

Body-Feedback for Massage Therapy and Yoga Master Summer Sheet

First Trisection	Lung - Early Spring/Aries	Large Intestine - Mid Spring/Taurus	Stomach - Late Spring/Gemini	Spleen - Early Summer/Cancer
Muscle Associations	Serratus anterior Deltoids Coracobrachialis	Iliotibial band Hamstrings Quadratus lumborum	Pectoralis-clavicle Neck flexors Brachioradialis	Latisimus dorsi Upper trapezius Triceps
Organ Referral Area	Below lateral end of clavicle bone	Lower right abdomen	Lineal alba above umbilicus	Left lower rib cage
Supporting Blends	Aroma Siez Relieve It	Cool Azure Purification	Panaway Valor	Stress Away Thieves
Supporting Single Oils	Lavender Peppermint/Peppermint	Lemongrass Peppermint/Peppermint	Copaiba Peppermint/Peppermint	Clove Cypress
Imbalanced Emotions	Grief/Sadness Low self-esteem Impulsive/Impatient	Burdened Stuck and blocked Difficulties letting go	Scattered Spacey Overstimulated	Worried/Insecure Over protective Needy
Second Trisection	Heart - Mid Summer/Leo	Small Intestine - Late Summer/Virgo	Urinary Bladder - Early Fall/Libra	Kidney - Mid Fall/Scorpio
Muscle Associations	Subscapularis	Quadriceps Abdominals	Peroneus Erector spinae	Psoas Inner thigh
Organ Referral Area	Left shoulder blade	Ribcage-abdominal attachment	Above pubic bone	Mid to low back/inner thigh
Supporting Blends	Sacred Mountain Valor	Aroma Siez Relieve It	Cool Azure Valor	Panaway Sacred Mountain
Supporting Single Oils	Frankincense/Sacred Frankincense Marjoram	Lavender Vetiver	Marjoram Wintergreen	Clove Wintergreen
Imbalanced Emotions	Melancholy/Depressed Arrogant/Self-absorbed Self-doubt	Narrow-minded Obsessed with details Self-critical	Indecisive/Sabotaging Detached Inflexible	Grudges/Over controlling Self-destructive Betrayed/Unconscious
Third Trisection	Pericardium - Late Fall/Sagittarius	Triple Burner - Early Winter/Capricorn	Gallbladder - Mid Winter/Aquarius	Liver - Late Winter/Pisces
Muscle Associations	Gluteus medius Piriformis	Teres minor	Anterior deltoid Fascial adhesions	Pectoralis-Sternal attachment
Organ Referral Area	Diaphragm and entire ribcage	Side line of torso	Right side of lower edge of ribcage	Right side of front of ribcage
Supporting Blends	Cool Azure Sacred Mountain	Purification Thieves	Aroma Siez Panaway	Purification Stress Away
Supporting Single Oils	Balsam Fir Marjoram	Cypress Balsam Fir	Marjoram Wintergreen	Copaiba Frankincense/Sacred Frankincense
Imbalanced Emotions (check emotional blends)	Manic Fanatical/Over-Zealous Lack of Direction	Rigid/Repressed Rule-bound Tied to expectations	Rebellious/fears change Feeling Misunderstood Detached/Aloof	Angry/Irritable/Anxious Overly sensitive Illusive/Addictive