

Emotional Mapping

As you may be aware, due to our energetic meridian systems each part of the body connects to an emotion (or group of emotions). When a meridian becomes blocked, these said emotions become imbalanced.

Meridian blockage can be caused externally by excessive cold, wind, dampness, dryness, heat or injury. It also can be caused by one or more of our human emotions: anger, sadness, frustration, hate, impatience, fear, stress or depression, as well as an organ deficiency or malfunction.

Spleen / Stomach

Release: worry, anxiety

Connect To: openness, ease, fairness

Lung / Large Intestine

Release: sadness, grief, depression

Connect To: courage, bravery

Kidney / Bladder

Release: fear, stress

Connect To: gentleness

Liver / Gallbladder

Release: anger, annoyance, rage

Connect To: compassion, kindness

Heart / Small Intestine

Release: impatience, resentment, hate

Connect To: joy, love, acceptance

How To Bring Emotional Mapping Into Your Asana Class

- Create your theme and examine how the emotions fit into your theme.
- Create your verbiage around what you will say about the emotions.

"One of the meridians that this posture works is the _____, which is responsible for housing the emotion of _____. How can you open up to this emotion now here in this asana?"

"Twists help to detox the body by compressing your organs. One of the organs you are compressing in this pose is the _____, which is responsible for housing and expressing _____.

***Liver**, which is responsible for the housing and expressing of **anger and frustration**.*

***Spleen**, which is responsible for the housing and expressing of **worry and anxiety**.*

***Large Intestine**, which is responsible for the housing and expressing of **sadness and depression**.*

***Small Intestine**, which is responsible for the housing and expressing of **hate and impatience**.*

***Lungs**, which is responsible for the housing and expressing of **sadness and depression**.*

***Stomach**, which is responsible for the housing and expressing of **worry and anxiety**.*

***Urinary Bladder**, which is responsible for the housing and expressing of **fear and stress**.*

***Kidney**, which is responsible for the housing and expressing of **fear and stress**.*

Whenever you bring the organs into your class, point out to your students on your own body where they are. This speaks to the student's intellectual body, and keeps the teaching technique of connection present.

*"As you hold this asana, take your ujjayi breath (or any other type of breath ie. breath of fire) into your **(body part or organ)**. This space is supports your **(meridian or element)**, which helps to release any stuck **(emotion(s))**.*

Lung / Large Intestine

Release: sadness, greif, depression

Connect To: courage, bravery

- Upper back
- Chest
- Collar bones
- Ribs (right rib, left rib)
- Anterior bicep
- Anterior deltoid
- Medial flexors and extensors of arms

Heart / Small Intestine

Release: impatience, resentment, hate

Connect To: joy, love, acceptance

- Triceps
- Anterior deltoid
- Lateral flexors and extensors of arms
- Ring fingers
- Right pinky finger
- Medial bicep

Kidney / Bladder

Release: fear, stress

Connect To: gentleness

- Anterior medial torso
- Posterior medial back body
- Glute mx
- Piriformis
- Gastrocnemius
- Hamstrings
- Medial sides back of head
- Medial sides forehead
- Medial pectoral
- Sides of sternum
- Lower pubic bone

Liver / Gallbladder

Release: anger, annoyance, rage

Connect To: compassion, kindness

- Groin
- Inner thighs
- Obliques
- Serratus anterior
- Anterior hip / hip flexors
- Inferior / middle of psoas
- Glute max
- IT band
- Above eye brows to just behind * hairline
- Outside edges of eyes
- Lateral sides of back of head
- Top of SCM through traps

Spleen / Stomach

Release: worry, anxiety

Connect To: openness, ease, fairness

Exclusive to the front body

- Bottom of psoas
- Inner thigh
- Medial calf
- Inside edge and front of ankle
- Inside edge of foot
- Medial big toe mound and tip
- Obliques
- Lateral & middle pectorals
- Hip flexors
- Quadriceps
- Tibialis muscle
- Top of foot
- Top of second toe
- Medial knee joint
- Serratus anterior
- Top ribs, intercostals
- Above temples in hair line
- Jaw muscles
- Anterior neck

LEFT SIDE / RIGHT SIDE PHILOSOPHY

Left Side / Feminine

Your left side is represented by your feminine energy

Slow
Soft
Spiritual
Emotional
Feeling
Intuitive
Knowing
Receiving
Being
Relationship to the self
Heart entered
Accepting
Forgiving
Reflective
Collaborative
Sensual
Kind
Gentle
Thoughtful
Generous
Positivity

+

Weakness
Instability
Unable to let go of the past

Left hand in Buddhism represents wisdom and the wisdom of emptiness.

Shakti - responsible for the creation, maintenance and destruction of the universe.

Ida Nadi - controls all mental processes as it transports prana to the nervous system, which calms the mind and relaxes the body. It is associated with introversion, feminine energy.

Right Side / Masculine

Your right side is represented by your masculine energy

Fast
Movement
Logical
Stable
Predictable
Willpower
Clarity
Providing / doing
Focus
Structured
Rules
Assertiveness
Determination
Decisiveness
Ability to move forward
Future based

+

Aggressive
Obstinance
Impulsivity
Recklessness

Right hand in Buddhism represents compassion or skilful means.

Shiva - steadfast, stable, peaceful, strong and totally unmoved with complete presence. Shiva represents the state of being unmoved by pain or suffering brought on by the external world. He is centered, grounded and compassionate.

Pingala Nadi - controls essential life processes and imparts vitality, efficiency and strength, extroversion, masculine energy.

Teaching Verbiage

<left side>

"With your left ear on your mat, can you connect to your divine feminine wisdom and see if there is any information available for you here".

"Connect to your left side and embody the energy of softness and ease"

"Breathe into your left lung, as you do, release anything that stops you from loving yourself fully and completely.

I AM LOVING

I AM NURTURING

I AM STILL

I AM EASFUL

<right side>

"With your right ear on your mat, can you connect to your divine masculine wisdom and see if there is any information available for you here".

"Connect to your right side and embody the energy of strength, perhaps this strength can soften your physical, yet strengthen the connection to your spirit - whatever that means for you."

"Breathe into your right lung, as you do, release anything that stops you from living your life fearlessly. Connect to your courage.

I AM STRONG

I AM COURAGEOUS

I AM FEARLESS

I AM STABLE