









































Map of Feelings You translate to Emotions

 1 Agrimony: pretending to be cheerful inverse C, from stomach to sternum via spleen	 11 Elm: dutiful, lack of self-confidence holding breath, pain from left clavicle to tip of left shoulder	 21 Mustard: depression, soul pain much like hornbeam, but wider and reaches the throat	 31 Vervain: insistent world savior tall triangle, heavier on left, insistent, pulsating
 2 Aspen: dark premonitions, anxiety starts at stomach with a circular broadcast. width=end of liver and spleen	 12 Gentian: doubt, no trust in outcome rising 5" wide pain from stomach till middle of chest, cautious breathing	 22 Oak: dutiful, carrying the earth on shoulders, joyless servitude general exhaustion like feeling in the back, from the shoulder till the shoulder-blades. blocks breath	 32 Vine: my way or the highway strong pulsating pain starting on a line between liver and spleen, radiating and pulsating upwards
 3 Beech: judgmental diagonal from left armpit to stomach	 13 Gorse: giving up for fear of failing heart to middle of shoulder, sharp	 23 Olive: exhausted feels like dull tired pain of the stomach area	 33 Walnut: vacillation, unable or unwilling to change left shoulder, radiates to arm and heart. breath held
 4 Centaury: doormat tent shape, energy coming from left and right, meets just under the adams apple	 14 Heather: needy child armpit-to-armpit with a triangle on top to the throat, tightening the throat	 24 Pine: self negation, guilt, shame pain to the right of the sternum, entire right side feels numbed	 34 Water Violet: isolation, self-protection like a small bib or collar around the neck, hold breath, play "not there"
 5 Cerato: deaf to inner guidance almost the same as Centaury, except cca. 4inches below	 15 Holly: hard hearted small triangle, almost the size of the ego	 25 Red Chestnut: tied to others, clinging flat arc, much like a bow's arc, from right hip bone to right shoulder	 35 White Chestnut: mental merry-go-round underarm to underarm jumps up to whole head, incessantly
 6 Cherry Plum: overload, overwhelm from the left of the heart to the top of the forehead	 16 Honeysuckle: living in the pst from heart to liver and back	 26 Rock Rose: panic figure eight starting at navel, ending at top of sternum, head bowed	 36 Wild Oat: aimless seeking, no direction small strangulating collar around the neck
 7 Chestnut Bud: repeating the same mistake dull fog-like resistance from the stomach till the forehead	 17 Hornbeam: listless, mental tiredness a general heaviness from the middle of the belly to the middle of the chest, like hopelessness	 27 Rock Water: dogmatic discipline, self-flagellation stomach-throat-back of head and back	 37 Wild Rose: resigned, limp face-wide from stomach to top of forehead, tired
 8 Chicory: possessiveness a small arc over the liver, starting just left of the liver	 18 Impatiens: impatience coming along the left clavicle and grabs the throat	 28 Scleranthus: inner conflict from armpit to armpit, hold breath, not pain, only pressure	 38 Willow: resenting fate standing y-shape from navel to top of face turning over to temples
 9 Clematis: escape reality a horizontal line jumping up and down between the height of the first rib and the forehead	 19 Larch: lack of self confidence, fear of failure from bottom of sternum to left shoulder, sharp, and blocks breath	 29 Star of Bethlehem: shock, tragedy exact same location as ego, strong pressure, blocks breath, similar to holly	 39 Yew: resistance to life like a lead collar over your neck and shoulders, heavy, with a spike towards the top of the head in the back
 10 Crab Apple: compulsive about order and cleanliness holding breath, freezing whole middle range of the front, resistance	 20 Mimulus: fear or the world liver to spleen flat triangle, makes you wimper	 30 Sweet Chestnut: anguish heart to throat, wide, paralyzing and paining left arm	 40 Peacock: soul pain size and shape of the seat of the soul, makes you want to do something

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