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## List of Affirmations

### *Chapter 3*

I ask the white light to surround me now.  
I am safe, protected, and loved.  
I am in a safe, healing space and all actions lead to my greatest good and highest joys.  
Peace and healing to all involved.

### *Chapter 4*

I no longer need to carry the weight of the world on my shoulders.  
I give what I have when I can with no expectations placed upon myself to give more than this.  
I give all I am able without attachment.  
I am doing the best I can with what I have where I am and so is everybody else.  
I release shames and angers from the past.  
I am free to move on without carrying any old knife wounds. The scars may remain, but there is no more pain within them.  
I have removed the knife from my back, and I am free to move into the greatest joys of life with no need to ever look back.  
I can now express my love freely.  
I am love. I give love. I am open to receive love.  
I am strong and I am supple.  
I move forward in my life with grace and dignity.  
I am flexible, willing, and able.  
I move freely with ease.  
I trust the process.  
I am in alignment with Divine guidance.  
I am able to move forward with my life without fear of financial worry.  
The Universe will provide for me, and I will do my part in my own success.  
I take responsibility for my life and my choices with grace and gratitude.

I have love in my heart and joy in my body as I embrace change and fluid motion of forward movement.

I am open and available to heal from the deepest depths of my being *now*.

### *Chapter 5*

I am free to let go of all the times I did not honor my feelings and sat them out.

I embrace a new way of communicating, where I speak my truth freely and kindly so that things do not fester within my being.

I am free to move into a higher space of consciousness.

Angers and frustrations no longer have a place to be planted within me.

I release the frustrations and walk away with ease and peace.

### *Chapter 6*

I am *able*.

I am moving in the direction of my goals.

I am able to run free and move my body in alignment with my heart and mind.

I am an open conduit for love and forward motion in my life.

I am strong, and I am powerful.

I trust my path.

### *Chapter 7*

I am *safe now*.

I am secure.

I affirm that my body is healthy, and I am in rhythm with my body.

I go with the flow and not against it.

I trust my gut to lead me to the highest outcome possible.

I am strong in my body and in my thoughts.

I trust. I am in the flow. I believe in *me*.



**Chapter 8**

I am *strong*.

I am supple, and I am able to defend my life, my positions, and my beliefs.

I allow negativity to roll off me.

I embrace the really great offerings of life.

I embrace my body, my heart, and my life.

I am open to receiving life's many bountiful blessings.

I am worthy to receive.

I stand with my arms open, my chest open, and my heart open to receive blessings and goodness. I am free to choose happiness.

I allow myself to feel good and experience joy.

I am balanced and stable.

I am strong, and I only allow things to enter my field that are for my highest good and greatest joy.

I resist negativity in my field now.

I grab hold of the good things in my life.

**Chapter 9**

I am *love*.

I am an all-encompassing being of pure love and joy.

I radiate kindness and compassion for myself and others.

I am open to receiving and giving love without attachment.

I choose love as my primary emotion.

**Chapter 10**

I *express*.

I allow myself to be honest and forthcoming with information.

I do not hold back my own feelings or emotions.

I do not speak harshly, but I do speak truthfully.

I acknowledge that the muscles of facial expression reveal my feelings.

I allow myself to feel freedom throughout my entire being.

I no longer hang on to things and chew on the bone that no longer serves me.

### *Chapter 11*

I *synthesize*.

I am willful in the most glorious way.

I see the good in life.

I chew and swallow with accuracy any situation life throws at me.

I commit to seeing the whole picture.

I am *flexible*.

I can see life clearly.

I do not bury my head in the sand.

I see the world around me in all its glories and its messes.

I *trust*.

I know that things go on behind me. I trust my own intuition and the world around me.

I am strong, capable, and aware.

I trust that my inner guides always have my back.

### *Chapter 12*

In this moment, every cell in my body corrects itself. Every strand of DNA is recomposed, straightened, and healed.

Any parts of me that have been out of balance restore themselves *now*.

I am healed at the deepest cellular level.

I agree to move forward while trusting my body, my heart, and my mind.

I am now able to live the life I have always imagined I could.

I ask that this be so ... And So It Is.



## Introduction

# The Missing Piece of the Puzzle: Holistic Healing and the Emotional Muscle Body

Recently I went to a Korean sauna and received an acupressure massage from a man who was quite thorough, did not speak English, and landed on some points on my body that made me realize a basic concept. I had the same questions that I think most people do when they lie on a table in their most vulnerable position, the questions being: What is going through your head right now? What are you feeling? Why does that spot make me want to throw up? Why do you keep returning to that spot? What is that spot? I want to know everything you are thinking while you are treating me! What did you find? Am I healthy?

For me, body work is not relaxing. Parts of it can be and pleasure is generally woven into the treatment; however, much of the time is spent deep breathing, trying not to hold on to whatever is trying to be let out, and constantly wondering what the body worker might know about you by having their hands on you.

The body itself is a master communicator. Since time immemorial, people have attempted to translate its messages, describing and documenting the body's energetic makeup in hopes of discovering the secrets to great health and longevity. In traditional Chinese medicine, the organs all have corresponding emotions, times of day where they are at their strongest and weakest, and even food flavor profiles that pair to the organ. In Ayurvedic medicine (*Ayurveda* is a Sanskrit word meaning "the complete knowledge

for long life”), we are divided into three doshas, or body types, that correlate with different foods, different emotions, and different energies. In neuromuscular massage therapy, there’s a concept called trigger points, which is a philosophy that aims to explain the phenomenon of *referring pain*, a term used to describe a feeling of pain in one area of the body when pressure is placed on another area of the body. In reflexology, we have the entire body all mapped out on our feet! If the kidney point on the foot hurts, for instance, it could be a sign of kidney duress. There are literally tons of materials and resources available to help us understand the body’s energy patterns, chakras, nerve centers, and more. There is one avenue, however—and a major one—that has yet to be explored: the muscles.

Applied kinesiology, or muscle testing, uses the muscles to tap into the subconscious mind. The muscles test stronger or weaker depending on the questions being asked. You can perform muscle testing to find out a host of things—emotional issues, physical pains, sensitivities, etc. For example, my child was on a very strict diet in accordance with results from testing her stool sample. She is not allergic to anything, but we were given a long list of foods that create sensitivities for her. We sought out a naturopath (holistic doctor) to perform something called Nambudripad’s allergy elimination technique (NAET). He did a series of muscle tests to see what foods she might be sensitive to, and his results from testing her muscles gave us exactly the same information as our very expensive traditional medical test. (As a side note, this treatment worked for us and we no longer have to keep to that strict diet.)

I share this to say to those who have never realized that the muscles are a part of the body’s communicating system, think about the muscle-testing procedures and you may realize that there are many ways to approach our bodies for information and for healing. The muscles are a great resource into the body’s deep intelligence. Why then wouldn’t we come to see that the muscles themselves hold emotional information as well?

The muscles hold a vast amount of information about our bodies and our emotional state of being. Although the body is a master communicator, we are not master listeners. This book will open your ears as well as your eyes to many avenues of emotional and physical health and healing available to you, and you’ll learn how to truly listen to your own emotional muscle body. In discovering how to “hear” and understand what your

muscles are telling you, you'll be armed with new knowledge and insight to help keep yourself in the highest state of health and emotional wellness possible.

### **How This Book Came About**

I began formulating the ideas behind this book from early on in massage school when my teacher told us that the psoas and the longus colli were the two most “emotional muscles” in the body. This means that by manually treating these muscles an emotional response was more likely to occur. I became instantly fascinated with what that meant and curious to know more. When I asked my teacher what else in the body is emotional or how do they even know that those two muscles are emotional, he had no answer. It seems that this information has simply been passed down through the generations of body workers as something we should know without worrying about any particular detail or dynamics of the concept.

I was determined to find out as much as I could about this. As I began to work on bodies, this subject matter became all the more necessary to my work. I realized that having an understanding of the body map with regard to treating the muscles and how they pair with emotions is incredibly helpful. Having this knowledge allows me to be able to treat the body with a deeper respect. I began to ask various people about this subject and, as it turned out, many people in the healing field all had little bits and pieces to add to the puzzle.

Ultimately, when it comes to the true backbone of this book however, it is what I found myself, through countless clients' bodies revealing this information to me. I developed an understanding of how to read the body. I began to almost speak to the muscles themselves, or at the very least I learned how to listen to the muscles as they revealed their secret language to me.

As I came forward with what I was formulating, I was given confirmation time and time again by others in this field. For example, later in this book when we discuss Emotional Freedom Technique (EFT), we will find that they already knew that betrayal is held behind the shoulder blades. I knew this same information, but I had never read it anywhere. The body had taught me independently. To have confirmations such as these was invigorating, and they helped me to be able to come forward with confidence that what I offer in this book is valid.

During the process of writing this book, I turned to many teachers and highly respected people in the field. I wanted to reach out to those who would directly disagree with the concepts in this book as well as the ones who have spent their entire career in alignment with this work. I wanted to do this work true justice, and that means seeing it from all sides.

One such counter perspective came from a very well-respected massage educator and author who said, “People look for deeper meaning when there is not any. I too have seen many transformations and healing take place, and I cannot attribute them to anything other than the person was ready for change and that getting them out of chronic pain may have been the catalyst for that.” Nothing is an exact science and the body is fully capable of having several options for answers in the areas of distress patterns as well as release methods. These are things we will learn more about in the pages to come.

### **The Body Heals Itself: Muscle and Emotional Release**

I cannot repeat this enough: *the body heals itself*. Your ability to heal is so much greater than anyone has led you to believe. It’s just really difficult to do it alone. Everyone needs someone to help them along the path to a new way of being. What you might be looking for is a psychotherapist, a counselor, a chiropractor, a physical therapist, a massage therapist, a Reiki master, or an acupuncturist who knows what it is you are looking for. I hope that by the end of this book you will have a clearer idea of the kinds of people you need to seek out for what your body and your mind need at this time.

The muscles store emotional memory. They do not create, produce, or move the emotions. It is through the muscle/mind connection that the emotions that are stored within the muscle fibers and fascia (the thin, fibrous tissue that surrounds the muscles) are able to be moved and released. The muscles do not have their own mind; the mind is the mind. The muscles simply store what the body has endured throughout its life—this is both great memories as well as traumatic memories.

In Western society, we view the muscles as our physical driving force, our source of strength—and not much else beyond that. The study of the muscles focuses on chemical makeup, origin, insertion, and functions. We even know the fiber directions of every muscle in the body. But do we have any idea that the muscles themselves hold a highly emotional part of our being? Do we know that our muscles can tell us very early on what

parts of our emotional body needs to be addressed and treated? When we learn to listen to our muscles, we can discover emotional and physical problems sooner, before it's too late to do anything about them. When we understand the emotional muscle body as a whole, we're empowered to change the patterns of our lives for the better.

Understanding your body's muscular system on an emotional level is not about weight lifting and learning how to build strength and muscle mass, nor is it essential to memorize the many chemical compounds and trigger points that exist within those muscles. What's needed is a road map to the muscles, exploring not just their physical aspects but their emotional and spiritual components as well. This book will take you on an emotional and energetic journey within your own body. It's time to unlock the mysteries of what the muscles know and hold for you. It's time to use this knowledge to improve your health, your mood, and your life.

I worked with a woman on and off for several years. One day when she came in for a massage session, she was in a great mood. We chatted for just a little bit, and then I proceeded to work on her muscles. I started her on her back, facing up. I had already finished the whole front side of her body. There was nothing too noticeable anywhere and certainly no emotions flaring up. I turned her over and worked on her legs first and then got to the gluteus, or the buttocks area. All of a sudden, her muscles became so tight that it was very painful and difficult for me to continue to work on her. And she didn't want me to, either! In fact, she was getting aggravated, hoping I would just skip past the tense area. She got angry with me. I had to be going too deep. What was the deal? I didn't let up. I knew what was coming. This was not just something physical at all. It was emotional.

I know that the buttocks holds aggravation and suppression. You know those times when something makes you angry but you know it's just not worth talking about, so you sit on it... You literally do sit on it, and the emotions enter into the glutes. It's no wonder she was experiencing aggravation as I treated this area. The emotions that it stored were coming to surface. Without any coaxing, and although she was feeling very aggravated with the massage, she lifted her head up, turned to me, and said: "Did I tell you that my ex-husband just died? Did I tell you about his new wife and all the trouble she's caused?" Now, why would this all of a sudden come up in conversation—in the conversation that we weren't having? One minute, we were talking about "Why does this hurt so much

here?” and the next minute she blurts out, “Did I tell you that my ex-husband just died?” I was massaging her buttocks, exactly where all of her frustration and aggravation were sitting! Of course she would bring this up right then! Now we were getting to it so she could let it go. The physical pain that was in that area began to subside as she talked.

Getting that area treated physically and at the same time discussing the emotional component made the pent-up pain leave. It did not have to fester into something that would become worse. It was gone. Acknowledging and understanding the emotional pain that was felt through the physical pain was truly liberating for this woman, and this is just one little story in a long line of real-life examples. This is one very simple story because the emotions were fresh. It was an easy release. But what happens when the muscles have been holding on to serious pain, anger, shame, and sorrow for years on end?

Certain muscles guard certain emotions, but it’s not always as straightforward as it might sound. When you press on one muscle and they feel pain in another part, that is known as referral pain from a trigger point. There is an emotional component to that as well. It is the part I call the Apothecary Method. When you are working on an area that doesn’t just hold trigger points and referral pains but something deeper and more emotional, the client will unknowingly stuff it into another part of their body, hoping you will miss it. It is your job to keep opening the drawers of the body to find out where that little rascal slipped off to in order to hide itself.

There are trigger points and referral pain charts everywhere, but the emotional part is not on any referral pattern chart. This is something entirely different. People don’t want to face old pains. It is not comfortable. They don’t even consciously realize that they still hold that old pain. They don’t acknowledge that they never actually faced whatever the trauma or issue was, which leads to the concept that by not facing it, it was never released. So it sits and waits to be found or prefers never to be found. We must go after it and wage a small yet more sensitive war on the little rascal so you can escort it kindly out of the body forever.

Anytime that we get our hearts broken or we witness a terrible loss, we tuck away those emotions somewhere in our minds to postpone the pain until a later date. We deal with what we can, and we hide the rest. It’s simply human nature. But I believe that when that place in your mind gets overcrowded, it calls on its resources to hang on to it



too—the muscles, the fascia, the organs, and further out into the energy fields. It has to go somewhere!

What happens to the things that you’ve stuffed into your little “soul drawers” along the way? Where are they now? When emotional pains aren’t processed and dealt with completely, they lie dormant in the body until there is just no room for them in the sock drawers of your soul and they must come out. Unfortunately, these sleeping monsters generally come forward through physical pain or illness. This is the emotional root of dis-ease. This is not to say that dis-ease doesn’t primarily have physical, lifestyle, and genetic causes, because it clearly does, but it does sometimes have an emotional component as well that can warn us in advance to the onset of illness so that we can pursue treatment before it gets worse. When we don’t listen, or when we don’t even know what to listen for, we run the risk of getting sick. Illness is the final way that our body lets us know that we are out of sync. Before it gets to the point where the emotional pain manifests itself into something physical, the body sends all kinds of warning signals in an attempt to alert us to the fact that our body and soul are in need of attention.

One of our primary security systems for letting us know when the body is in disorder is the muscular system. By noticing how our muscles feel and behave, we can nip illness and physical discomfort in the bud and liberate ourselves from old emotional tensions and sorrows that have held us back. In understanding the energetic body as a whole and how it relates to the emotional muscle body, you’ll gain the key to becoming the greatest authority on your own health, and you’ll have the tools you need to overcome any emotional or spiritual obstacles along the way. Knowledge is power, and it’s time you had yours in knowing your own body.

It is important to note, however, that not every single thing in your muscles comes down to an emotional pain that has been hiding out. Sometimes it really is just physical, or repetitive habits. Sometimes your shoulders hurt not necessarily because you are dealing with the weight of the world on your shoulders or feeling like no one else can do it like you can . . . sometimes it really is that your purse is ridiculously heavy and you don’t change arms! While what I am offering here is incredible information, it is not the only suggestion for what might be going on in your muscular body. There are too many times that we can get carried away with our holistic views and miss some very simple things.

Use this knowledge to broaden your perspective, and continue to keep your ears open to every way in which the body speaks.

Wherever in your body you have muscle pains, especially ongoing muscle pains, can reveal the emotional components that are currently in your life or were experienced in the past and left unprocessed. If you have an acute pain in your body, this does not automatically represent some sort of long-held betrayal. It may mean that something new has come up—something that may or may not be attached in any way to something old. Or it could be as simple as you moved in a weird way and the physical muscle seized up. You must go through the full list of possibilities—the physical as well as the emotional.

Are you stretching, taking care of your body, honoring your thoughts, eliminating the negative patterns in your life? Are you wearing good shoes? Do you carry stress? Do you discuss things that bother you? Do you stuff them down deep and these things are now being triggered? These questions should be part of your body scan. The mind is still the processing organism in the body, and I do not believe you can accurately release the muscles of emotions without the mind being at the wheel. You can release muscle tissue of chronic tightness, of spasms, of anything physical—yes, of course! But I am going deeper and into the area that *does* require the mind to be part of the discussion and of the movement—into lasting healing that helps not only the body but also the mind, heart, and soul. Other therapists who work with body energy and release patterns already know this. This is not a new concept. It's just that so far, only small articles and little bits and pieces have been shared throughout the years. No one has managed to put it all together comprehensively in book form.

### **How to Use This Book**

What this book ultimately is encouraging you to do is look beyond what you know and allow your body to heal and to access not only the traumas for release but the good and the joys to increase health and vitality within your being. As we go along, we will learn the various muscle groups and what emotion is likely stored in this particular area. The mind must be a fully active part of healing, working together with the rest of the body, including the muscles themselves, to completely transform. Once we do so, we're empowered to move forward into our healthiest form of living.

Allow the knowledge and tools you will acquire throughout this book to help bring you into the highest joys of your life no matter what your age and no matter what health you are in currently. There are so many available ways to heal, and this happens to be one of them. The mind/muscle connection can be an important aspect of healing, and no longer will I allow this part to be overlooked.

In the muscle chapters, I will offer stretches, affirmations, and visualizations to help connect yourself to the muscles that can assist with self-release. Throughout this book, I will offer affirmations, visualizations, meditations, stones, and essential oils that pair with the muscle or emotion that help with healing the emotions.

**Prayer:** When we pray, we talk a lot and focus on things we need and are asking for.

Hopefully in prayer we are also giving thanks.

**Centering:** When we center ourselves, it is a way to calm our minds so that answers may be received in response to our prayers and questions.

**Meditation:** Meditation is a space offered to help you get into a place within your mind that allows for your mind, body, and spirit to come together for your highest space to blend into one consciousness. Going deeper beyond simply centering our minds and bodies can lead us to meditation. Meditation to me is the art of doing nothing. You are no longer engaged in your thoughts. You are not asking for anything. You can enter a space where time slows down. It lends itself to a freedom from deep within your being to calm, quiet, and accept love energy from outside yourself as well as deep within your own being.

The word *meditation* throws a lot of people off due to the complexity that it can be. The idea behind meditation is to get to a still point in your mind where you are virtually doing nothing. It is the place that you can get to that transcends all thoughts, mind chatter, and outside distractions and brings you to a place of supreme bliss. For the purpose of this book, in any meditation or centering practice, it is a stepping back and becoming only an observer of your thoughts without an attachment. You no longer engage in the chatter simply by being still in your body and calming your mind and detaching from any distractions in the path.

**Affirmations:** When it comes to affirmations, these are statements to be repeated to yourself to help to solidify the new attitude for various areas to heal itself. Repeating positive statements becomes affirmative in nature. This is an important component

in your journey. Affirmations are short enough that you can remember the statement easily so you are able to repeat it with ease throughout your day. As I list various affirmation options, whichever statement resonates best with you is the one to choose.

**Visualizations:** A visualization is like a meditation in motion. I will lead you through imagery to help you picture in your mind your body engaging in release and healing. As you go through them, truly try to visualize yourself going through each suggestion to get to a more comfortable place within your body.

**Stones:** Crystals and gemstones come naturally with healing properties. An example of this would be rose quartz, which is known for the unconditional love energy that the stone carries. In this text, I will offer various stones that can be the most beneficial to the area we are discussing. In the back of the book in appendix A, I will discuss how to clean your stones and which stones are best for grounding, healing, releasing, renewal, etc. In the chapters on the muscles as well as the chakras, I will include stones to pair with the area.

**Essential Oils:** When we discuss essential oils, the safest method of use is to drop the oil in a diffuser that contains water. This way the oils are misting into the air and can be enjoyed by everyone. When applying to the skin, it is always a better idea to mix the oil with a carrier oil such as coconut oil, jojoba oil, or grapeseed oil. Add only a small number of drops as a 3:1 ratio of carrier oil to essential oil. If you are doing a tablespoon of carrier oil, maybe add three drops of essential oil. Some oils such as lavender, ylang ylang, and jasmine (the calmer, softer oils) can be applied directly in small amounts to the skin. Oils such as peppermint, eucalyptus, and spearmint (the more revitalizing scents) should not be applied on the skin without dilution.

In appendix A, I offer recipes for detox baths, as well as more information on crystals and how to use them and take care of them. Breathing practices (pranayama) will be in that section as well.

In appendix B, I have several different people write deeper explanations of the various modalities that I list in this text. I have information on Ayurveda, Chinese medicine, tapping technique, Bach flower remedies, toe reading, a lesson in forgiveness, and more. I offer these to provide deeper insight into these subjects that can help us on our journey. As I've moved along in compiling the information for this book, I have interviewed so many incredibly generous people. All of the people who offer their expertise give way

to a deeper awareness of the body and the avenues in which to help the body heal itself. You will be able to hear from some of the greatest experts in this field, and I have been honored that they would grant me their time and their information with such love and willingness to teach us all.

I met Stephen Watson, world champion martial artist, in Sedona at a tai chi workshop many years ago. He was one of the teachers there. This is the first time I had ever met someone who spends more time of the night in meditation than in sleep. He teaches meditation classes all over the world. (Please see appendix B for his well-worn and life-tested instructions that are designed to be simple yet comprehensive.) This is one example of what is offered in the appendix section of this book.

I want to take you on a quest to learn more about body healing and body awareness. I believe that *the body heals itself*, and we are never the healers. When we help someone, whether it's through massage or physical therapy or through energy work or emotional release, we are not the ones doing the healing. We are simply the open vessel through which sacred healing energy may flow. A person must be open and willing to heal, and most of the time this is achieved through understanding what needs to heal and from where the problem is issuing.

We know a lot of emotional places in the mind, we know a lot of emotional places in our hearts ... but it's time we learn of those emotional places that reside in the rest of the body, within the muscles. The body is splendid, and it is a mystery we must learn to discover.

Use this information in good health, friends. Use this as an addition to your practice and your understanding of your own body and the bodies of others. Use this with an open mind and, above all, an open heart. May we all learn that our body tells our story. Our bodies do speak our minds, our hearts, our traumas, our celebrations, and our perceptions of the world. Let our minds and our bodies finally unite in a strong and healthy way that guides us into a deeper level of healing.

I am truly honored to share this journey with you.

In full body wellness and love, I offer this work.

—Emily A. Francis