

**MESSAGES  
FROM  
THE BODY**

THEIR PSYCHOLOGICAL MEANING

DIGITAL EDITION

BODY PART CHARACTERISTICS  
GENETIC/CONSTITUTIONAL PROBLEMS  
BODILY SYMBOLISM AND MORE!

  
The Body's Desk Reference

# **Messages from the Body Structural Symbolism Index**

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## **BODILY SYMBOLISM**

**ENDOMORPH** (“Round”)

**ENDO-MESOMORPH** (Muscular and heavy-set)

**MESOMORPH** (“Athletic”)

**MESO-ECTOMORPH** (“Wiry”)

**ECTOMORPH** (“Thin”)

**WELL-DEVELOPED CHEST; SLIM WAIST; DIAMOND-SHAPED FACE; AND STRAIGHT POSTURE**

**HEART-SHAPED HEAD THAT IS LARGE IN PROPORTION TO THEIR BODY; SHORT AND FRAGILE TORSO; SLENDER EXTREMITIES**

**RECTANGULAR HEAD WITH HOLLOW CHEEKS; LONG AND THIN TORSO; BONEY EXTREMITIES**

**TENSE, BACKWARD-CURVED BODY; STIFF NECK AND SHOULDERS; INFLATED CHEST**

**UPPER BODY EXPANDED; OVER-FIRM POSTURE AND BODY WALLS; BRACED AND BRITTLE POSTURAL POSITION**

**EXPANDED UPPER BODY AND THIN LOWER BODY, WITH STRONG TENSION IN THE HEAD, NECK, PELVIS AND LEGS**

**COMPACT; SUPER-SOLID AND STOLID “IMPENETRABLE FORTRESS”**

**DOWNWARD-SQUEEZED; SHORTENED STATURE; FORWARD-CURVING POSTURE**

**“PUFFED OUT;” “PEAR-SHAPED;” SOFT; “BALLOON-LIKE”**

**“SUNKEN DOWN;” “FORMLESS;” KNEES LOCKED; HEAD BENT FORWARD;**

**“S- SHAPED”**

**LARGE HIPS, LEGS AND PELVIS, BUT WITH A SMALL AND EVEN CHILD-LIKE BODY**

**“DISJOINTED” BODY STRUCTURE AND “MECHANICAL” BODY MOVEMENTS**

**HEAD, LIMBS AND GENITALS ARE “WEAK” AND HELD BACK**

**RIGID BODY; FIXED EXPRESSION; STIFF KNEES AND ANKLES; INFLEXIBLE LEGS**

**“FLACCID” FRONTAL EXTENSOR MUSCLES, WITH COMPENSATORY TIGHTENED REAR FLEXOR MUSCLES**

**EXPANDED CHEST; ERECT POSTURE; ELEVATED HEAD; RAISED SHOULDERS RIGID BODY, STIFF NECK AND SET JAW, WHILE SIMULTANEOUSLY DISPLAYING AN ACTIVE PELVIS -- BY A FEMALE**

**“PERMANENT STOOP” -- SLUMPED SHOULDERS, BOWED HEAD, SUNKEN CHEST, FORWARD LEAN**

**MUSCULAR, STRONG, “WIRY” BODY**

**LONG AND TALL, WITH BONEY AND RUGGED FEATURES**

**SLENDER AND QUIET, WITH LARGE, HYPNOTIC EYES -- IN A FEMALE FLESHY, “EARTHY,” SLOW-MOVING AND EASY-GOING.**

**ROUND, FLUID AND “ETHERIAL”**

**POWERFUL TORSO, BUT WEAK LIMBS**

**THIN TORSO, BUT POWERFUL LIMBS**

**DIMINUATIVE STATURE; EXTREME SHORTNESS; “STUNTED GROWTH”**

**“LITTLE PERSON;” “MIDGET” STATURE; “DWARF”**

**TALLNESS (Extreme)**

**“GIANTISM”**

**OVERWEIGHT; OBESITY**

**UNDERWEIGHT; “SKINNINESS”**

**“MUSCLE MAN;” “MUSCLE WOMAN”**

**CONSTRICTED WAIST**

**LONG LIMBS**

**SHORT LIMBS**

**“LONG-WAISTED” (Long distance between their armpits and their waist)**

**“SHORT-WAISTED” (Short distance between their armpits and their waist)**

**“DOLL-LIKE” WOMAN**

**“TURNED UP NOSE;” BRIGHT, SHINING EYES; YOUTHFUL RADIANCE IN A FEMALE**

**QUICK; AGILE; LEAN; “CLEAN-CUT;” THICK HAIR; BRIGHT EYES; EVEN TEETH**

**“HOURGLASS FIGURE” WOMAN**

**“TRIANGLE TORSO” MAN**

**“BREATH-TAKINGLY BEAUTIFUL;” “ARRESTINGLY HANDSOME”**

## **GENETIC/CONSTITUTIONAL PROBLEMS**

**ABRACHIA** (Born with no arms)

**ACROMEGALY** (Elongation of the face and limbs caused by genetics. But it is precipitated by family dynamics.)

**ADRENO-LEUKO DYSTROPHY (A.L.D.)** [Loss of myelin sheaths in the brain in male children]

**“ALBINO”** (No pigmentation in the skin, eyes and hair)

**BATTAN’S DISEASE** (Neuronal Ceroid Lipofufionis) [Genetic neural degenerative disease]

**“BIRTH DEFECT(S)”**

**“BLUE BABY”** (Born with an oxygen deficiency problem)

**BONES -- DEFORMED**

**“BRITTLE BONES” SYNDROME** (Extremely vulnerable to breakage)

**“CLEFT PALATE”** (Nasal passage and throat are joined)

**“CLUB FOOT”** (Congenitally misshapen)

**“COLOR BLINDNESS”**

**CONGENITAL PROBLEMS** (Present at birth due to heredity, intrauterine environmental factors and/or the birth process.)

**“DEVIANT;” “DEFORMED”** (As in hunchback, dwarf, “Elephant Man,” “Face,” etc.)

**“DOWN’S SYNDROME”** (Congenital retardation with “Mongolian-like” facial features)

**EPICANTHRUS** (Born with no eye socket muscles)

**EXTRA FINGER(S)** (Born with them)

**EXTRA TOE(S)** (Born with them)

**“HARE LIP”** (Rabbit nose-like markings and distortions of the upper lip)

**“HUNCHBACK;” “HUMP BACK”**

**HYDROCEPHALIC BRAIN** (Fluid-filled and very small brain, usually leading to profound retardation. However, there are people who lead near-normal lives with this condition. It is indicative of how we use very little of our actual brain potential.)

**HYPO-SPADIS** (Incomplete urethra at the end of the penis at birth)

**ICHTHIOSIS** (No oil glands and non-functioning sweat glands -- producing dry, scaly skin. It is genetically transmitted.)

**INHERITED DISEASE(S)**

**KLEINFELTER SYNDROME** (XXY genetic structure generating language-related learning disabilities, with speech delay, extreme shyness and small genitalia in some cases.)

**“LOU GHERIG’S DISEASE”** (Degeneration of the spinal cord and muscles)

**MENTAL RETARDATION**

**NEURONAL CEROID LYPOFUSSIONIS** (Genetic neural degenerative disease)

**OMPHALOCELE** (Non-closure of the abdominal wall of the infant at birth.)

**PHENYLKETINURIA (“P.K.”)** [Biochemical imbalance that can result in severe to profound mental retardation. It can now sometimes be controlled with medication, leading to a near-normal life.]

**PORPHYRIA** (Hereditary unpredictably episodic metabolic disorder that precipitates temporary emotional and mental problems.)

**PYLORIC STENOSIS** (Closed off stomach entrance at birth)

**SPINA BIFIDA** (Non-joining of the basal vertebrae, resulting in a protruding of the spinal cord at birth)

**TAY-SACHS DISEASE** (A genetic fatal degeneration of the fetal nervous system present at birth.)

**TURNER’S SYNDROME** (Stunted growth)

**“UGLINESS”**

**WEBBED FINGERS** (Born with them)

**WEBBED TOES** (Born with them)

# **SIGNIFICANT STRUCTURAL DISTORTIONS**

## **AMPUTATION**

**“BIG HEAD”** (For their body size)

**“BULGING,” WIDE EYES**

**“CLOWN NOSE”** (It becomes bulbous and brown, rather like a clown’s nose. It affects children.)

## **COMPACTED SPINE**

## **DISFIGUREMENT**

**“DOWAGER’S HUMP”** (Soft tissue build-up in the upper back of older women.)

**LORDOSIS** (Front curvature of the spine)

**MASTECTOMY** (Surgical removal of the breast(s))

**PLASTIC SURGERY** (Corrective)

**SCOLIOSIS** (Sideways curvature of the spine)

**SMALL HEAD** (for the body)

## **SURGERY**

**THREE BREASTS** (Born with the bodily growth “program” built in)

**“TIED TONGUE”** (Attached too far forward underneath) [Common in premature births]

# **BODY PART CHARACTERISTICS**

## **ARM CHARACTERISTICS**

**“BELLY” CHARACTERISTICS**

**BREAST CHARACTERISTICS**

**BUTTOCKS CHARACTERISTICS**

**CHEST CHARACTERISTICS**

**CHIN CHARACTERISTICS**

**EYE CHARACTERISTICS**

**EYE AREA CHARACTERISTICS**

**EYEBROW AREA CHARACTERISTICS**

**EYELASH CHARACTERISTICS**

**EYELID CHARACTERISTICS**

**FOOT CHARACTERISTICS**

**FOREHEAD CHARACTERISTICS**

**HAND CHARACTERISTICS**

**HEAD CHARACTERISTICS**

**LARYNX CHARACTERISTICS**

**LEG CHARACTERISTICS**

**LIP CHARACTERISTICS**

**MOUTH CHARACTERISTICS**

**MUSCLE CHARACTERISTICS**

**NECK CHARACTERISTICS**

**NOSE CHARACTERISTICS**

**PELVIS CHARACTERISTICS**  
**PENIS CHARACTERISTICS**  
**SHOULDER CHARACTERISTICS**  
**SKIN CHARACTERISTICS**  
**TEETH CHARACTERISTICS**  
**TESTICLE CHARACTERISTICS**  
**TOE CHARACTERISTICS**

## **“NORMAL RANGE” STRUCTURAL ISSUES**

**BALDNESS**

**“BIRTHMARKS”**

**BLOOD TYPES**

**“BODY-PIERCING”**

**“BOW LEGS”** (They make an “O” shape)

**BREAST IMPLANT**

**BREAST REDUCTION**

**DELAYED AGING** (Retaining youthful physical/emotional/mental condition and/or “youthing” -- returning to one’s actual “age” and/or to their “golden mean” genetic structure.)

**DERMABRASION** (Clearing surface blemishes with an abrasive instrument)

**“DOUBLE-JOINTED”** (Unusual flexibility and range of movement of their joints)

**“FAT PADS”** (Fatty deposits and growths)

**HAIR GROWING IN UNUSUAL LOCATIONS**

**“HAIRINESS”**

**HAIR TRANSPLANTS**

**KELOID CONDITION** (Permanent light scars left from ordinary cuts and abrasions.)

**“KNOCK KNEES”** (They come together at the knees, as the legs form an “X” pattern.)

**LIP IMPLANTS** (Collagen)

**LIPOSUCTION** (Removal of subcutaneous fat just below the surface)

**“LOVE HANDLES”** (Fat stored above the hips at the back)

**MOLES**

**“NODULES”** (Small lumps, bumps or swellings made up of cell clusters.)

**PECTORAL IMPLANTS**

**PENIS ENLARGEMENT**

**PLASTIC SURGERY** (Elective)

**PREMATURE AGING** (Developing the classic signs -- such as hair-graying, wrinkles, body deterioration, energy reduction, amotivationalism/depression, insomnia, etc. -- significantly sooner than normal.)

**PREMATURE DEVELOPMENT** (Manifesting the physical, emotional, mental and/or spiritual characteristics of adulthood sooner than the normal developmental milestone process.)

**PREMATURELY GREY BEARD**

**PREMATURELY GREY HAIR**

**PREMATURELY WHITE HAIR**

**SCARS**

**“SAGGING” FACIAL LINES**

**WARM HANDS**