


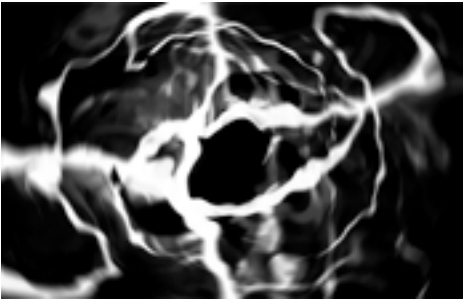
## Emotional Anatomy

With Steven Horne, RH(AHG)

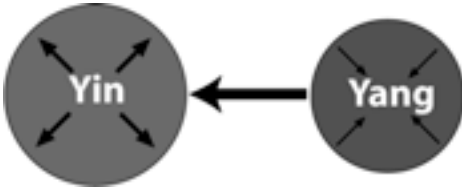
## The Mind-Body Connection



## Energy and Matter




## Forces of Polarity




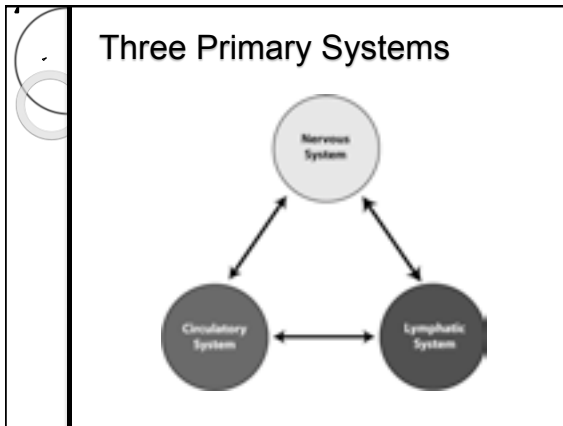
## Trinity of Forces

- There are three basic energetic forces at work
  - Expansion (Yin or Feminine)
  - Contraction (Yang or Masculine)
  - Equilibrium (Balance, Neuter)



## Three Forces in Biology



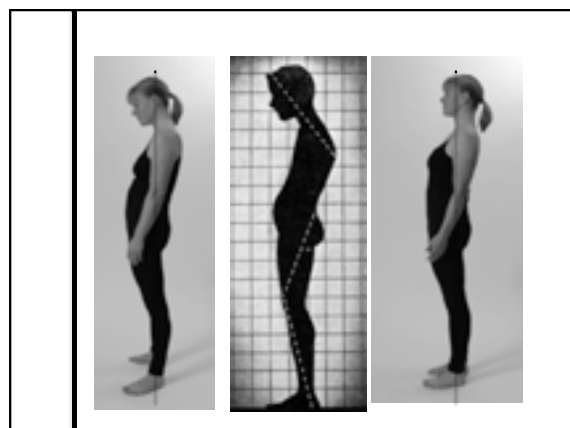


### Seven Directions

- Forward and Backward (Front and Back)
- Side to Side (Right and Left)
- Up and Down (Top and Bottom)
- Center

### Front-Back Axis

- The future is “before” us
- The past is “behind” us
- We leave the past “behind”
- We move “forward” into the future
- We look “ahead”
- We leave “behind”



### 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**

- Logical
- Sequential
- Analytical
- Verbal
- Language
- Rational
- Practical
- Scientific
- Mathematical
- Strategic
- Past Oriented
- Compartmentalized

**Right Brain**

- Intuitive
- Holistic
- Creative
- Visual
- Symbolic
- Imaginative
- Impetuous
- Artistic
- Philosophical
- Possibility Based
- Future Oriented
- Associative

### Right and Left Side (Body and Brain)

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

Eyes  
Ears  
Hands

### 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

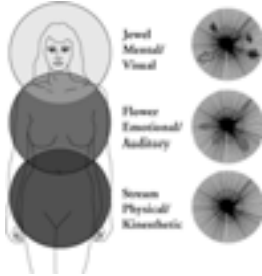
- Mental people are visual learners
- Emotional people are auditory learners
- Physical people are kinesthetic (touch and movement) learners

### Eye patterns

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

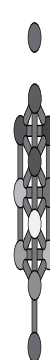
### Three Basic Rayid© Types

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




### 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



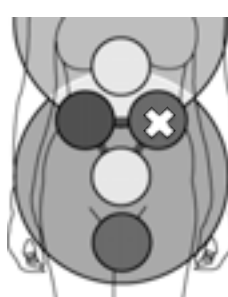
### Liver Center

- 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”



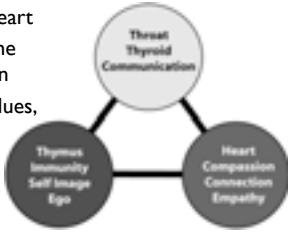
### Navel Center

- 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



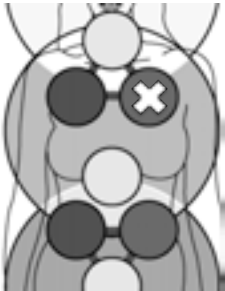
### Thymus Center

- 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



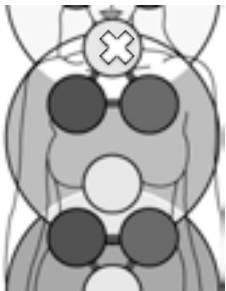
### Heart Center

- 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



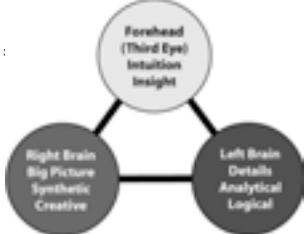
### Throat Center

- 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

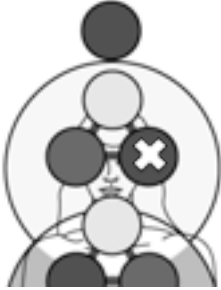
- Skull cavity
- Intellectual brain : Higher cognitive functions
- Our higher or “human” brain
- Self-control, observation, analysis, creativity
- Parent or super ego



## Emotional Anatomy – Jan 18, 2012

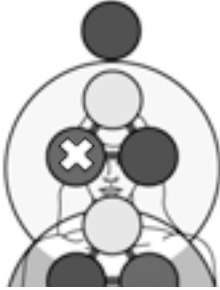
### Left Brain Center

- 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



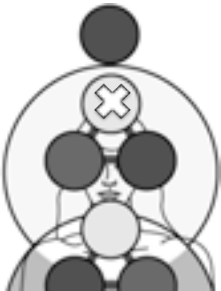
### Right Brain Center

- 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



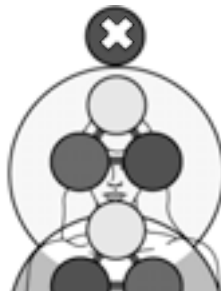
### Root Center

- 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



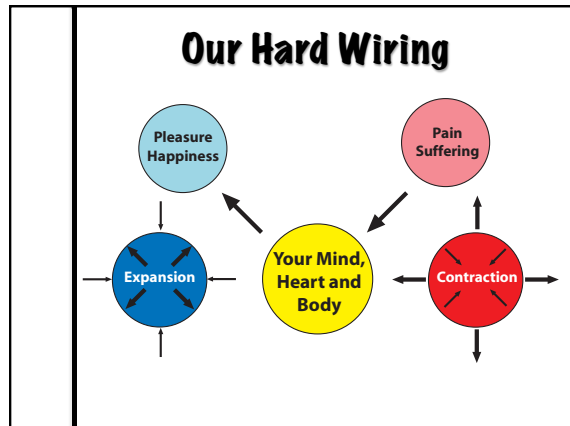
### Solar Plexus Center

- 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

	<b>Attraction</b>	<b>Repulsion</b>
<b>Mind</b>	<b>Light (Truth)</b>	<b>Darkness (Falsehood)</b>
<b>Heart</b>	<b>Good (Happiness)</b>	<b>Evil (Suffering)</b>
<b>Body</b>	<b>Sweet (Pleasurable)</b>	<b>Bitter (Painful)</b>



### Tools for Emotional Healing

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

### 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](http://www.treelite.com)



