


WHOLE-SELF
BODY LANGUAGE
MEANINGS



Decoding
The Wisdom
of our Body

Jon RG & Troya GN Turner

WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



W-SDDI

The Institute for Whole-Self Prebirth Psychology

Training Material for Students ONLY
Supplement to W-S Releasing Exercise

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**Jon RG & Troya GN Turner,
Co-Founders & Co-Directors.**

Waterrad 92, 1613 CR Grootebroek,
The Netherlands,
Email: Whole-Self@quicknet.nl

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Jon RG & Troya GN Turner, Co-Founders & Co-Directors

Waterrad 92, 1613 CR Grootebroek, NL

Tel: + (31) 228 513 630

Email: Whole-Self@quicknet.nl

International Medical Director: Dr. Ruth Medvedovsky

Website: wholeselfprebirthpsychology.wordpress.com

www.Whole-Self.info or www.Whole-Self.org.uk

UK Co-Director: Sheila Crouch

Germany Co-Director: Sigrid Westermann

Greece/Cyprus Co-Director: Olga Gouni, www.cosmoanelixis.gr

Italy Co-Director: Smilja Janjatovic Pugliese

Mexico Co-Director: Maria de Leon



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by John-Richard & Troya Turner

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Supplement to the **Whole-Self Releasing Exercise©**

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The following, in outline form, gives some symbolic and/or metaphoric meanings to various parts of the human body. It is used by Whole-Self Facilitators to gain deeper understanding of their client's histories. When clients refer to injuries or diseases in specific parts of their bodies those points can give the W-S Facilitator significant insight about specific named or not named patterns in the client's lives. The format is highlights not sentences.

TOES = People stepping on my toes physically or emotionally; Balance in life; 'Difficult to get a toe hold.'; Digging in or grabbing to the earth/world; Wanting to be in the world or not wanting to be in the world; Stumbling, stubbing or tripping are coming up against the world - being blocked, stopped or sabotaged; 'Cramping my style.'; 'Toeing the line or mark.' is attending to the details in life.

FEET = Establishing a foundation or footing; Contact with the earth; Grounding and at the same time moving or propelling in an enhancing or diminishing way on the earth/world; Stuck or paralyzed or accelerated in life, motivations,

projects or relationships; Achilles' heel - one's most vulnerable point; Hung by heels at birth; Stepping on a nail

ANKLES = Hung by the ankles at birth; Vulnerability; Religion, philosophy, my belief or non-belief in life; 'Who am I without my beliefs?'; Flexibility solidifying to fundamentalism; In propulsion or moving forward in/through life relative to FEET above; Connector between FEET(the grounding) and the CALVES (the power); Twisting; I sabotage my forward movement; Moment of doubting my power means I don't believe in it anymore.

CALVES = Basic energy, strength; Source of power for moving forward as in ANKLES, FEET & TOES above. Bitten by dog; Cramps -> Magnesium & Copper.

SHINS/TIBIA = Strength to stand up in the world; Basic protection, stability and vulnerability; Standing up for one's rights or reduced from my rights; When I try to protect my shins I become more vulnerable.

KNEES = Shock absorbers of life; Father & Mother; If diminishing: Punishment for disobedience; Subservience & Domination as a cellar or dungeon personality; Pride: Free Spirit; Basic trust or distrust; Individuality; Battle or domination; Schemes & screams of Power Battles; Being cut off from one's self-esteem & self-confidence -> shame and/or humiliation; Bow or Knock Kneed; Female/male aspects yin/yang.

THIGHS = Power position on earth/of life; Self-responsibility; Standing up for oneself in life in the world; Assertiveness; Perseverance - long term power; Cellulite; inhibition to move in life - not enough blood flow -> toxins not removed -> toxins lodge in the fat; In anorexics extreme thinness comes from restricted, distorted view of their power. That is, they believe that their power is expressed by diminishing & denying their power not by using it.

HIPS = Flexibility & mobility in moving through earth /life; Directions; Directness Shoot from the hip!; Connector to passion/enthusiasm in world/life/projects; Swiveling; Seduction; Enticement; If diminishing: Lack of mobility, flexibility, passion, enthusiasm; Avoid; Serve; Evade.

BUTTOCK = Living in the here & now; Sitting; Rest; Restlessness; Being in the world peacefully; 'Covering your butt' to protect myself; Protection or non-protection from physical punishment or abuse -> forced subservience, shame, submission, humiliation, self-judgments, self-hate, self-loathing, lies; Doubt being a man/woman human; If large - Hate being female; If small & tight - Hate being a male who looks female; Anxiety if appear girlish; Father calls daughter male - 'No man will marry you!' Aggravation or non-aggravation - 'A pain in the Butt (ass)!'; Stuck in seat; In Sophrology - Fear.

GENITALS = Hormones -> life force, identity, re/production, replication, duplication; passion; Sexuality, sex, sensuality; enthusiasm &

determination; Cesarean the mother has difficulties to open herself to genetic expression; **Most important sex organ is the brain - Importance of fantasy.** If diminishing: frigidity, barrenness, impotence, premature ejaculation, non-enthusiastic, fruitless, helpless, hopeless & powerless. If a woman does not use her sexual apparatus, even for years, she can become sexually active again; a man cannot revive this functioning.

BLADDER = Power of the emotions; Anxiety or fear, materialization of body needs; Retention &/or release of emotions; Infections: from retained urine or unrecognized &/or unexpressed emotions; Confusion with infections from multiple sex partners; Loosing control - Bed wetting; Wetting pants; Incontinence - lose of self-image; Pissed-off; Taking the piss or mickey (Stream of power) out of someone; Making fun of -> humiliating. 87% of coal miners in Limburg died of bladder cancer.

ANUS, BOWEL, RECTUM = Control; Release &/or retention of physical, mental, emotional or spiritual patterns or things; Waste and/or victim control; Hopelessness - Not seeing any options; Letting go &/or holding back; Extremes are diarrhea - total non-control of life overwhelmed by emotions and constipation underwhelmed; Total frozen, blocked, paralyzed emotional realities & patterns; Hemorrhoids; Anal sex - Rape or pleasure center; ripped at childbirth from perineum to anal sphincter causing incontinence.

DIGESTIVE SYSTEM = Blocks or stress create ulcers (burn spots) in next three.

STOMACH = People, situations, circumstances, things which can or cannot be taken in or absorbed or digested &/or made appropriate use of or transformed; A kick or blow in the stomach is actually a feeling in Solar Plexus.

GALL BLADDER = Galling; Bitterness; Dismay; Irritation; Resistance; Gall Stones - crystallization or hardening of the above. See also LIVER.

INTESTINE = Absorption/non-absorption; Assimilation/non-assimilation; Drawing or not drawing benefit from matter/life. See ANUS.

KIDNEYS = Relationships; Betrayal; Broken promises Manipulation; Lies; Deception; Imbalance of water (emotions) and air (mind); giving & taking; Kidney Stones hardened or crystallized above patterns; Hard to get stones out of duct; Extreme opposites.

ADRENALS = Fight or flight; stress, crisis, anger (helpless, hopeless, powerless)> extreme &/or uncontrollable behaviors; fundamentalism; Stubbornness; adrenaline most addictive substance to which the human body can be exposed. Drug addiction.

SPLEEN = Connected with the **blood supply**, breaking down blood cells; **Bad blood, spite, ill temper & ill humor** to make new ones -> **renewing of the ego** (W-S PLE©); **Storage of blood cells (karmic memories); Producing white blood cells / lymphatic system / auto-immunity / fighting infections** -> **change and defense; transformation of patterns**; Saturn is related to karma & the spleen; Controls being **able to walk a straight line**; In organ transplants spleen is removed several months before to reduce organ rejection & clients walk in circles..

PANCREAS = **Balancing sugar & insulin** -> **hormone of love, creativity & humanity; Sweetness of life or the lack of sweetness in life; Lack leads to uncontrollable & unprovoked rage and hypoglycemia; Too much sugar -> hypoglycemia; Can lead to Sociopathic behavior; Lack & need to control leads to diabetes; Center of addictions to substances - sugar, alcohol, coffee etc. &/or addictive behaviors; USA cigarettes are 80% saturated sugar (a second addiction to be overcome); Coffee possible connection to Pancreatic Carcinoma (cancer); Divorce, disease; Karmically death is a lack of sweetness based on not having self-love; - Land of broken Dreams; Not wanting to know what I want in my life - my target, my goal.**

LIVER = **'People just do not understand me!'**; **Pathological self-analysis, self-judgments, self-pity & resentments of self and blame toward others, resentment, alcoholism; Alcohol is directly converted into sugar (pancreas) by the body; out of control leads to stupor; In French -liver means *spirit*; In healthy tone it is inspiration to live life, personal/general good life; Happiness/unhappiness; Feelings are understood by understanding the self - self-esteem -> self-love by not being judgmental or resentful.**

SOLAR PLEXUS = **Where traumas of this and past lives are stored; Receiver and conduit or interface of emotional information to & from the consciousness storage bank which is the aura or bio-energetic field; Shaped like a miniature brain; If open -> receptive to neutral or enhancing information; If closed or tightening -> refusing the information (stomach/pain comes from resistance) by shock, faint, coma or even death; Pain not from the trauma which is neutral but from resisting the thought about the event or situation.**

HEART = **Love; Fullness or non-fullness (emptiness) of Life; Security or insecurity; Fear or anxiety -> terror or panic; Heartache (physical or emotional); Emotional seat of loss, separation, separateness, aloneness, isolation, rejection, rejecting others, self-rejection; Crossing point of the lemniscate / mobius strip which the bloodstream makes through the body, oxygen, iron and sun energy/power; By controlling my power -> I am untouchable, denial of feelings in relationships; Knowing feelings of others very well - too well -> projecting, paranoia.**

LUNGS = **The Breath of Life; The Law of Commitment to take the first breath (or to initiate any project); The Law of Responsibility to keep breathing (or**

keep a project going to fulfillment); Giving out and taking in is exchange of energy with the earth (in/exhaling); Hold anxiety or anguish of loss or loosing; Of death of family or friends; Issues of life and death - survival; Humility - true or false; Humbling; Holding the breath; Smoking - Smoke screen 'Keeping the secret!'; Breathing is a social affair.

BREASTS = 'Mother!'; Nurturing or being nurtured; Not nurturing nor comforting & growth also of the HEART and LUNG aspects; Intimacy & sexuality; lymphatic system -> defense (Paradox: Amazons cut off a breast to better handle their weapons and therefore have more power); Mastectomy & self-esteem; Too large/too small just as traumatic realities. Binding to suppress/repress femininity; Burn the Bra Movement in the 1960s.

ARMS = My power: Presenting or pulling back my power in the world; Reaching out with heart in between; Opening or embracing or closing out the world, people or situations; Twisting someone's arm physically or emotionally to force them to my will; Distorting power; Manipulating .

ELBOWS = Flexibility or inflexibility in creating or not creating my place and my power in the world; Appropriately or inappropriately making my space. French - Playing with the Elbows.

WRISTS = Flexibility or inflexibility in presenting or not presenting myself to the world; Action; Dismissal; Flick or snap of the wrist.

HANDS & FINGERS = How I present myself or hold back presenting myself to the world; Contact in the world; Doing what I want to do or don't want to do; Holding onto or releasing objects I want; Holding onto or releasing people; REGRETS; Releasing or holding onto things, situations which have slipped through my fingers/hands; Nail biting - stress -> extreme anxiety.

THYROID GLAND = Thermostat; Control valve; Information from the hypothalamus (king) to action T6 is Prime Minister.

SHOULDERS & BACK = The weight of the world, realities, problems, burdens, duties, guilt, obligations, responsibilities, restrictions of what I can or cannot take on or bear in life, self-imposed or imposed by others; Being stabbed in the back - betrayed or stabbing/betraying others; Self-sabotage; firm or weak shoulders; Emotional support or stability; Shoulder to cry on; Support in life; lower back pain -> not living in the here and now; Striving; Trying to do; Excuse for not doing; Atlas Shrugged; Put my back or effort into doing something.

NECK = 'Who or What is the pain in your neck?'; Risking; Sticking your neck out; Surrender; Capitulation; Putting your head on the line; French: Talking from the neck is speaking nonsense; To get it or catch it in the neck; Red neck or

Stiff necked is rigidity or inflexibility - not being able to see anything except from the single point of view.

EARS = Reaction to words of anger and hatred, lies; Words that hurt; Words with double or contradictory meaning; Words I wanted to hear but could not hear; Sounds connected with painful or traumatic events; All can be triggers connecting with the SOLAR PLEXUS; At one month gestation, hearing is the first sense to activate; In coma it is the last sense to still be functioning; Sounds of the spheres - way out or far out of the world; Noise pollution.

JAW JOINTS = Stubbornness; Resistance; Inflexibility; Obstinace; Fear, Terror & Panic; Recalcitrance - Inability to see options in life/situations - that anything could be changed or be different; Biting the bullet; Blocking energy -> victimness ->; Lock Jaw; Non-Communication.

MOUTH = Spoken words of anger or hatred; Lies; Words with double or contradictory meanings; Words wish had been said but choked back on; Words I wished I had not said; Foul tasting foods, substances or medicines; expression, power of word and sound; Contact with inner and outer world; Kissing; Intimacy or traumatic intimacy oral sex; Communication or trauma; Regurgitating or vomiting.

TEETH = Biting; Chewing; Masticating; Grinding: Anxiety about something which cannot be spoken or dealt with; Getting a bite or hold on something; Bulldog - holding on - not letting go of something.

TONGUE = Communication, also without words; Forked tongue - Deceptions, lies; Covered or coated tongue -> illness; Silver tongued; Tongue tied - can't speak; French Kiss.

THROAT = Having a frog in the throat; Catching it in the throat; Choking; Gagging; Bulimic stick fingers in the throat to vomit; Sore throat.

THYMUS GLAND = Initiator of fight, flight or freeze; physical & emotional defence. (See adrenals.)

NOSE = Primordial instinct; Judgments; Interference in my life or in other people's lives (sticking the nose in other people's business); Breathing through the nose is stimulating the hypothalamus -> life-force, clear thinking; Smelling trouble; Cold - Having to do something I don't want to do.

EYES = Things seen or not seen; Mirrors of the soul ->; Needing glasses to protect the soul or Not wanting to see something; Sight is dependent on the tension in the muscles of the whole body; Open -> perceptive; Closed -> no info please; Looking down -> victim -> guilt, shame & humiliation; Misunderstanding about responsibility in life; Crying -> changing the mind, insights -> physically change of RNA -> toxins has to be released; Releasing

water/ emotions; Paranoia; the evil eye; Beauty is in the eye of the beholder; Seeing the world with pink/rose colored glasses - distorts the world view & compromises health by weakening the physical body; Surrounding females with pink to weaken - blue for males to strengthen.

FOREHEAD = Judging/judgments -> self-judgment; Non-judgmental/intuition -> wisdom; Inner vision; Insight; Intuition; Headaches,; Tensions; Bad thoughts; Negative thoughts; Evil thoughts; Diminishing thoughts.

SKIN = Self-identity & self-image; Membrane of absorption; Osmosis; Container - all encompassing; Superficial touch; Irritation - Being rubbed the wrong way; Who or what gets under your skin?; Touch of pain or pleasure; Goose pimples - strong emotional reaction -> excitement; Freckles; Liver spots; Physical, Mental, Emotional or Spiritual Contraction - from cold -> death.

HAIR = When thick - mental aspect is overruling; When thin - spiritual aspect is overruling; Up to rejection of the physical body; Hair analysis to determine healthy or unhealthy physical, mental or emotional balance or imbalance; Antenna to the subtler dimensions; Hair raising experience; Frustration - Fear -Pulling out my hair.