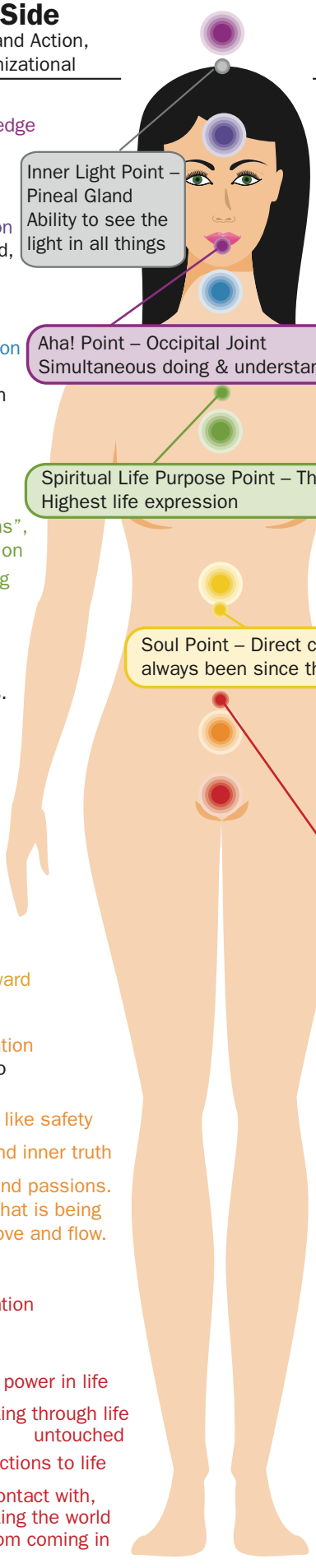
Rhys Thomas Institute - Energy Anatomy Chart
Illness and Energetic Cause

Masculine/Right Side
Belief Systems, Thought and Action,
God, Yang, Mental, Organizational

Feminine/Left Side
Receptive, Goddess, Yin, Sensate,
Emotional, Connecting, Creative



Seventh Chakra
Thought, Universal Identity, Oriented to Self-Knowledge
Spiritual connection and openness to infinite possibility. **Demon** - Attachment/Fixation

Sixth Chakra
Light, Archetypal Identity, Oriented to Self-Reflection
Power of the mind, seeing how you fit into the world, where you want to go and how to get there.
Demon - Illusion/Delusions

Migraines: Over-thinking, trying to escape your life situations but believing that there is no escape

Head Aches: Thinking too much, self-expectations, creating and controlling emotions with the mind

Eye Problems: Ability to see what is in your life

Throat Problems: Holding back on angry words, using voice to hurt self or others

Fifth Chakra
Sound, Creative Identity, Oriented to Self-Expression
Power to communicate truth, creating yourself in the minds of others. **Demon** - Lies/Manipulation

Thyroid: Not speaking up to authority, "When is it going to be my turn?"

Ear Problems: Filtering life to limit change or selective hearing, not listening to guidance

Fourth Chakra
Air, Social Identity, Oriented to Self-Acceptance
Power of love, relationships and balance in life.
Demon - Grief/Self-Criticism

Breast Cancer: Nurturing everyone but yourself, unconsciously mothering and giving more than you have

High Blood Pressure: Resistance, "I have no problems", inability to deal with life, too much going on

High Cholesterol: Holding onto things you can't hold onto - attachments

Asthma: Smother love, feeling stifled, suppressed crying

Immune System: Taking back responsibility for your life and health

Inner Critic: Belief that you are not perfect

Hands/Arthritis: Feeling unloved, criticized, resentful

Third Chakra
Fire, Ego Identity, Oriented to Self-Definition
Power to be unique, self-esteem, owning your gifts.
Demon - Shame/Playing Small

Pancreas/Diabetes: Can't take in the sweetness of life - life has lost it's sweetness

Chronic Fatigue: Tired of life, no flow of life on all the time, systemic issue, no permission from parents (inner parents) to change life in a dynamic way

Ulcers: Spewing out of anger, fear of being invaded

Cancer: Always about rage, rage is hurt, anger and hate turned inward, awakens the unconscious or is the ticket home

Autoimmune Disease:Turning against the self, raping the self, terror of life

Lupus: Fear of the wolf, fear of rape

Gall Stones: Hardened fear, rage and anger that cannot be expressed in a healthy way

Depression: Powerlessness, anger turned inward

Second Chakra
Water, Emotional Identity, Oriented to Self-Gratification
Ability to feel, passion, sexual power, willingness to engage the world. **Demon** - Guilt/Addictions

Carpal Tunnel: Not being able to let go of what looks like safety

Fibromyalgia: Worry and enmeshment issues around taking care of a child, adrenal overload, inner child can't be saved

Hernia: Rigidly holding back on your passion and inner truth

Chronic Pain: Inability to feel sensations, emotions and passions. Wherever the pain appears is a part of the body that is being rejected and repressed and not allowed to move and flow.

Lyme Disease: Invasion and inability to set healthy boundaries

Pituitary Gland Issues: Emotional expression

First Chakra
Earth, Physical Identity, Oriented to Self-Preservation
Tribal Power.
Demon - Fear/Hoarding/Dissociation

Chronic Illness: Inability to own power in life

Spina Bifida: Incest in a past life, fear of walking through life untouched

Hypothalamus: Basic autonomic body functions and reactions to life

Bowel Diseases: Fear and running away from the self, grounding into humanity is not an option, upper-world focus

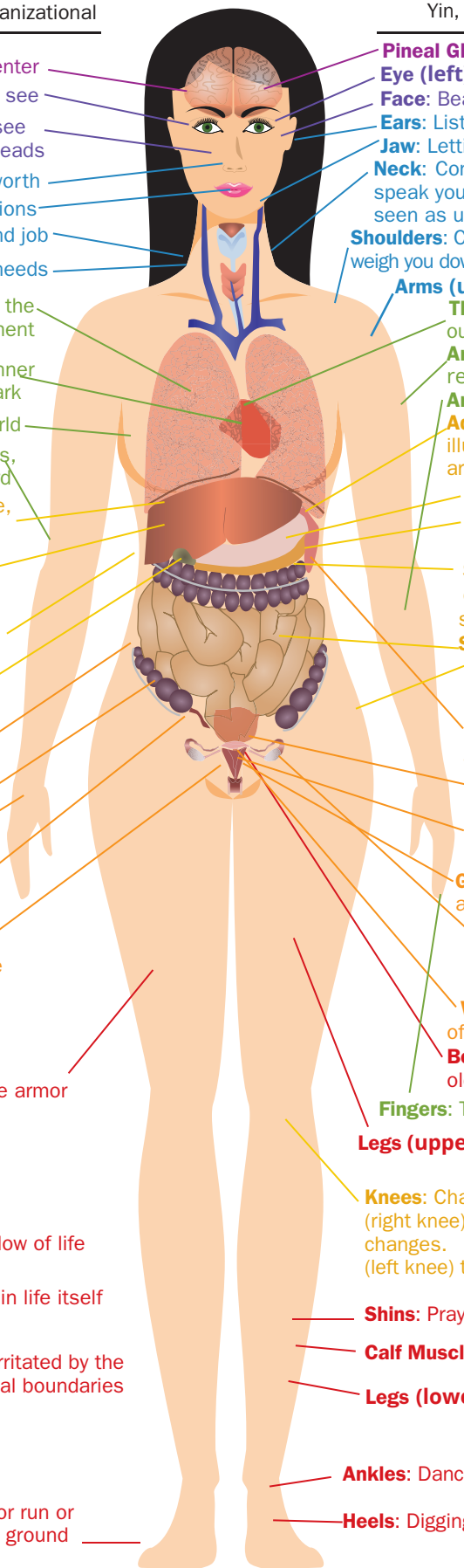
Rashes: Irritation/anger about what you are in contact with, letting go of toxins, keeping your feelings in, blocking the world from coming in

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Rhys Thomas Institute - Energy Anatomy Chart
Energetic Function of the Body Parts

Masculine/Right Side Belief Systems, Thought and Action, God, Yang, Mental, Organizational

Feminine/Left Side Receptive, Goddess, Yin, Sensate, Emotional, Connecting, Creative



Pituitary Gland: Emotional control center

Eye (right): God vision, creating what you see

Sinuses: Conflict with loved ones, unwilling to see compromise, butting heads

Nose: Self-worth

Teeth: The important little decisions

Neck (in the back): Vocation and job

Throat: Choking on truth, can't ask for needs

Lungs: Enmeshment, smothered; taking in the joy of life, acceptance and non-attachment

Heart: Intimacy, vulnerability, balancing inner and outer world and light and dark

Back (behind heart): View of the world

Elbows: Changing direction in relationships, making room in your life to move forward

Diaphragm: Walling out feelings, frozen in time, holding breath out of fear

Liver: Anger, Victim, feeling powerless, hopelessness; processes and cleanses emotions, responsibility, motivation, assertion

Back (middle): Taking care of the self

Gallbladder: Passive-aggressive rage, contained passion; expresses passion and power

Back (Lower): Money issues, power control, sex

Large Intestine: Moving out the crap in life

Wrist: Fluid expression or blocks giving and receiving

Appendix: Believes there's nothing good in the world

Prostate: Providing protection; rejection of the masculine principal, being a man, pleasure; creation of life or abortion of ideas

Thighs: First line of defense, battle armor

Muscular System: Power to move with the flow of life

Skeletal System: Structure of life, core belief in life itself

Skin: How we are touched or are irritated by the world, personal boundaries

Feet: Place in the world, desire to kick or run or leave the Earth, holding your ground

Pineal Gland: See the light of god in others and life

Eye (left): Goddess vision, letting in what you see

Face: Beauty, mask, what we present to the world

Ears: Listening and unwillingness to hear the truth

Jaw: Letting emotions flow

Neck: Control of others, flexibility in life, willingness to speak your inner truth in the moment, willingness to be seen as unique. Willful more than conscious

Shoulders: Carrying your life's burden, other people's problems weigh you down, shoulder the burdens of life - yours and others'

Arms (upper): Pull toward and push away

Thymus: Broken heart, that life did not turn out as you hoped

Arms: Capacity to hold the experiences of life, reaching out to take in or defend the self

Arms (lower): Hug and hold

Adrenal Glands: Fear of stillness and real power, illusion of a constant life battle where fight or flight are the only two options

Stomach: Digest life as you take it in

Pancreas: Let in the sweetness of life, balancing high burn and slow burn energies of life

Spleen: Immune function, assimilation of joy, consideration of others, complementary symphony of life

Small Intestine: Absorbing what is needed in life

Hips: Fear of change, moving forward with all of your passion, living in your truth, and integrity of your body and life purpose

Kidneys: Fear, water element, inability to protect the self, resolve to trust, respect and have awe

Bladder: Fear and the inability to protect others, not yourself

Fibroids: Nursing a feminine hurt, betrayal of the feminine

Genitals: Impotency, sexual guilt, pleasure, and and deserving to create in the world with pleasure

Ovaries: Not accepting the feminine principal and power, creative force of the universe and life, being a woman

Womb: Pleasure, creation of life or abortion of ideas

Bowels: Fear of letting go, stuck in the same old shit, fear of being

Fingers: The desire to punish/blame

Legs (upper): Childhood and body armoring in battle

Knees: Changing the direction of the Ego:
(right knee) image of self, can't keep up with life's changes.
(left knee) trust in your own truth, "I can't do that"

Shins: Prayer

Calf Muscles: Ready to run

Legs (lower): The present moment and time

Ankles: Dancing through life or inflexibility

Heels: Digging in and being stubborn

First Chakra **Second Chakra** **Third Chakra** **Fourth Chakra** **Fifth Chakra** **Sixth Chakra** **Seventh Chakra**

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