# Emotions within the Energy Centre System

Each energy centre holds certain types of emotions, depending on what kind of emotion you hold will depend whether or not the energy centre will block. Unhelpful emotions block and close off the energy centre whilst helpful emotions allow the energy to flow freely and keep the energy centre open.

|  |  |  |
| --- | --- | --- |
| Energy centre | Unhelpful Emotion | Helpful Emotion |
| Crown | Unhelpful emotionsFearDespairAttachmentLack of self-forgiveness | Empowering thoughtsConfidenceHopeRelease / DecisionForgiveness of self |
| Pineal | Lack of purposeLack of direction | ClarityClear planning |
| Throat | Lack of communicationUnhelpful thoughtsResentmentFrustrationAngerJealousy | Expression of selfHelpful thoughts (reframe)ForgivenessAcceptanceLoveContentment / Proud of them |
| Heart | HateBlameSadness | LoveResponsibilityHappiness |
| Abdominal | ProcrastinationGriefPrideRegretGuilt | MotivationReleaseAwareness of othersLetting go of controlAcknowledgement |
| Pelvic | AvoidanceSuppression of sexuality | AcknowledgementExpression |
| Base | SurvivalLack of trustSelf-doubtWorryDisappointmentShameStress | Plan to meet needsBoundaries & safetyConfidencePeace / let go of controlUnderstandingAcknowledgementBeing present / peace |