



## Title?

### Top of head

Inner critic, lack of focus, hamster wheel thinking

### Eyebrow

Releases: Trauma, restlessness, hurt, sadness, impatience, frustration

### Side of Eye

Releases: Rage, anger, resentment, impatience, frustration, restlessness and dread. Therefore allowing: Clarity, compassion and understanding

### Under eye

Releases: Fear, anxiety, deprivation, bitterness, greed, cravings, emptiness and disappointment.. Therefore allowing contentment, calmness and a feeling of all being well.

### Under nose

Releases: Embarrassment, shame, guilt, grief, fear of ridicule, and fear of failure. Therefore allowing Self empowerment, self acceptance and compassion.

### Chin

Releases :Confusion, uncertainty, shame and embarrassment. Therefore allowing certainty, clarity and self acceptance

### Collarbone

Releases: Indecision, worry, feeling stuck and general stress. Therefore allowing, confidence, clarity and the ability to move forwards clearing "unstuckness".

### Under arm

Releases: Self confidence, guilt, worry, restriction, being held back, obsessing and poor self esteem. Therefore allowing confidence, ease, clarity, relaxation and compassion for self and others.

### Karate chop

Sadness and sorrow

