

Emotional Patterns

Organs and Glands Revision 2: A Summarized View

By Valeria Moore

June 27, 2020

| | |
|---------------------|--|
| Adrenals | Doubt, hopeless, overwhelm, attacked, unknown, powerless |
| Adenoids | Invisible, disappointment, unlove, failure, alone, absent |
| Adipose Tissue(fat) | Anger, shame, unloved, joyless, heartless, out of time, disgust |
| Appendix | Trapped, letting go, forced, anger, secrets |
| Anus | Non-peace, people-pleaser, freedom, letting go, freedom, self-love, punishment |
| Arteries | Trapped, joyless, forced, injustice, stuck, right |
| Biliary Tract | Anger, bitterness, immature, stopped, lack of desire |
| Bladder | Disappointment, unexpected, control, non-peace, shame, humiliation, judging, nothingness, trapped, holding |
| Bone Marrow | Depression, resentment, unloved, justification/judging |
| Brain | Connections, isolation, holding, control, non-peace, deception, purpose |
| Breasts | False relationships, overgiving, giving to get, unloved, rejection, undeserving |
| Colon | Letting go, no peace, never enough, out of control |
| Corpus Callosum | Judgment, death, falsely accused, violence, preservation, stuck in time, balance |
| Diaphragm | Shame, wrong, release, judgment, expression, control, grounding of inspiration |
| Duodenum | No compassion, lacks caring, heartless, dishonesty, hiding |

| | |
|-----------------|---|
| Ears | Judge, wanted, diminished, presence, balance, right/wrong |
| Esophagus | Discernment, forced, rejection, emptiness, boundaries, weak feminine |
| Eyes | Indifference, injustice, insensitive, withdrawal, unhappiness, invisible |
| Fascia | Attacked, memory of the response, ridiculed, memory of someone else's' pain, anger |
| Gallbladder | Not present, worthiness, abandoned, control, not enough, imbalance, unhappiness, revenge, guilt, justice, anger turned to bitterness, overthought |
| Heart | Giving/Receiving, holding onto feelings, balance, trust, honor, sadness, hurt |
| Hypothalamus | Trapped, betrayed, bound, belonging, wrong, injustice |
| Kidney | Letting go, discernment, failure, shame, control, found wrong, self-care, self-love, self-loyalty |
| Large Intestine | Shame, humiliation, getting caught, judged, letting go, people pleaser |
| Larynx | Stuck warnings, lack of follow-thru, truth, voiceless, disrespect, dishonor |
| Liver | No choice, powerless, repeating hurt, victim, running away, pain is Overwhelm |
| Lungs | Insecurity, anxiety, what's frozen?, hiding, fearful of allowing flow, never enough (Left), left out (right), rejection |
| Lymph Glands | Disharmony, ungrounded, trapped, on the defense, hides, failed dreams |
| Lymph Vessels | Lack of movement, stuck, defeated, injustice |
| Mesentery | Structure, support, lack of support in nurturing self, nurturance is quid pro quo |
| Muscle | Guilt, fear of movement, manipulation, weak boundaries, needs to do to loved, no power |
| Nerve | Secrets, communication, reactive, unable to be appropriate, regret |

| | |
|--------------------|--|
| Nose | Not enough, peaceless, rejection |
| Ovaries | Self-protection, alone, unloved, unwanted, failure, let down, success, unprotected |
| Pancreas | Not allowed joy, shame, worth, deprivation, hide your shame |
| Parathyroid Glands | Unfulfilled desire, disappointment, stuck, indecision, unseen |
| Penis | Unheard, self-unlove, trust, holding onto knowledge, unsharing, competitive |
| Pineal Gland | Impatience, unacceptable, not enough, worthless, insecure, discernment, lack of growth |
| Pituitary Gland | Hubris, overgiving, control, just going through the motions |
| Prostate | Nothingness, faceless, purposeless, hopeless, hardened ways, aimless, trustless, no-selfs |
| Rectum | Lack of presence, holding onto emotions/old ways, holding onto grief, congestion of ideas, no flow, devoid of spiritual concepts |
| Salivary Glands | Disassociated, lack of follow-through, disconnection from heart, standing up, bullied |
| Skin | Unworthy, toxic feelings/failings of self, judged, hiding |
| Small Intestine | Rejection, abandonment, judged, scared of life |
| Spinal Cord | Communication, relies on others to be supported, feels disconnected, doesn't belong |
| Spleen | Failing, not good enough, passed over, insincere |
| Stomach | Toxic nurturance, wrong, unknown danger, worry |
| Tendon | Control, unsupported, stuck, rigid, imprisoned, vices controlling flow |
| Testicles/Testes | Communication, alone, unprotected, vulnerable, shame, not enough |
| Tonsils | Racism, bigotry, anger, discernment, attacked, bullied |

| | |
|---------|---|
| Thymus | Overrun, under attack, connection to the wisdom of the soul, defensive |
| Thyroid | Overwhelm, injustice, ignored, alone, sacrifice, judged, guilt, shame, betrayal |
| Tongue | Deprived of joy, stopped, control, truth causes confusion |
| Trachea | Flow, constriction, heaviness, burdened, restricted, holding flow of speech and/or thoughts |
| Ureter | Dirty, unclean, tainted, unworthy |
| Urethra | Out of sync, belonging, the odd peg, unseen, ridiculed |
| Uterus | Critical, unconnected to wholeness, needy |
| Vagina | Shame, humiliation, unwanted, unloved |
| Veins | Flow, unrespected, taken advantage of, unmet expectations, stuck in fear |

**Can be shared, copied and distributed.*