

EVOX 12 Zones

Head Region: Thinking / Thoughts (quadrant 1)

Zone 1 Unacknowledged vs. Self-Validation

Zone 1 Note C: Center Brain: Unacknowledged vs. Self-Validation

The perception of being unacknowledged or undervalued manifests in stuck patterns of denial, avoidance, and mistrust. There may be an avoidance of or an inability to recognize and accept unpleasant realities, especially those that conflict with the perceptions of being undervalued. There may be an inability to trust and accept ones own evaluation. Insights and other intuitive abilities may be constrained. The unacknowledged individual may experience defensive thoughts due to a heightened and projected awareness of others' perceptions and judgments (the individual "projects" thoughts out and imagines reading them from others, which makes these ideas much more difficult to uproot).

Unacknowledgement often appears as low self esteem, with a lack of self awareness leaving the individual unable to recognize and value worthy talents and attributes. Even individuals with otherwise healthy self esteem, however, can experience unacknowledgment issues. Such perceptions commonly originate as a young child learns to cooperate with the reward & punishment culturization model, or in order to shield the individual from the perceived risk of standing up for one's own beliefs, desires and opinions, such as when dealing with a strong authority figure or bully. Other causes include abusive circumstances, internalizing others' judgments, and harsh self judgment which makes self recognition intolerable. Possible physical manifestations are in the area of the eyes, such as weak vision and hypersensitivity to light. As this pattern releases, the individual becomes more able to perceive his/her value as an individual rather than believing (consciously or subconsciously) that ones worth is dependent on the feedback of others. Trust of one's own perceptions and intuition is the basis for trusting others. Self validation leads to increased confidence, appreciation for and enjoyment of ones talents, personality and individuality. The individual experiences these traits effortlessly and learns to take reasonable care of his or herself without feeling selfish.

Zone 2 Repetitive Thinking vs. Creative & Independent Thinking

Zone 2 Note C#: Right Brain: Repetitive Thinking vs. Creative & Independent Thinking

Repetitive thoughts may occur if limitations are created to right brain access. The left "logical" brain can run in endless repeating circuits without the right "emotional" brain to filter out valueless thoughts. The reception of new thoughts and creative solutions may be inhibited, and artistic abilities and concrete thinking hampered. Zone 2 subconscious stress often originates from genetic

patterns or life experiences that create doubt, fear, and intimidation or overwhelm regarding the individual's creative or physical efforts such as art, music, dance, sports or verbal and other expression. Repetitive thinking is often a precursor to depression due to mental fatigue and depletion of melatonin. It may negatively affect the brain, hypothalamus and/or limbic system and interfere with physical coordination. Releasing transgenerational and life-experience patterns restores creative abilities, a broader perspective, and more effective problem solving.

Zone 3 Depression vs. Inner Peace

Zone 3 Note D: Left Brain: Depression vs. Inner Peace

A depressed individual's thoughts tend to focus on past events with the intention of "sorting out" or "making sense" of them in order to "solve" problems or negative experiences or emotions. Such analysis may be conscious or subconscious, and may be manifested in dreaming symbolically about facing and/or overcoming challenges. Energy levels drop as energy is routed toward ineffective problem solving efforts and the pituitary gland may be affected. Physical and sexual appetite may be suppressed though the individual may turn to indulgence as one of a diminished number of remaining pleasures. Depression may include a propensity to entertain and accept irrational thoughts and hampers access to left brain skills such as analysis, math, logic, memorization and verbal abilities. Depression is often triggered by genetic propensities or traumatic life experiences such as abuse, disappointments and failures that created doubts or fear/intimidation in areas of self-value and/or thinking and learning abilities. It may also arise when individuals are pressured to perform such skills before they had adequately developed or grown confident with them. Depression is heavily influenced by lifestyle choices such as diet, exercise and social life, though these may be as much the effect as the cause of the problem. Inner Peace is the condition of self-acceptance and inner-harmony that exists when one lives in the present, unencumbered by chronic worry or thoughts and pressures from the past.

Thorax Region: Emotion/ Energetic (quadrant 2)

Zone 4 Emotionally Disconnected vs. Emotionally Integrated

Zone 4 Note D#: Throat: Emotionally Disconnected vs. Emotionally Integrated

Emotional disconnection leaves an individual with only limited ability to experience and express a wide variety of emotions. The individual may or may not be aware of this limitation. S/he may speak quietly and act timid and reserved, even when s/he has opinions s/he wishes to express. Alternately, s/he may grow enamored with logical analysis; enjoy "clever" humor with little connection to joy or mirth, and converse in great detail about topics, even well after the audience's interest has waned. Even those individuals who come to

recognize the absence of feeling and wish to choose risk over the "safety" of emotional disconnect have difficulty getting in touch with the very feelings that could enable

progress through the grieving process and healing. Emotional disconnect may result from abuse, fear of rejection or ridicule, repeated experiences of feeling rejected by significant people in their lives, emotional pain, disappointment or any situation entailing overwhelming emotions. The emotional shutdown acts as a protection from the chronic or mounting stress the individual would otherwise experience. Physical manifestations may occur in the throat area such as a sore throat, laryngitis, sinus problems, thyroid problems, stiff neck muscles and difficulty in swallowing. Multiple personality issues may also be related. The release of the stress that blocks emotions may be aided by actively seeking to experience emotions through the enjoyment of physical activity or entertainment which helps the individual to identify with their emotions through others. The release is usually a welcome relief as the individual has likely moved beyond the stressful situation or acquired better coping abilities and healthier perceptions for dealing with the world. Release is often followed by the final steps of the grieving process - sadness, acceptance, and the ensuing peace. Emotional Integration restores the person to a more complete sense of self and awareness and understanding of feelings and the ability to express them. Emotions now more easily pervade all modalities (thinking, acting, etc.) and connections with others become deeper, more richly rewarding, and easier to form.

Zone 5 Self Critical vs. Self Love

Zone 5 Note E: Heart: Self Critical vs. Self Love

Self criticism involves hardness of heart and its accompanying decreased awareness of emotions. The individual turns these criteria inwardly and outwardly, and experiences an inability to trust, feel loved, and to extend love and compassion to others. An individual may experience stress in this area when they have not grieved the disappointments and losses of relationships and life experiences. These may be conscious or subconscious, emotional or experiential. As this stress increases, the subconscious attempts to suppress it. In the process, it blocks the capacity for compassion and acceptance, especially toward oneself, resulting in self criticism in an attempt to gain (self) acceptance by focusing on the perceived "bad" or unacceptable aspects of the self with the aim of eliminating or fixing them. Self criticism may adversely affect the circulatory system including the heart, lungs and arteries, and lead to chronic congestion and chest pain. Healthy grieving may occur naturally as the person gets in touch with his/her emotions, and increased compassion results. If the individual has blamed past negative experiences on others, forgiveness becomes an important part of letting go.

Zone 6 Conditional Love vs. Unconditional Love

Zone 6 Note F: Thymus: Conditional Love vs. Unconditional Love

Conditional love toward others is caused by an immature emotional foundation which uses rewards and punishments in an attempt to communicate expectations and control others' behaviors. Though ineffective, such expectations are designed to supply the individual's emotional needs. Punishments are often passive-aggressive in nature, such as the silent treatment and withering glances or disapproving comments. The individual usually feels justified in their judgments and often builds a convincing case that they are right and others are wrong. The individual often subjects his or herself to the same exacting standards and berates her or himself for failing to live up to them. S/he may not take proper care of him or herself and fail to comprehend and accept appropriate social boundaries. Ironically, people who suffer from conditional love sometimes make a great show of service. This may be motivated by a sincere (conscious) desire to serve and/or due to their hypersensitivity to judgment created by their own dominant evaluation system and a knack for manipulation. Conditional love is caused by the internalization of negative beliefs about the self, especially regarding inadequacy, which leads to an attempt to generate emotional security through external conditions. Negative self perceptions may be induced by verbal abuse or worry as the individual (usually when young) blames him/herself when seeking to understand others' unkind or unloving and unresponsive behaviors. Conditional love may impair the immune and lymphatic systems, induce cancer, lung problems and ear infections. Emotional tolerance is possible only when one feels secure in his/her emotional self-identity. As the person is able to express tolerance toward self, he/she is able to extend tolerance to others. As Zone 6 stress releases, individuals grow free to exercise more mature methods of interacting with others and are sometimes surprised to realize how strongly they had allowed expectations to influence their treatment of others.

Solar Plexus Region: Feeling / Response (quadrant 3)

Zone 7 Anger vs. Acceptance of Change

Zone 7 Note F#: Solar Plexus: Anger vs. Acceptance of Change

Subconscious anger-related stress may be observed as a propensity toward anger from even the smallest inconveniences or violations of the individual's expectations. Road rage is a common example. The individual may or may not recognize the anger as irrational, and may or may not strike out verbally or otherwise. Anger is a defense mechanism triggered by the perception of various threats. The perception of threats may grow if the individual is not willing to confront and dealing with them before the associated stress grows out of control. Thus the threat may come from within. Anger frequently covers up grief issues from feelings of loss or betrayal which the individual doesn't yet know how to release in a healthy manner. Disappointment and distress may manifest as anger and selfsabotage. Chronic worry, indecision, and dread are also associated with

feeling threatened which may precipitate anger. Anger is frequently associated with muscle tension, twitching and back problems. The anxiety associated with anger may induce heart problems with heightened blood pressure, digestive disorders, kidney problems, and adrenal dysfunction. Not all anger is irrational or unhealthy. When appropriate, it provides the energy and drive to protect oneself. Anger sends the message that "something must change." A willingness to initiate or accept change can correct problems and prevent subconscious anger from building in the first place. With a calm security gained through the release of subconscious anger-related stress, completion of the grieving process, and willingness to face challenges, the individual becomes better able to experience harmony and appreciate beauty appropriately.

Zone 8 Fearful and Overwhelmed vs. Accountability

Zone 8: Pancreas Note G: Fearful and Overwhelmed vs. Accountability

When life's demands feel overwhelming, one's capacity for joy and pleasure and may be inhibited. This may lead to overworking and taking life too seriously and logically in an effort to "get ahead" and break free from these stressful external situations. The individual may be impatient, have diminished sense of humor, and feel anger from others or from within. Fear frequently accompanies feelings of overwhelm. Fear and overwhelm may result from feeling always observed and judged (most common in first and second children) and pressured to grow up and be responsible before developing the necessary skills and maturity in life. Enduring a harsh upbringing such as frequent punishment may elicit feelings of guilt and further inhibit the capacity to feel joy and pleasure. Fear and overwhelm may affect the stomach and lower digestive tract, blood sugar issues (diabetes, hypoglycemia, sugar cravings), tense muscles, poor sense of balance, aversion to touch or lack of physical sensation. When healthy, confidence and patience allow the individual to assume accountability for one's life and experience joy, laughter and pleasure, even when dealing with life's challenges. Muscle tension releases and balance and humor return. Focused decision making replaces seriousness.

Zone 9 Suppressed Emotional Expression vs. Appropriate Self Expression

Zone 9: Liver Note G#: Suppressed Emotional Expression vs. Appropriate Self Expression

Fear of confrontation and unwillingness to express emotions may lead to rejection, ridicule or other conflict which robs the individual of self protection. This vulnerability may lead to anger, which is designed to empower self defense, though the anger may also be suppressed. These suppressions lead to frustration, stubbornness, general apprehension, anxiety, discouragement, manic-depression, lack of self-approval, vulnerability, a sense of futility and thoughts of suicide. Another expression is a tendency to "fix" others and external

situations in an effort to find satisfaction. Betrayal, abuse or mistreatment in circumstances where self-defense wasn't possible or permissible (such as the faults and shortcomings of a parent) may worsen the condition and make forgiveness and letting go difficult. Stress associated with frustration and apprehension may create problems with the liver, gallbladder, ascending colon, gas, Eustachian tubes, fallopian tubes, urethra, skin, cancer, stroke, neck and shoulder tension and migraine headaches. Expression of suppressed emotions, at least in a safe environment, may help release Zone 9 stress. With the release, the individual often discovers a more generous perspective toward others who have wronged the individual as their weaknesses and errors are more easily seen in context of the many limited and/or negative influences that shaped their behaviors. Forgiveness then follows more naturally and further aids the release of stress and its effects. In the healthy individual, the survival instinct, the capacity to thrive, and the ability to ignore discomfort and suffering enable the person to face and overcome challenges more peacefully. They are better able to employ their whole emotional self in dealing with life and thereby gain access to many personal resources. Challenges appear diminished and the individual may live a more fulfilling, satisfying life.

Pelvic Region: Belief Identity (quadrant 4)

Zone 10 Unworthy/Undeserving vs. Self-Accepting

Zone 10: Naval Note A: Unworthy/Undeserving vs. Self-Accepting

The belief that an individual is undeserving of love may lead to the perception, or reality that one's love is rejected. The absence of self-love may also result in self-defeating behaviors which obstruct the ability to acquire physical comforts and achieve goals whose attainment would conflict with this subconscious belief of unworthiness. These beliefs may lead to hyper-achievement as the individual attempts to justify self-value through accomplishment. The individual may experience feelings of guilt and blame, and have difficulty bonding with others emotionally and mistake physical intimacy with love and connection. The individual may consciously have high self-esteem and remain unaware of this subtle undercurrent. Such beliefs may stem from neglect, abuse or separation from mother or other caretakers at birth or during early childhood, insufficient attention and nurturing, and transgenerational patterns of dealing with such issues. The impact of this stress may cause weak digestion, addictions, and problems with weight, small intestine, thyroid, and reproductive organs (particularly in females). An individual's healthy connection to his or her mother and a deep sense of worth allows the individual to receive nurturing and to accept themselves in a balanced, healthy way.

Zone 11 Rigid Beliefs vs. Open to Possibilities

Zone 11: Root Note A#: Rigid Beliefs vs. Open to Possibilities

Rigid beliefs act as an attempt to make the world seem more solid and secure by solidifying opinions about which behaviors are acceptable and how things "should" be. Individuals who experience Zone 11 stress may be inflexible, uncooperative listeners who find disagreements uncomfortable or intolerable because they touch on subtle underlying insecurities. Those who exhibit extreme Zone 11 stress are likely to be:

- Perfectionists who require meticulous order for peace of mind,
- High-strung overachievers whose enthusiasm can alienate others, or
- Highly dedicated to principles, especially regarding justice and truth.

They may feel unloved and unsupported in relationships, and disconnected from the earth. The individual may believe he or she must rely excessively only on him or herself, have trouble connecting and putting down roots, experience limited sexual enjoyment accompanied by feelings of guilt or fear, and lack grace in the legs. These individuals may unconsciously lack a sense of stability or security, possibly regarding their own beliefs, thereby making the beliefs "dangerous" to consider for fear of discovering weaknesses or problems that they don't wish to face and resolve. On the conscious level, however, they simply exhibit great confidence that they are right. This lack of stability may stem from the lack of an emotional connection to a positive father figure and/or neglect, verbal, physical or sexual abuse, particularly from the father or other early authority figures.

Relationship patterns are often transgenerational. Rigid beliefs may adversely impact the pelvis and legs, bladder, kidneys, reproductive organs, digestion and sleeping. Releasing Zone 11 stress helps the individual to experience greater security as doubts and fears become non issues.

Differences are more easily tolerated. The individual may learn that they need not cling so tightly to their beliefs, that truths do not require anyone to maintain them, and that additional truths can be gathered when not clinging so tightly to others. The individual feels more at home in the world.

Zone 12 Conflicting Beliefs vs. Congruent Belief & Action

Zone 12: Crown Note B: Conflicting Beliefs vs. Congruent Belief & Action

Conflicting beliefs refers to conflicting beliefs and values or the disparity between an individual's conscious beliefs/values and his/her actions. Conflicting beliefs may block an individual's connection to inspiration and faith as well as the limiting his/her sense of being present and grounded. The person may come across as spacey, contrary and/or demanding. Blockages in any other zone may impede functionality in Zone 12. Conflicting beliefs may be associated with Mental Disorders - schizophrenia, psychosis, multiple personalities, nightmares, sleepwalking, and inability to maintain focus; Personality Issues - distant and detached; and Physical Manifestations - poor coordination and absence of physical sensation. Blockages in this zone are often triggered by traumatic experiences such as accidents, difficulty in birth, tragedies, and drug or ritualistic abuse, and may stem from transgenerational patterns. These causes may

create influential subconscious beliefs related to the trauma (such as "Life is hard," "People are dangerous," "I always fail") which conflict and interfere with conscious "logical" beliefs. Congruent belief and action occurs when subconscious stress releases and allows for being effortlessly and wholly focused on the present as well as establishing a connection to the infinite. Peace of mind increases.