Bodily Symptoms by Louise Hay

* Abdominal Cramps: Fear. Stopping the process.
* Aches: Longing for love. Longing to be held.
* Addictions: Running from the self. Fear. Not knowing how to love self.
* Ankle: Inflexibility and guilt. Ankles represent the ability to receive pleasure.
* Back Issues: Represents the support of life. Back Problems:
  + Rounded shoulders: Carrying the burdens of life. Helpless and hopeless.
  + Lower Back Pain: Fear of money or lack of financial support.
  + Mid-Back Pain: Guilt. Stuck in all that stuff back there. “Get off my back!”
  + Upper Back Pain: Lack of emotional support. Feeling unloved. Holding back love.
  + Back Curvature: The inability to flow with the support of life. Fear and trying to hold on to old ideas. Not trusting life. Lack of integrity. No courage of convictions.
* Foot Problems: Fear of the future and of not stepping forward in life.
* Hands: Hold and handle. Clutch and grip. Grasping and letting go. Caressing. Pinching. All ways of dealing with experiences.
* Hyperventilation: Fear. Resisting change. Not trusting the process.
* Insomnia: Fear. Not trusting the process of life. Guilt.
* Neck: Represents flexibility. The ability to see what’s back there. Refusing to see other sides of a question. Stubbornness, inflexibility. Unbending stubbornness.
* Slipped Disc: Feeling totally unsupported by life. Indecisive.
* Stiffness: Rigid, stiff thinking.
* Stomach: Holds nourishment. Digests ideas. Dread. Fear of the new. Inability to assimilate the new.
* Vomiting: Violent rejection of ideas. Fear of the new.

1. Shoulder Tension = Burdens and Responsibilities

When we feel weighed down by the stress of life, we tend to accumulate these feelings within our shoulders. Ever heard the expression “carrying the weight of the world on your shoulders”?

2. Neck Tension = Fear and Repressed Self-Expression

Neck tension is often connected to the inability to communicate clearly or be your authentic self around others.

3. Upper Back = Grief, Sorrow, and Sadness

Unexpressed and unreleased sadness tends to build up within the upper back region. As this area is close to the heart, it is also where emotions connected to heartbreak and loss are stored.

4. Middle Back = Insecurity and Powerlessness

Healing traditions such as reflexology link middle back pain to feelings of helplessness, hopelessness, and insecurity. If you’re feeling unsupported by other people or life, you probably carry tension here.

5. Lower Back = Guilt, Shame, and Unworthiness

Lower back issues often correlate with feelings of low [self-worth](https://lonerwolf.com/self-worth/) and lack of self-acceptance. Feelings such as guilt, shame, and even sexual inadequacy or trauma can be stored here as well.

6. Stomach = Inability to Process Emotions

The expression “I can’t stomach it” appropriately describes stomach muscle tension. If your stomach feels stiff or sore, you might struggle to process both negative (and even positive) emotions.

* Blood Pressure: – High: Longstanding emotional problem not solved. – Low: Lack of love as a child.
* Circulation: Represents the ability to feel and express the emotions in positive ways.
* Depression: Anger you feel you do not have a right to have. Hopelessness.