

Some Key Metaphysics For Major Organs & Systems of The Body

BONES & SKELETAL SYSTEM – (Water)

Structure / framework / support

Look at metaphors for the specific area of the body.

Bones relate to the water element, metaphysically they relate to the structure of yourself, your life and your universe.

THE MUSCULAR SYSTEM – (Earth)

Movement, how you move through life?

Do you need more power or do you need stillness?

Look at specific metaphors for the individual muscles

Muscles relate to the earth element, metaphysically they relate to movement in life. The area that the muscle is located will also give you more information eg shoulder is about what you perceive that you are carrying.

THE HEART & CARDIOVASCULAR SYSTEM – (Fire)

Self-love, self-worth, compassion, joy for life, passion and drive as fuel

Heart connection - electromagnetic power approx 60 times greater than the brain - carrier of information and transmitter of frequency. Many greats books on this eg The hearts Code, Heartmath institute, Atlas of the heart.

Head/heart/gut (enteric nervous system) - coherence

Arteries - Is nourishment distributed to all parts of self and life to maintain vitality?

Metaphysically relates to our relationship with self - self-love, self-worth. The centre for love and security for self and others. Perhaps head and heart conflict.

The heart is known as the sovereign of all organs and represents the consciousness of ones being.

Related to spiritual transformation / incarnational imprints.

Circ sex represents warmth, nourishment, the different stages of life / development. . Having what you need when and where to need it to grow.

THE BRAIN & NERVOUS SYSTEM – (Central/Governing)

How we perceive ourselves? Identity.

How we relate to the world around us based on our filters. What we are making things mean?

What messages are you picking up or not, and how are you interpreting this?

Brain and nervous system relate to central and governing (respectively), metaphysically these relate to (brain) our sense of self, our identity, our mental map of self and the world around. The brain can be further broken down into left hemisphere (logical/ linear thinking male/yang side of self) and right hemisphere (creative/big picture female/yin side of self).

Nerves represent communication and receptiveness to the world. What messages are we picking up?

THE ENDOCRINE SYSTEM – (Fire, Earth)

Mainly triple warmer but also circ sex for repro and spleen for pancreas

Glands – holding / maintaining a situation via the chemical messengers. Metaphysically can represent different things based on the individual gland.

Adrenals – up and down, rest and action. Survival/fight or flight

Thyroid – throat, suppression in communication, being shut down, voice, thermostat

Gonads – reproduction, legacy, stages of life, masculine / feminine aspects

Pancreas – sweetness in life.

THE DIGESTIVE SYSTEM – (Earth, Fire, Metal, Wood)

The ability to digest life. Digestive system relates to many meridians - stomach, spleen, liver, gall bladder small intestine and large intestine.

Stomach represents breaking things down into digestible chunks so that you can take action.

Small intestine represents taking in the goodness in life and sifting out what is not

Large intestine represents letting go of what does not nourish or no longer serves

THE LIVER PANCREAS & GALLBLADDER – (Wood) (also all part of the digestive system)

Liver represents - processing detoxifying, letting anger process

Gallbladder represent detoxing what galls us & break down things that we are using for protection - gallbladder with fats

Pancreas (aligned with spleen in Chinese medicine, as in TCM spleen also considered involved in the transforming of food into usable forms to distribute the energy. So pancreas also relates to the earth element with spleen and the sweet taste aspects of earth. Looking for / craving the sweetness in life.

THE LYMPHATIC SYSTEM – Relates to all of the meridians letting go of toxicity via the NL cycle. Also closely related to liver as the liver processes the toxins.

Letting go of / cleansing to maintain balance. Can look at metaphors for organ/system/meridian or whole being?

THE IMMUNE SYSTEM – (Fire, Earth, Wood, metal)

Relates to several elements as there are many aspects to immune function eg bone marrow, lung lining, white blood cells from spleen, gut immunity, liver filtration, skin protection etc etc .

Represents our protection mechanisms, which may be over or underactive. These defences may even turn inward and attack us instead.

THE RESPIRATORY SYSTEM – (Metal)

Represents old patterns no longer serving – guilt, grief, regret. The past.

Lungs represent breathing in, inspiring, suffocation in relationship, work etc

Weight on chest. Taking in the fresh breath of life.

THE URINARY SYSTEM – (Water)

Represents filtering – letting go of the last part. Ending.

Water nurtures the new, the beginning. So what needs to end to begin the new.

What needs diluting? What is too diluted?

THE INTEGUMENTARY SYSTEM – Metal)

Skin – The barrier between self and world, thick skinned, protection.

Hair – Crown on your head?

Sweat – don't sweat the small stuff

THE REPRODUCTIVE SYSTEM – (Fire)

Represents reproduction, giving birth to, creation. May be a person project idea etc

Yin Yang balance - sex archetypes, maiden mother chrone. Masculine / feminine.

THE DETOXIFICATION SYSTEM – (Every cell in the body + Wood, Water, Metal)

As discussed previously. Represents letting go of what no longer serves. Having what you need to fuel each stage of the letting go / detoxing process.