Fingers and Organ and Energy/Emotion Connections

Right Hand

Thumb- Connects to the Pineal and Pituitary glands in the brain- restores equilibrium. 
**Emotions:** Feeling lost or listless; lacking willpower and carrying stress and worry. Think about the small child sucking the thumb for security and soothing.

**Systems:** Lung and Respiratory Functions

Index Finger - Holds intellect and how you think about yourself, your life and the world around you; the source in the quest for power. **Emotions:** sense of fear, rejection or feeling controlled. May experience stomach pains or heartburn from difficulty digesting life.

**Systems:** Large intestine and its functions

Middle Finger - Connects with personal power and the ability to deal with many of life’s challenges. **Emotions:** sadness, anger, fear, feeling exhausted and drained or confused. Tends to have weight gain that masks emotional pain. Gives a whole new meaning to “flipping the bird”!

**Systems:** Energy, blood circulation and reproductive functions

Ring Finger - Contains many beliefs about relationships and vows; holds a connection to others. **Organs:** thymus, thyroid and adrenals.

**Systems:** Energy and heat metabolism

Little Finger- Shows sense of survival and security; warehouse for childhood lessons. May have problems trusting self and others.

**Systems:** Heart and small intestine and its functions
LEFT Hand

THUMB - Connected to the throat chakra; resides the ability to be a powerful communicator. **Emotions:** suppresses feelings, lack of self worth and unwilling to stand up for self. **Organs:** sinuses, throat, colds, and breathing difficulties and of course the Thyroid.

**Systems: Lung and Respiratory Functions**

Index Finger - Linked with heart chakra, holds sense of individuality and vision of self. **Organs:** large intestine which may include abdominal pain, diarrhea and constipation.

**Systems: Large intestine and its functions**

Middle Finger - Connected to solar plexus, the ability to take action and achieve results. Circulation and sexual problems may occur.

**Systems: Energy, blood circulation and reproductive functions**

Ring Finger - Connected to the sacral chakra, holds your inner child. Addictions, lower back pain, fertility problems. **Emotions:** stressed, run-down, unstable and guilt or blame.

**Systems: Energy and heat metabolism**

Little Finger - Connected to the Root chakra, affects self esteem and how you fit in to the world. Inability to create and achieve and struggles with depression or skin problems. **When this finger is appearing red** it indicates a discharge of heart energy. **When this finger shows stiffness or numbness** this indicates dangers of heart attack or stroke.

**Systems: Heart and small intestine and its functions**
Massage and Releasing emotions from these fingers/thumbs will aid in the balancing of the body.

To regenerate the flow of energy use the following “colors” wrapped around the finger/thumb. You may sleep with it nightly to support body balancing.

- Thumb (throat chakra) - blue
- Index Finger (heart chakra) - green
- Middle finger (solar plexus chakra) - yellow
- Ring finger (sacral chakra) - orange
- Little finger (root chakra) - red

Affirmation for Healing and Balancing fingers/thumbs due to injury:

“Divine Healing Intelligence, please heal and regenerate my fingers/thumbs to their maximum health, vitality and mobility”.

These are excerpts from a powerful book
The Secret Language of Your Body
By Inna Segal

2016 CAHP copyright www.AcademyEPIC.com
TOE MEANINGS:

BIG toes = The spleen, pancreas, liver and their functions

Second and Third toes = The stomach and its functions

Fourth toes = The gall bladder and its functions

Little toes = The bladder and its functions