

The Roby Chart

Where Beliefs Affect Your Anatomy

Right Side (masculine)
Doing/belief

Left Side (feminine)
Receiving/trust



- Head:** Resisting flow of life, sexual fears, Over-thinking, refusing responsibility for self (also in **Sixth Chakra**)
- Eyes:** Capacity to see clearly
- Pituitary Gland:** Control
- Nose:** Self recognition, self worth
- Mouth:** Taking in new ideas, nourishment
- Teeth:** Decisiveness
- Throat:** Repressed words, opinions, emotions
- Breasts:** Ability to self-nourish, Over-protective attitude
- Heart:** Receiving or giving loving intimacy
- Diaphragm:** Feeling unprotected
- Liver:** Victimization, powerlessness
- Kidneys:** Holding old emotions, shame
- Gallbladder:** Rage
- Small Intestines:** Assimilating, absorbing and integrating what is needed
- Appendix:** Fear of life
- Genitals:** Creativity, fear of own worth
ovaries = femininity
testicles = masculinity
- Rectum:** Ability to let go of the past, fighting against what everything in us is working for
- Knees:** Pride and ego, changing self-image
- Shins:** Standards in life, breaking down ideals
- Ankles:** Inflexibility in dealing with life/ an issue
- Feet:** Understanding of self, life, others

- Brain:** Over-thinking, stubbornness (also in **Sixth Chakra**)
- Pineal Gland:** Sense of purpose and meaning of life, Spiritual connection with God
- Ears:** Capacity to hear
- Neck:** Flexibility
- Thyroid:** Humiliation
When will it be my turn?
- Shoulders:** Life is a burden
- Thymus:** Feeling attacked by life
- Lungs:** Ability to take in life
- Arms:** Holding life's experiences
- Spleen:** Obsession
- Pancreas:** Ability to process sweetness or joy in life
- Stomach:** Digesting ideas to begin assimilating
- Large Intestine:** Holding onto the past, ability to move out what we no longer need (Upper portion in **Third Chakra**)
- Hips:** Fear of moving forward
- Bladder:** Fear of letting go
- Hands:** Handling life's experiences
- Fingers:** Details of life



- Whole-body systems and organs (**first chakra**)
- Muscular system:** Resistance to new experiences
- Skeletal system:** Structure/support of life
- Skin:** How we present ourselves