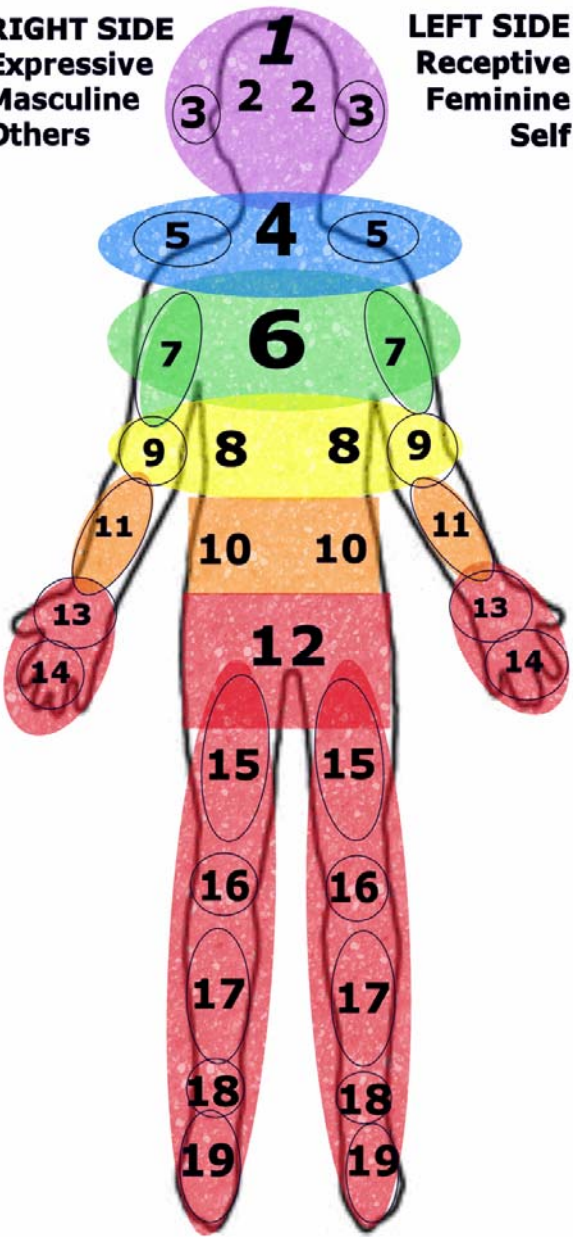


# Emotional Triggers for Energy Blockages

<p>1. <b>Head</b> – Perceive world – Over Analyze</p> <p>2. <b>Eye</b> –see others</p> <p>3. <b>Ear</b> – Listen to others</p>	<div style="text-align: center;"> <p><b>RIGHT SIDE</b> <b>Expressive</b> <b>Masculine</b> <b>Others</b></p>  <p><b>LEFT SIDE</b> <b>Receptive</b> <b>Feminine</b> <b>Self</b></p> </div> <p style="text-align: center;">Copyright SomaEnergetics™ 2010 <a href="http://www.SomaEnergetics.com">www.SomaEnergetics.com</a></p>	<p>1. <b>Head</b> – Perceive self – Over Analyze</p> <p>2. <b>Eye</b> – See yourself</p> <p>3. <b>Ear</b> –Listen to self</p>
<p>4. <b>Throat</b> – Express</p> <p>5. <b>Shoulders</b> – Carry burdens of Others</p>		<p>4. <b>Throat</b> – Express</p> <p>5. <b>Shoulders</b> – World on shoulders</p>
<p>6. <b>Heart</b> – Expressing Love</p> <p>7. <b>Arm</b> – Ability to Embrace Others</p>	<p>6. <b>Heart</b> – Receiving Love</p> <p>7. <b>Arm</b> – Ability to Embrace Self</p>	
<p>8. <b>Solar Plexus</b> – Anger, resentment, Critical of Others</p> <p>9. <b>Elbow</b> – Confidence, Resistance to change</p>	<p>8. <b>Solar Plexus</b> – Anger, resentment, Critical of Self</p> <p>9. <b>Elbow</b> –Confidence, Resistance to change</p>	
<p>10. <b>Sacral</b> – Support, Co-create w/ Others</p> <p>11. <b>Forearm</b> – Overextending to prove to others that you are good enough</p>	<p>10. <b>Sacral</b> – Support, Creative with Self</p> <p>11. <b>Forearm</b> – Overextending to prove to yourself that you are good enough</p>	
<p>12. <b>Root</b> – Ungrounded – Fear of Intimacy – Trust - Survival</p> <p>13. <b>Wrist</b> – Handling life – Creative Expression</p> <p>14. <b>Hand</b> – Ability to Give Freely</p> <p>15. <b>Thigh</b> – Fear of Future, Support of/by others</p> <p>16. <b>Knee</b> – Surrender, forgive, trust others</p> <p>17. <b>Lower Leg</b> – Connecting with Others</p> <p>18. <b>Ankle</b> – Support, Changing Direction</p> <p>19. <b>Feet</b> – Secure - Balance - Step Fwd.</p>	<p>12. <b>Root</b> - Ungrounded – Fear of Intimacy – Trust - Survival</p> <p>13. <b>Wrist</b> – Handling life - Creative Expression</p> <p>14. <b>Hand</b> – Ability to Receive Freely</p> <p>15. <b>Thigh</b> – Fear of Past, Self support</p> <p>16. <b>Knee</b> – Surrender, forgive, trust self</p> <p>17. <b>Lower Leg</b>– Standing Your Ground</p> <p>18. <b>Ankle</b> – Support, Changing Direction</p> <p>19. <b>Feet</b> – Secure – Balance – Step Back - gain perspective</p>	

*Use for Body Mapping and Zones for Body Tuners*

# **BODY MAPPING AFFIRMATIONS**

While the client repeats the affirmations below, you may find it helpful to utilize the SomaEnergetics Body tuners along with the Solfeggio Energy Tuners on any area where you cleared any blockages. You can repeat any affirmation at least 3 times - emphasizing different words each time.

**1) HEAD:** How we perceive ourselves, others, and the world.  
Disconnect from body, self, Source. Over Analyzing

**Affirmation:** It is safe to see and think clearly.  
I view myself, others and the world with love and joy.

**2) EYES:** How you see others and self

**Affirmations:** Right side It is safe to see others with clarity.  
I see goodness and beauty in others.  
Left side It is safe to see myself with clarity.  
I see goodness and beauty in myself.

**3) EARS:** Willingness to listen to my inner voice and others

**Affirmations:** Right side It is safe to listen to others.  
I hear with Love.  
Left side It is safe to listen to my inner voice.  
I hear with Love.

**4) THROAT:** Expression of self.

**Affirmation:** My self expression is free and clear  
It is safe to allow others to express themselves.

**5) SHOULDERS:** Carrying the burdens of others, weight of the world on your shoulders

**Affirmations:** Right side I take ownership and responsibility for myself only  
I set healthy boundaries in my relationships  
Left side I take ownership and responsibility for myself  
It is safe to feel my feelings and set healthy boundaries

**6) HEART:** Receiving and expressing love.

**Affirmations:** Right side I am the perfect expression of love.  
It is safe to express my love to others.  
Left side I receive love openly and fully from others.  
I embrace self love.

**7) ARMS:** Embracing Others and Self.

**Affirmations:** Right side I lovingly embrace others with ease and joy  
It is safe to embrace others openly  
Left side I lovingly embrace myself with ease and joy  
It is safe to embrace myself openly

**8) SOLAR PLEXUS:** Anger, resentment – critical of others and self

**Affirmations:** Right side I maintain my center and set healthy boundaries in my relationships.  
I love and accept others unconditionally.  
Left side I honor who I am and approach life from a place of power and courage  
I love and accept myself unconditionally.

**9) ELBOW:** Self Confidence, Resistance to change

**Affirmations:** Right side I accept new experiences with others with openness and ease.  
I go with the flow and manifest my dreams with confidence  
Left side I am flexible to change direction and focus in my life  
I trust in my ability to make choices for my highest good

**10) SACRAL:** Support and ability to Co-create with others and be Creative with Self

**Affirmations:** Right side I am open to the creative ideas of others  
It is safe to support others and receive support from others  
Left side The exploration of my creativity empowers me  
I can support myself and stand in my own power

**11) FOREARMS:** Overextending to prove you are good enough to others and self.  
Having to do, create, perform for others to earn love.

**Affirmations:** Right side I am a perfect child of the universe.  
I am good enough for others  
Left side I am a perfect child of the universe  
I take back my power, I am good enough just the way I am

**12) ROOT:** Ungrounded – Fear of Intimacy – Trust/Survival Issues

**Affirmation:** It is safe for me to be in my body and grounded.  
I trust that I have incarnated into the PERFECT HUMAN EXPERIENCE.  
I trust that I am provided for

**13) WRISTS:** Handling Life's Situations and Creative Expression

**Affirmations:** Right side I can handle all that I create in life with others  
I allow my **Doing** to be a creative expression of my **Being**

Left side I create my own reality  
I can handle all that I create and manifest within myself

**14) HANDS:** Giving and Receiving

**Affirmations:** Right side It is safe to give and receive love.  
I handle my money and relationships with discernment and joy.  
Left side I balance giving and receiving  
I honor and nurture myself – I am content and blessed.

**15) HIPS/THIGHS:** Fear of Future and Past – Support of others and self

**Affirmations:** Right side I look to the future with expectation for my highest good  
I move forward with grace and ease, I am protected.  
Left side I joyfully release the past and open the space for change to enter.  
I embrace the dance of life and move forward with grace and ease

**16) KNEES:** Willingness to surrender, forgive and trust

**Affirmations:** Right side It is safe to surrender, trust and forgive others  
I let go and let God  
Left side It is safe to surrender, trust and forgive myself.  
I let go and let God

**17) LOWER LEGS:** Connecting with Others and Self, Standing your ground

**Affirmations:** Right side It is safe to stand my ground with others and be true to myself  
I connect with others with joy and ease  
Left side It is safe for me to stand up for who I am  
I connect with my Divine Essence

**18) ANKLES:** Bridge between body and earth, support system, changing direction

Right side It is safe to be supportive and to ask for and receive help from others  
I can receive guidance from others with discernment and gratitude  
Left side I welcome changes in my life which are empowering and beneficial  
I embrace all experiences that are in alignment with my soul's purpose

**19) FEET:** Stepping Forward in Life – Stepping Back to Gain Perspective  
Feeling secure, safe and balanced

**Affirmations:** Right side I feel safe and secure to move forward in life  
I can stand on my own two feet and maintain balance.  
Left side I feel safe and secure to take a step back and gain perspective.  
I can stand on my own two feet and maintain balance.



## CHAKRAS, ELEMENTS, COLORS AND THE SOLFEGGIO FREQUENCIES

Fork	Color	Energy Tuner Hz	Body Tuner Hz	Intent	Chakra	Anterior	Posterior	Element
<i>Parts of the body governed by the corresponding chakra and possible energetic imbalance within the region.</i>								
LA	Purple	852 Hz	213 Hz	Intuition	6 <sup>th</sup>	Brow	Cranial	Light
	<i>Head, Ears, Nose, Eyes, Mouth, Brain, Pituitary &amp; Pineal Glands, Hypothalamus, and Nervous System Energetic Imbalances: Blindness, Headaches, Eye Strain, Blurred Vision, Nightmares, Sinus Problems</i>							
SOL	Blue	741 Hz	185.25 Hz	Expression	5 <sup>th</sup>	Throat	Cervical	Ether
	<i>Throat, Neck and Shoulders, Thyroid, Para-Thyroid, Esophagus, and Larynx Energetic Imbalances: Thyroid Problems, Hearing Problems, Sore Throat, Stiff Neck, Colds</i>							
FA	Green	639 Hz	159.75 Hz	Connecting	4 <sup>th</sup>	Heart	Thoracic	Air
	<i>Upper Arms, Heart, Lungs, Breasts, Thymus Gland, Circulatory System and Respiratory System Energetic Imbalances: Asthma, High Blood Pressure, Heart Disease, Lung Disease</i>							
MI	Gold	528 Hz	132 Hz	Transformation	3 <sup>rd</sup>	Solar Plexus	Lumbar	Fire
	<i>Elbow, Stomach, Pancreas, Spleen, Liver, Gallbladder, Adrenals and Digestive System Energetic Imbalances: Ulcers, Diabetes, Hypoglycemia, Digestive Disorders, Gallstones</i>							
RE	Orange	417 Hz	104.25 Hz	Change	2 <sup>nd</sup>	Sacral	Sacrum	Water
	<i>Forearms, Kidneys, Bladder, Pelvic Area, Sex Glands, and Reproductive System Energetic Imbalances: Impotence, Frigidity, Uterine, Bladder or Kidney Difficulties, Stiff Lower Back</i>							
UT	Red	396 Hz	99 Hz	Liberate	1 <sup>st</sup>	Root	Coccyx	Earth
	<i>Hands &amp; Wrists, Rectum, Legs, Feet, Base of Spine, Adrenals, and Elimination System Energetic Imbalances: Weight Problems, Hemorrhoids, Constipation, Sciatica, Degenerative Arthritis, Knee Problems</i>							

Note: There are many different Chakra Charts. We have compiled several of these together to develop a system that complements SomaEnergetics™ Tuning Sessions.  
Disclaimer: We in no way diagnose or treat disease. The use of tuning forks is to open energy channels allowing the body the opportunity to heal itself.

**SomaEnergetics™ Sound Therapies - Exploring Science, Sound and Spirituality - Developer David Hulse, C.V.S.M.T.**

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