

Body holding patterns for energy
work.

靈氣

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Reiki body notes and holding patterns.

Right side of the body. Male, strength, courage, stamina, dynamic , powerful, aggressive, dominant, sword hand, giving a blow, lashing out, defending our selves.

Left side of the body. Female, receiving, intuitive, gentle, receptive, nurturing, feminine, creative, weak, shielding, yielding.

Front of the body. Female.

Back of the body. Male.

Accidents. Expressions of anger, frustration, rebellion.

Anorexia/ bulimia. Self hate, denial of life nourishment, not good enough.

Arms. Ability to embrace, old emotions held in joints.

Arthritis. Pattern of criticism of self and others, perfectionism.

Asthma. Smother love, guilt complex, inferiority complex.

Brain. Imbalance of male, female polarities.

Breasts. Mothering, over mothering a person/ thing/place/experience. Breast cancer- deep resentment attached to over mothering.

Burns, Boils, Fevers, Sores, Swellings, Anger.

Head. Balance centre of body, out of balance, too much energy in head, thinks too much or in confusion, unable to cope with reality, continues to self-sabotage even after healing sessions have helped. Over emotional, does not want to change because they would then have to grow and take responsibility for their own life problems.

Headaches. Too much analysing, anger, confusion, unexpressed emotions.

Eyes. A build up of tears waiting to be shed, not wanting to see, not wanting to be seen, refusing to see, also third eye development can manifest as sinus pain when emotions are unexpressed

Ears. High blood pressure, not wanting to hear, not being heard, withdrawal into own world due to trauma.

Throat. Not expressing yourself, blocked feeling, being gagged, talking without listening to others, ego problems, pompous, dogmatic, whining. Stored deep sorrows of the heart, unspoken words/ words spoken that cannot be unsaid.

Spine. The support system of being, feelings of not being supported In family, work. Twisted spine trying to wriggle out of uncomfortable situations, not wanting to be here.

Neck. Rigidity, stiff necked attitude, over burdened, no support, too many responsibilities.

Thyroid problems related to the emotional body, too heavy in the body, not giving people a mouthful back, too thin, always complaining, giving mouthfuls out without wanting to listen to others explanation, likes being the complaining victim.

Cancer. Deep resentment, distrust, self pity, helplessness, hopelessness.

Shoulders. Responsibilities, family, self, others. Left side - female - emotions. Right side - male - anger.

Colon. Constipation is inability to let go, lack of trust of having enough, hoarding. Diarrhoea is fear of holding

Upper back. Right side not defending ones self, or over defending. Imbalance of stored anger towards others, hit out, strike at others, or occasionally self. Left side stored grief, pain, sorrow, also could be a sign of painful childhood traumas concerning parents.

Fingers. Index= ego, anger and fear.

Thumb= Worry.

Middle = anger, right a man; left a woman. Hold with other hand to release it.

Ring. = unions and grief.

Little= family and pretending.

Chest. Heartaches, grief, fear, heartbreak, loss, rejection, abandonment, imbalance of the loving energy, cannot give or receive love. Asthma unexpressed angry emotions.

Adrenals/ kidneys. Shock, trauma centre of body, immune system problems, adrenal rushes, stress, allergies, emotional imbalances, low energy. Kidneys are life support systems.

Lower back. Sexual abuse, stored anger, barriers.

Tailbone. Activation of the kundalini energy, fear of success or action or of being alive.

Abdomen. Storage area of un cleared information, or emotions relating to anger, fear, shame or guilt.

Liver. Stored anger and fear.

Gallbladder. Anger turned sour now becomes bitterness.

Stomach. Upset stomach cannot digest all the things we have to swallow, such as other peoples beliefs, parents, teachers, religious teachings, doctors, friends, family, culture, society. Anger eating away at us shows an ulcer. Indigestion cant stomach it.

Heart. Heart is love and blood is joy. Heart attacks are a denial and squeezing out of joy.

Lungs. Inability to take in and give out life, denial of life. Emphysema or too much smoking a denial of of life, inferiority.

Migraines. Anger and perfectionism, frustration,

Overweight. Needing protection, insecurity.

Pancreas. Being too nice, sweetness has gone out of life.

Spleen. Storage of past problems, trauma.

Intestines. Colitis or diarrhoea is letting go of old feelings, ideas, thoughts without dealing with them. Constipation is holding on to feelings of anger, fear and guilt.

Ovaries/ uterus. Storage of anger towards men, rape, abortions, miscarriage, incest, abuse, all sexual issues that are unresolved, including fear and guilt regarding sex. Self judgment over sexual behaviour judgmental over other peoples sexual behaviour.

Pain. Guilt seeking punishment, notice where it manifests.

Bladder. Fear around sexuality, unresolved anger, guilt, not being able to express joy or happiness.

Sinus. Irritated by someone.

Stiffness. Stiff body= stiff mind, inflexibility, fear, resistance to change, where it manifests is where pattern is.

Prostate. Unresolved sexual problems with women, sexual abuse, incest, birth trauma, helplessness, abandonment, powerlessness.

Strokes. Negative thinking, stopping of joy, forcing change of direction.

Hips. Fear of going forward, too thin-not a firm foundation. Too fat-too entrenched in rigid belief system, or thought patterns.

Swelling. Stagnated thinking, bottled up tears, feeling trapped.

legs. Holds us up supports us. Thin legs vulnerable, unprotected, not grounded, air head. Too fat stored fear or anger, too grounded, materialistic, greedy. Tear or reluctance to move forward, not wanting to move. Varicose veins standing where we hate.

Knees. Flexibility.

Tumours. False growth, tormenting an old hurt, not allowing healing,

Ankles. Analysing, dogmatic.

Feet. Grounding, can't stand it, will not stand for self against others or stand ground against others. The feet also represent all parts of the body, as do our hands.

Toes. Fear of stepping out, becoming ourselves, always tripping ourselves up, low self esteem, as in athletes foot.

Hands. Cant handle it, too much too handle, over burdened with life. Holding on too tightly to money or relationships. Arthritis is self criticism, internalising criticism, criticizing others.

Elbows. Unbending, rigid attitude, victim mentality.

Skin. Emotions, holding feelings, not being able to deal with emotions, easily led by others, exploited and weak willed. Threatened individuality, others have power over us.