, get what is needed and avoid what is harmful
- Emotional seat of “mothering” or nurturing energy, the “child” within who needs my adult care




Emotional (Heart) World

- Chest cavity
- Emotional brain = feelings of the heart
- Connected to the “mammalian” brain
- Seat of social values, relationship to others
- Adult or ego



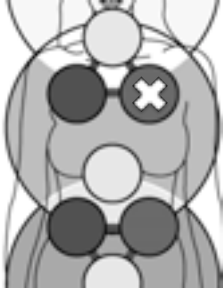
Thymus Center

- Physically is seat of immunity – distinguishing what “living things” are beneficial to self and destroying what is not
- Energetically represents the ego or self-image, how I view self, what I put after “I am”
- Emotional seat of self-respect, my sense of self-worth, and sense of what is socially appropriate or inappropriate




Heart Center

- Physically is the area where life-giving blood is distributed to all tissues of the body, emotional "brain"
- Energetically represents ability to connect with others, to form social relationships and to care for other people or things
- Emotional seat of love, mercy, kindness, compassion, empathy




Throat Center

- Physically is the home of the thyroid and voice box, connects the head to the chest
- Energetically represents the ability to communicate, to connect reason with emotion, to express one's thoughts and feelings to others
- Emotional seat of the sense of communion and "knowing" someone



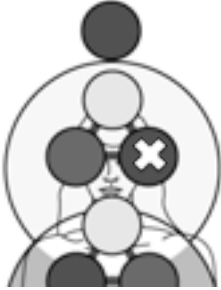
Mental (Head) World

- Skull cavity
- Intellectual brain : Higher cognitive functions
- Our higher or "human" brain
- Self-control, observation, analysis, creativity
- Parent or super ego



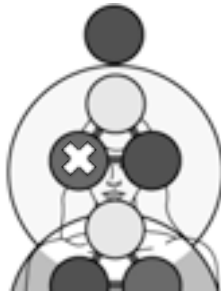
Left Brain Center

- Physically is the home of rational thought, mathematical and logical skills, classification, language, reasoning and observation
- Energetically represents the ability to discard what does not make "sense," and to organize things we observe and learn
- Mental "control" of emotions



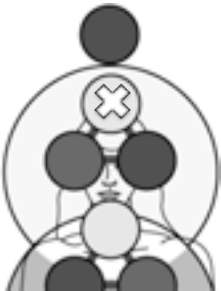
Right Brain Center

- Physically is the home of creative thought, artistic and body skills, the ability to see connections, emotion and intuition
- Energetically represents the ability to see the big picture, how things are connected, to receive new information and ideas
- Mental perception of emotions



Third Eye Center


- This area has been connected to the pineal gland and has been called the "third eye" or "inner eye"
- Energetically it represents the ability to receive knowledge from a "higher source" than the senses, it is the ability to see the part and the whole (both the forest and the trees) at once
- Mental integration of emotions



Emotional Anatomy – Jan 18, 2012

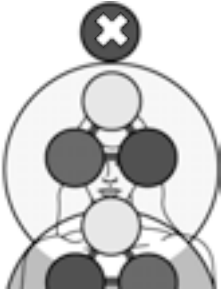
Root Center

- Physically, this is the pubic area where we have sexual and eliminative functions
- Energetically it represents the ability to "ground" oneself in the physical world, that is to connect to the physical realm
- Emotional sense of safety, security, feeling "protected" and relaxed, establishing "roots" or a home on the earth




Crown Center

- Physically, this is the top of the head, there is a soft spot or opening in the skull here in the infant, which closes after birth
- Energetically it represents the ability to connect to the "higher" or spiritual realms
- Emotional sense being alive, awakened, alert, focused and present



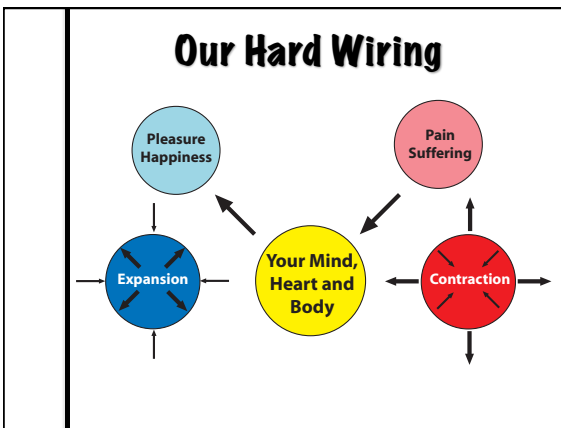
Solar Plexus Center

- Physically, this is a nerve plexus just under the breastbone which regulates autonomic functions
- Energetically it represents the ability to connect to the "inner" world of the self
- Emotional sense being calm, confident, self-aware and "centered"



Emotional Healing

- Emotional healing is NOT about making negative emotions or experiences “go away”
- Emotional healing is learning to process these emotions so that we can move through them comfortably and not allow them to take control of us
- This means that the emotions (and the trauma associated with them) must be acknowledge or “brought to the light”
- This allows us to channel all emotions (both “positive” and “negative” into constructive behaviors that allow us to grow and improve



We Are Able to Discern

| | | |
|--------------|----------------------------|-----------------------------|
| | Attraction | Repulsion |
| Mind | Light (Truth) | Darkness (Falsehood) |
| Heart | Good (Happiness) | Evil (Suffering) |
| Body | Sweet (Pleasurable) | Bitter (Painful) |



Tools for Emotional Healing

- Acknowledging, Accepting and Expressing feelings in a constructive way
- Question Affirmations
- Flower Essences
- Aromatherapy

A photograph of several small glass bottles with black caps, likely containing essential oils or flower essences.

Emotional Anatomy Class

- Dates: Feb 8, 22; Mar 21; Apr 4, 18; May 2, 23
- Time: 8:30 ET, 7:30 CT, 6:30 MT, 5:30 PT
- Length: 90-120 minutes per class (depending on questions)
- Cost: Pre-registration \$97
After Feb 1 \$127
- To register call: 800-416-2887
or visit www.treelite.com