

## Energy and Matter

- $E=mc^2$
- Energy = matter
- All we see that appears to be solid is actually nothing more than energy fields
- Cells replicate and change to an energy matrix – a field of energy
- Healing is not so much a function of matter as it is of energy

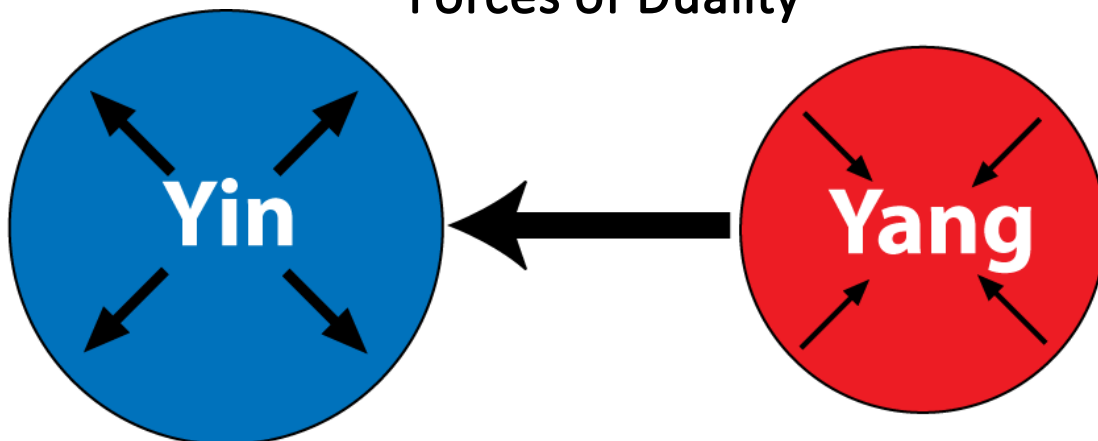


## Emerson on Polarity

- POLARITY, or action and reaction, we meet in every part of nature; in darkness and light; in heat and cold; in the ebb and flow of waters; in male and female; in the inspiration and expiration of plants and animals; in the equation of quantity and quality in the fluids of the animal body; in the systole and diastole of the heart; in the undulations of fluids, and of sound; in the centrifugal and centripetal gravity; in electricity, galvanism, and chemical affinity. Superinduce magnetism at one end of a needle; the opposite magnetism takes place at the other end. If the south attracts, the north repels. To empty here, you must condense there.



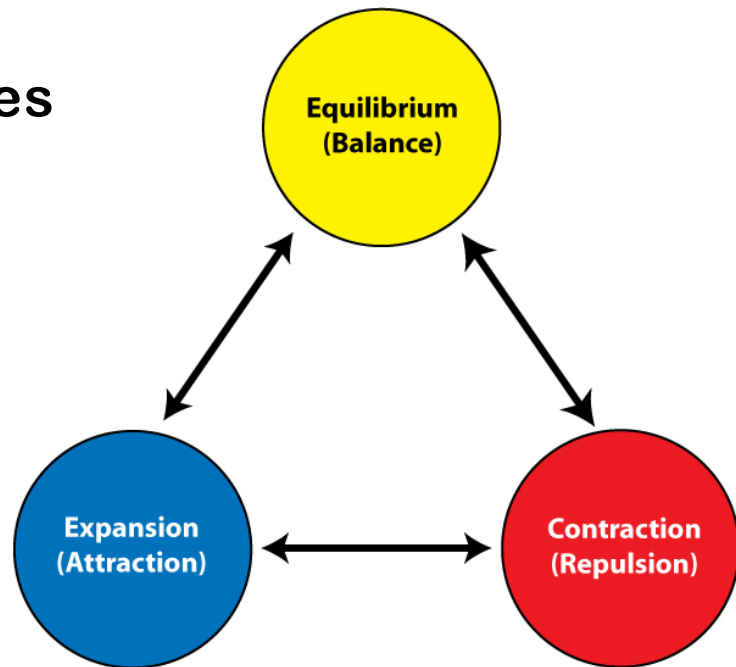
## Forces of Duality



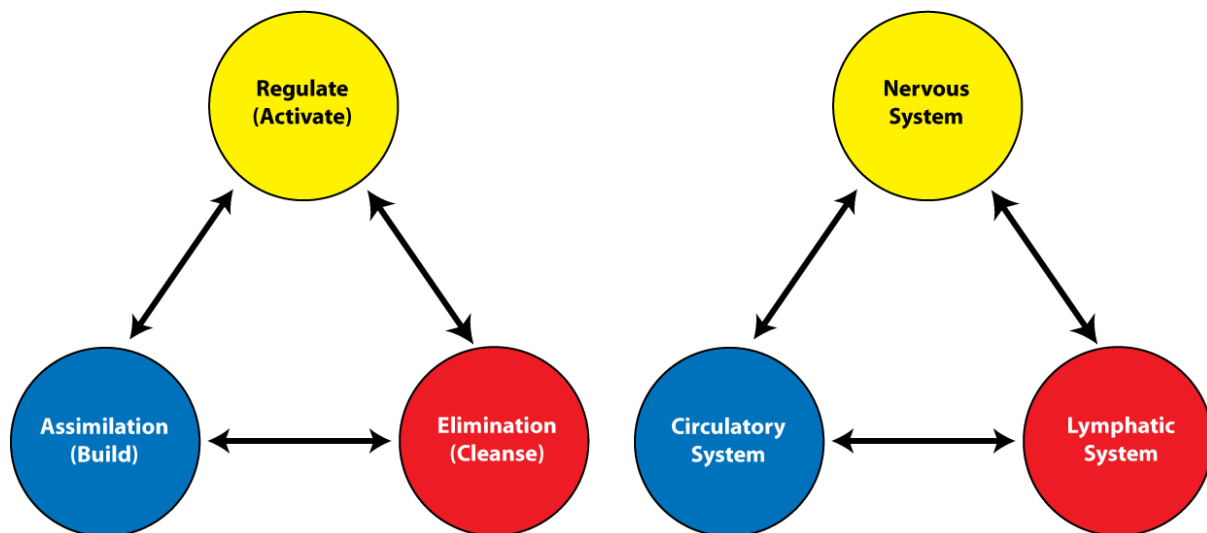
- Yin draws in and expands, yang sends forth and contracts
- Nothing is entirely yin or yang, everything is a mixture of energies
- Yin and yang are the two sides of the same thing, duality is an illusion
- Yang flows into yin, then yin flows into yang

## Trinity of Forces

- There is a third force present in the universe
- It is the force of balance or equilibrium
- It is the pause between each cycle of expansion and contraction
- These three forces are found everywhere and in everything



## Example: The Three Forces in Biology



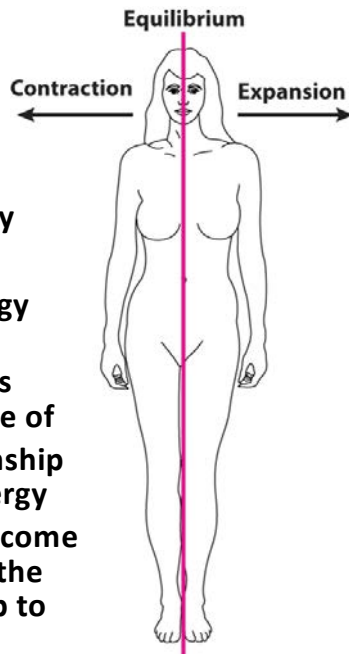
## Seven Directions

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



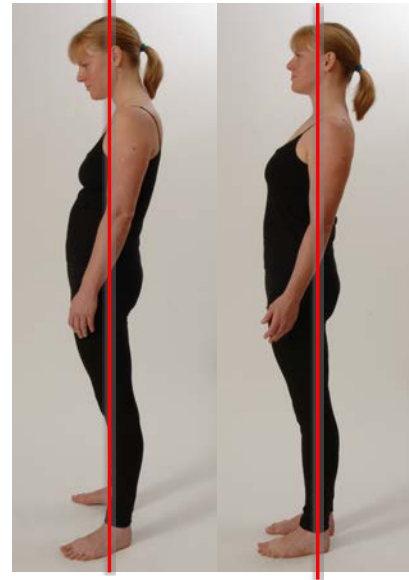
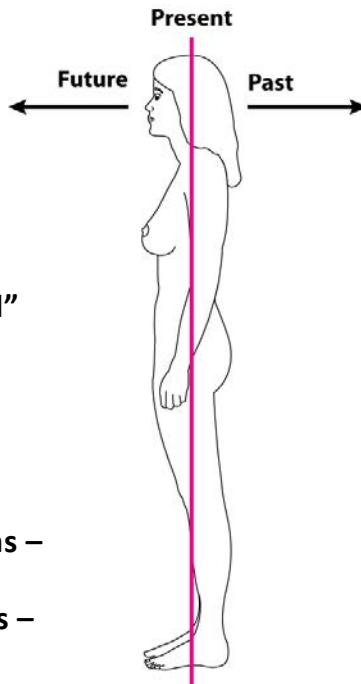
### Right-Left Axis: Contraction, Expansion and Balance

- Right side sends energy  
(contraction)
- Left side receives energy  
(expansion)
- Right side health issues  
come from father's side of  
the family and relationship  
to yang (assertive) energy
- Left side health issues come  
from mother's side of the  
family and relationship to  
yin (receptive) energy



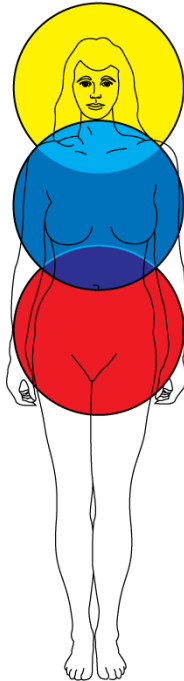
## Front-Back Axis: Past, Future and Present

- 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”
- Front of the body problems – worry about the future
- Back of the body problems – burdens from the past



## Vertical Axis: Mind, Spirit, Body

- Head
  - Mental World
  - Mind/Thinking
  - Expansion
- Heart
  - Emotional World
  - Spirit (Soul)/Feeling
  - Equilibrium
- Gut
  - Physical World
  - Physical/Doing
  - Contraction

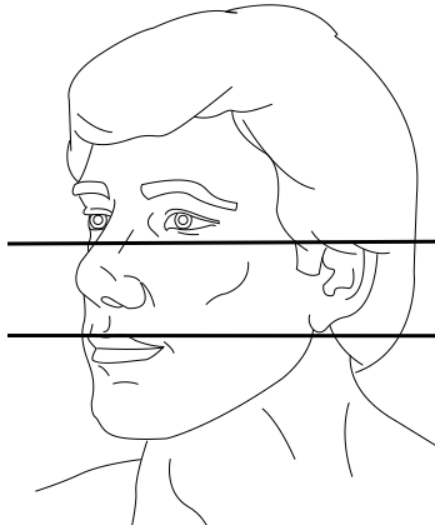


## The Holographic Body

World of the Head

World of the Heart

World of the Guts



- Whilst the world is thus dual, so is every one of its parts. The entire system of things gets represented in every particle. There is somewhat that resembles the ebb and flow of the sea, day and night, man and woman, in a single needle of the pine, in a kernel of corn, in each individual of every animal tribe. The reaction, so grand in the elements, is repeated within these small boundaries.

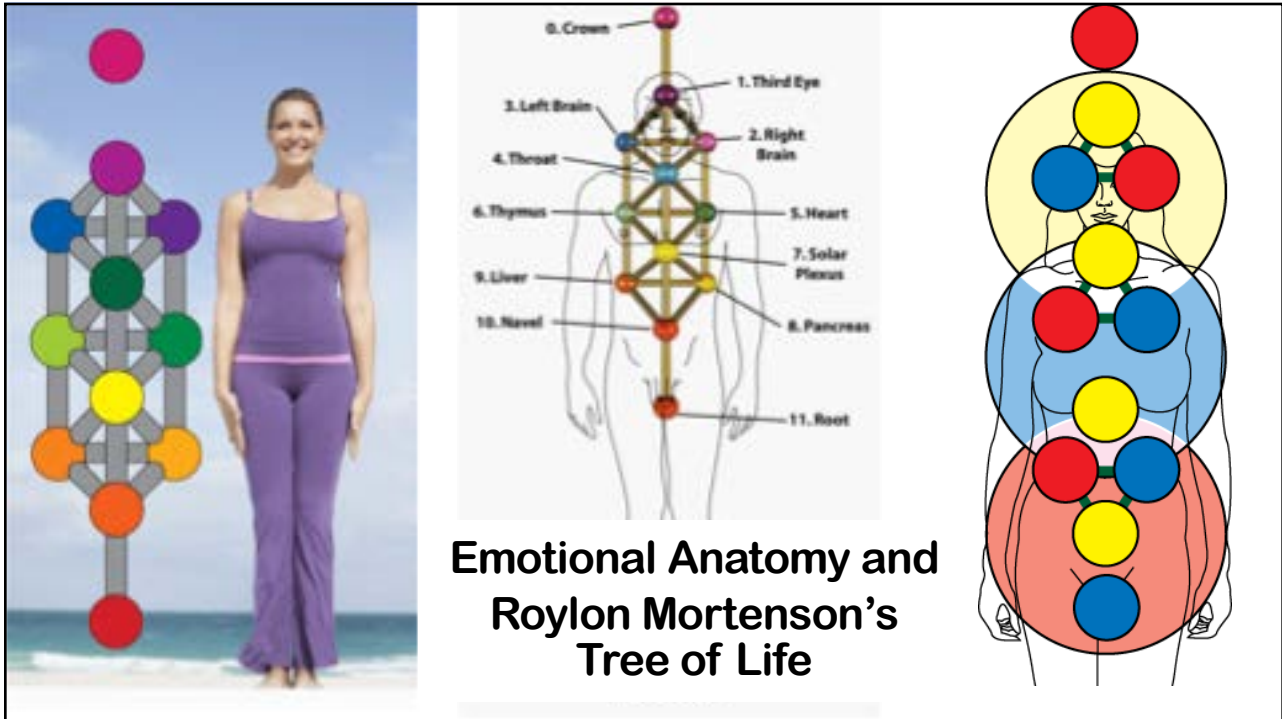
• **Ralph Waldo Emerson, Compensation**

## Cartoon Caricature



- The cartoonist captures and exaggerates our intuitive understanding of how the body reflects the soul (spiritual or energetic forces)
- The head that is widest at the top we associate with someone whose strength is in the mental world
- In contrast, the wide jaw (bottom of the face) we associate with someone whose strength is in the physical world

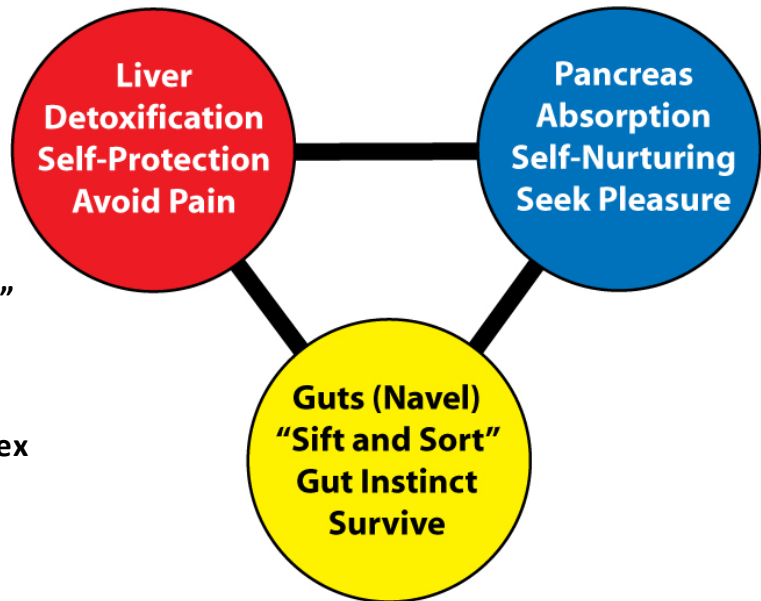




**Emotional Anatomy and Roylon Mortenson's Tree of Life**

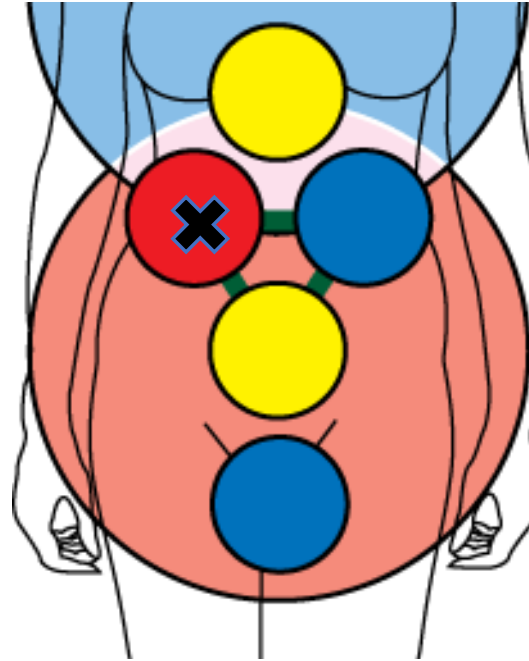
## Physical (Gut) World

- 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
- Contractive world (world of action)



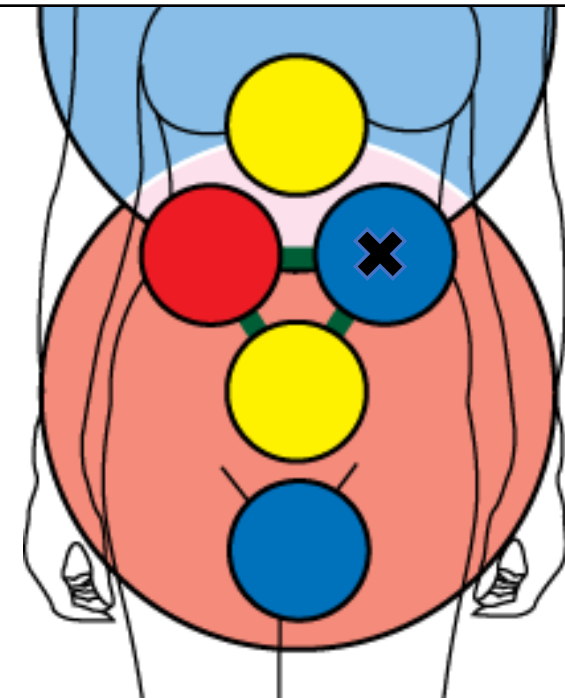
## Liver Center (9)

- Under right rib cage
- 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 (8)

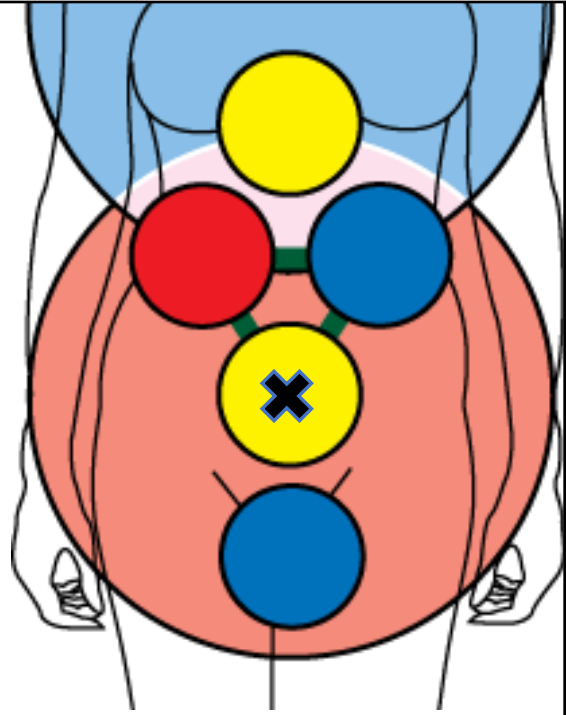
- Under left rib cage
- Physical center of digestion and assimilation – the ability of the body to digest and metabolize nutrients (Chinese “spleen chi”)
- Energetically represents the ability to receive pleasure, find happiness, joy and fun in life
- Emotional seat of playful inner child, joy, fun,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





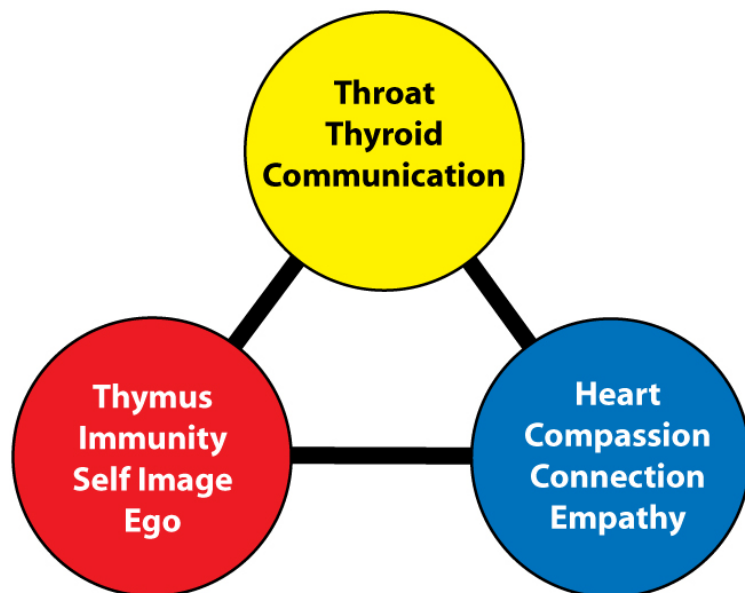
## Navel Center (10)

- Over belly button (navel)
- 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



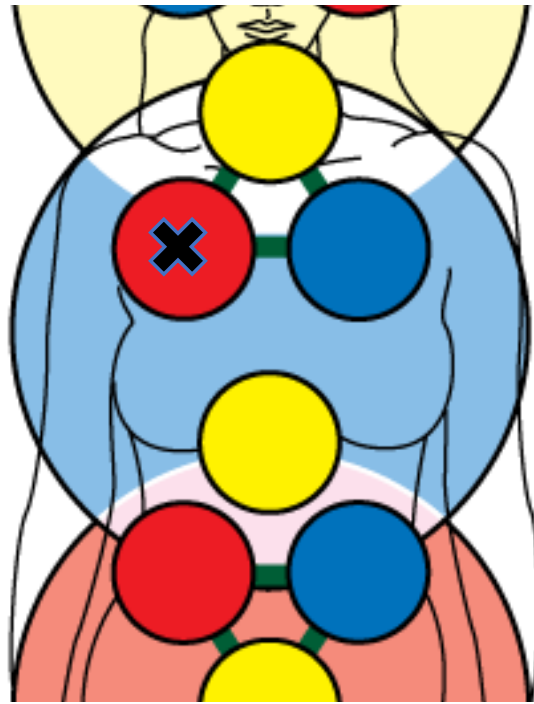
## Emotional (Heart) World

- Chest cavity
- Emotional brain = feelings of the heart
- Connected to the “mammalian” brain
- Seat of social values, relationship to others
- Adult or ego
- Equilibrium world (balances our life)



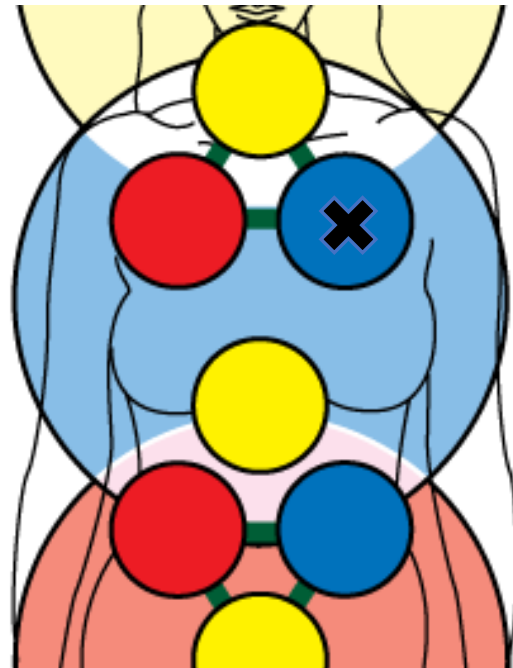
## Thymus Center (6)

- Just above right breast
- 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



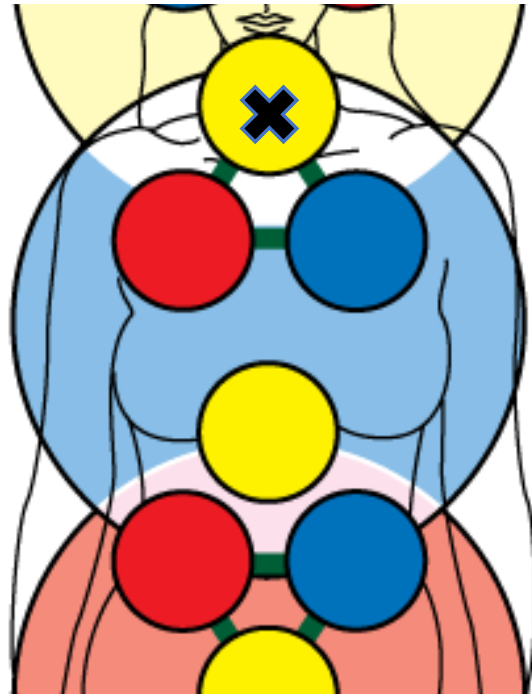
## Heart Center (5)

- Just above left breast
- 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



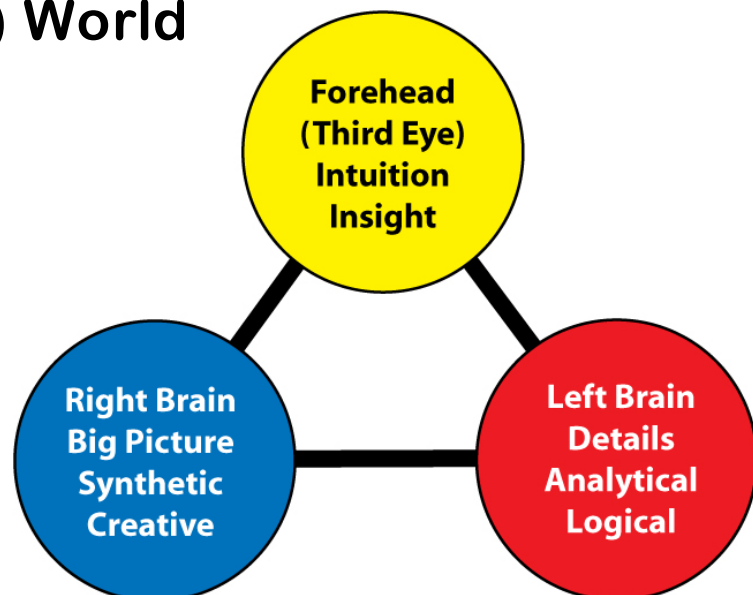
## Throat Center (4)

- Over thyroid and voice box (base of throat)
- Physically is the home of the thyroid and voice box, connects the head to 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



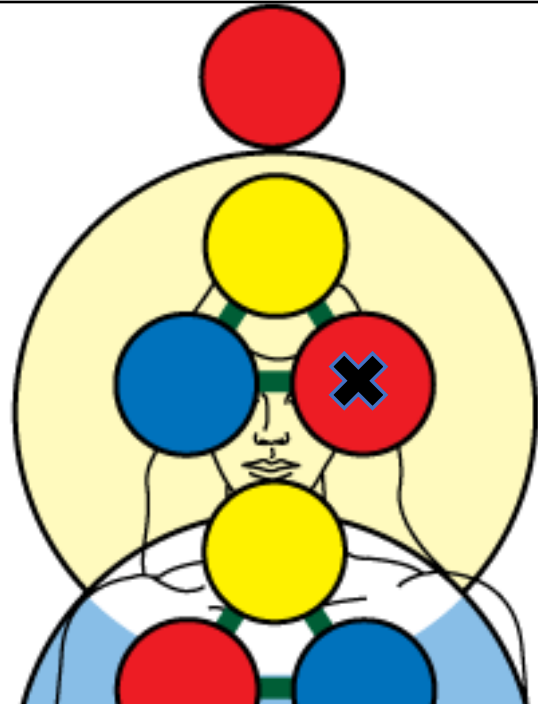
## Mental (Head) World

- Skull cavity
- Intellectual brain = Higher cognitive functions
- Our higher or "human" brain
- Self-control, observation, analysis, creativity
- Parent or super ego
- Expansive world (creativity)



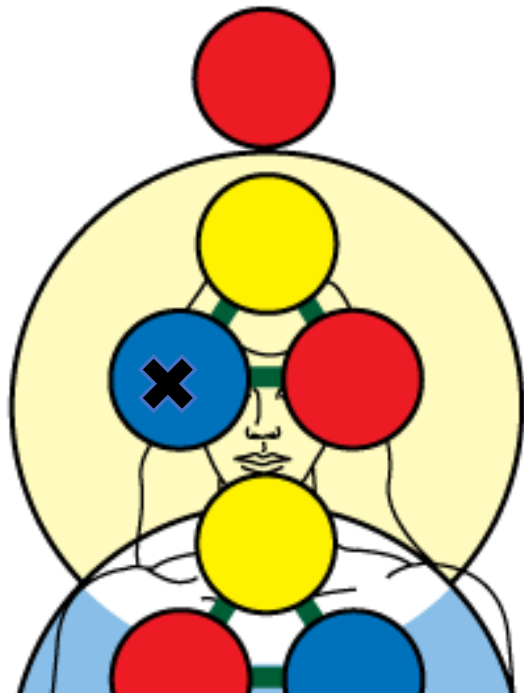
## Left Brain Center (3)

- Over left temple (left brain controls right side of the body)
- 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 (self-discipline)



## Right Brain Center (2)

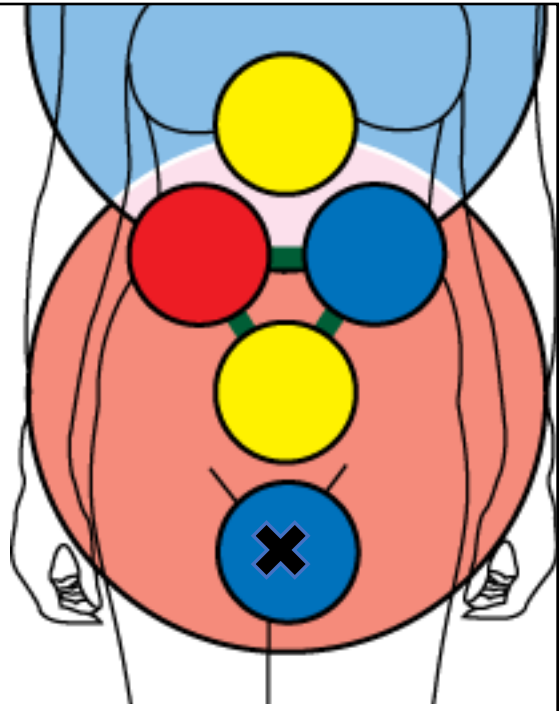
- Over right temple (right brain controls left side of the body)
- Physically is the home of creative thought, artistic and body skills, the ability to see connections, emotion and intuition
- Energetically represents the ability to see the big picture, how things are connected, to receive new information and ideas
- Mental understanding of emotions (creative expression)





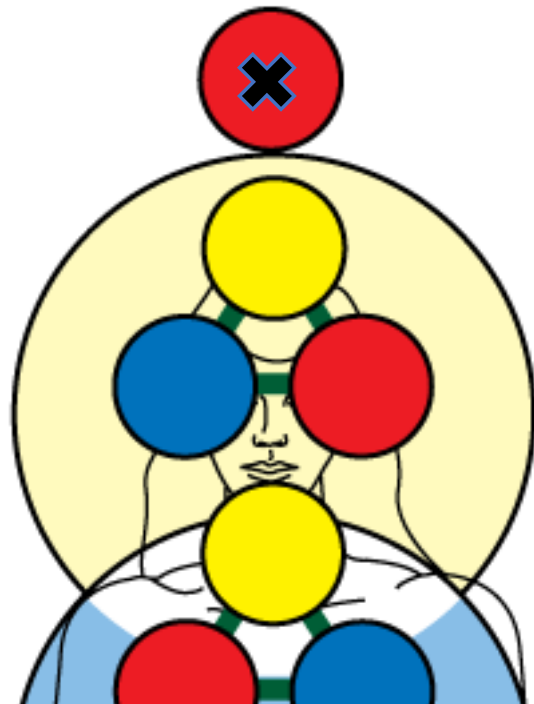
## Root Center (11)

- Over pubic area (actually between the legs)
- 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 (0, 12)

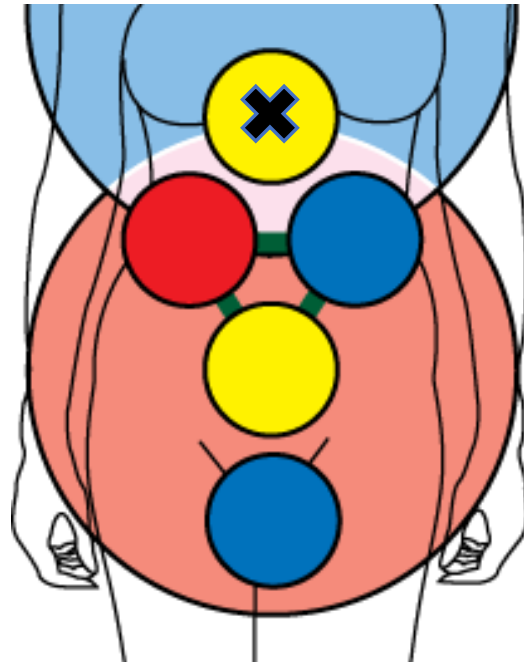
- On the top of the head, over where the hair swirls on top
- There is a soft spot or opening here in the skull here in the infant, which closes after birth
- Energetically it represents the ability to connect to the “higher” or spiritual realms
- Emotional sense being alive, awakened, alert, focused and present





## Solar Plexus Center (7)

- Just under the breastbone in the inverted V-shaped area
- There is a nerve plexus here that radiates like the spokes of a wheel 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”



## Review

0. Crown (whole body contraction)
1. Third Eye (mental equilibrium)
2. Right Brain (mental expansion)
3. Left Brain (mental contraction)
4. Throat (emotional equilibrium)
5. Heart (emotional expansion)
6. Thymus (emotional contraction)
7. Solar Plexus (whole body equilibrium)
8. Pancreas (physical expansion)
9. Liver (physical contraction)
10. Navel (physical equilibrium)
11. Root (whole body expansion)

