

BODY MAPPING

Body Mapping is a powerful tool to see how life experience is stored in your body. In this exercise you will track the connection between your thoughts and emotions and your physical experience.

The body is like an historical record of your life and a map which can show you your current direction. By paying attention to signs in the physical body you can track what is going on in the more subtle realms of mind, emotion, and spirit.

Body mapping gives you the inward tools to use your body as a reliable compass to navigate your life voyage.

**Use your body as a compass
to navigate the fantastic voyage you are meant to live.**

INTRODUCTION:

TENSION: Your body is an energetic network that contains your life history. Every event is recorded in the tissues, on a cellular level, as well as in the energetic field that infuses, surrounds, supports, and informs the life of your body. When we have experiences associated with fear, these events harbor a subconscious tension that becomes locked into the fibers of our being. These tensions create rifts or gaps that divide and restrict the flow of core energy. The restriction of energy flow is the source of our discomforts, our diseases, and our alienation from parts of our selves. Bringing awareness into the body enables events that are held subconsciously to process, release, and integrate. We restore wholeness and open the paths for energy to flow smoothly.

BODY REGIONS: According to the ancient theory of "chakras" (which describes 7 main energy centers in the human body), each region of the body is associated with specific energies, concerns, issues, and tensions. Trauma or pain in any of these areas is a sign to work on the issues associated with that region. The energy bodies of spirit, mind, and heart layer around and integrate within the physical body to form a feedback loop in which each modifies the other according to our life experience. This basic theory is thousands of years old, though today it is receiving renewed interest and research. We can use this theory as an operational tool to see what we can discover with it. Use this exercise to give you information about how your physical body relates to the energy bodies of heart, mind, and spirit.

Though these descriptions of the seven regions are not all-inclusive, they provide enough detail to enable us to gather information. Each of these seven regions has specific issues or life-concerns associated with it, as well as a color and an element that represent its energetic frequency, and a sense of perception with which it is affiliated.

1. Root:

Region: feet, legs, anus, perineum, and base of spine (also relates to large intestine, bones, teeth, and nails)

Issues: survival, safety, material needs, physical vitality, grounding, stillness

Color: red

Element: earth

Sense: smell

2. Sexual:

Region: sacral part of spine, hips, genitals, lower abdomen and lower back area

Issues: primary feelings and relationships, belonging, emotional security, trust/fear, desire/tears, sexual energy, downward contraction, fluidity

Color: orange

Element: water

Sense: taste

3. Solar:

Region: diaphragm, digestive organs, and muscles at the base of the ribs

Issues: primal will, personal power, action, confidence, self-worth, consumption, joy/anger, laughter, warmth, color, upward expansion

Color: yellow

Element: fire

Sense: sight

4. Heart:

Region: heart, lungs, chest, mid-back, shoulders, arms, and hands

Issues: universal compassion, personal love/sadness, gentleness, lightness, mobility, giving/receiving, movement towards (relating)

Color: green, healing pink

Element: air

Sense: touch

5. Throat:

Region: throat, neck, jaw, mouth, ears, nose, and eyes

Issues: communication, creativity, self-expression, excitement

Color: light blue

Element: energy (body as a whole)

Sense: hearing

6. Third eye:

Region: eyebrows and forehead (third eye), jade pillow (spinal entry to skull)

Issues: command center, higher will, mental programming, intuition, creative insight, order, pattern, images, dreaming

Color: indigo blue, purple

Element: mind

Sense: thought

7. Crown:

Region: top of the head

Issues: spiritual connection, universal consciousness, bliss

Color: crystal clear, white, violet, gold, silver

Element: spirit

Sense: metaphysical sense, Oneness (pure "I AM," Being)

Each of these regions has polarities front to back and left to right. In general, the left side is associated with receiving and the right side with giving. The front of the body is associated with moving forward and outward, being expressive and assertive. The back is associated with protection.

There are volumes of information describing the intricacies of these regions. Different colors are offered in different systems as well as different divisions of issues and concerns. What we want for this exercise are simple, general ideas to launch us into our own explorations. Most important is what our inner wisdom reveals as we focus on each of these areas.

