

Character Armor Of Wilhelm Reich

The following chart and diagram were originally intended to be a part of my new book, "Sexual Sorcery," but the chart was cut out of the final book by the publisher out of a concern that it might infringe upon the copyrights of the Wilhelm Reich estate. So, I will offer it here, under the caveat that it is offered for information purposes only, and not in any way to obtain benefit for myself or any financial interest. The information in the chart has been compiled and adapted from:

Reich, Wilhelm, Character Analysis, (New York, Pocket Books, 1976)

I hope that some of you will find the following material useful as an adjunct to clearing away negative emotional blocks. You will find a couple of related exercises in "Sexual Sorcery," but the clever student should be able to use this information fairly easily in any case.

Armor Segment	Bodily Location	Symptoms	Reichian Treatment
1. Ocular	Forehead, eyes and cheekbones	rigid forehead and eyelids, expressionless eyes, mask-like face, often inability to cry	Opening the eyes wide as in fright and/or making grimace
2. Oral	Musculature of the chin and jaw, mouth and lips	tight face, non-smiling. flat tight lips	Smiling releases tension as does loosening jaw, release sometimes causes crying, yelling, sucking, grimace, spasms of jaw
3. Neck	Neck, platysma sternocleidomastoid muscles, tongue	swallowed anger, stiffness in throat and neck	Release through gag reflex
4. Chest	intercostal , pectoral, deltoid, shoulder	chronic shallow inhalation, little exhalation, immobility in the thorax, knot in chest, repressed emotion, "self-control," tight shoulders, stubbornness, anxiety, views emotion as weakness, militarism, defiance, often are ticklish and/or don't like to be touched	Pressing on the chest, screaming, conscious deep breathing, which often causes raging anger and heartfelt crying, sobbing, unbearable longing, yearning
5. Diaphragm	lowermost ribs, sternum, stomach, diaphragm, solar plexus 12th thoracic vertebra.	tightness and immobility in the lower spine, difficulty fully exhaling, does not exhale much at all, inability to expand and contract diaphragm effectively, nervous stomach	Releasing of gag reflex repeatedly while continuing to inhale and exhale forcefully, Full breathing, release causes spontaneous diaphragm pulsation, vomiting may result
6. Abdomen	middle abdomen. Lower back, latissimus dorsi	hard painful cords in abdomen	Easiest to loosen, releases with diaphragm, deep full breathing
7. Pelvic	all muscles of pelvis	dead pelvis, asexual, few or no sensations or emotions, or over-sexuality, lack of feeling in sex organs or hypersensitivity, premature ejaculation, hyper-excitability, constipation, rectal growths, holds in rage, sexual anger	must release anger and frustration from this zone, become loving

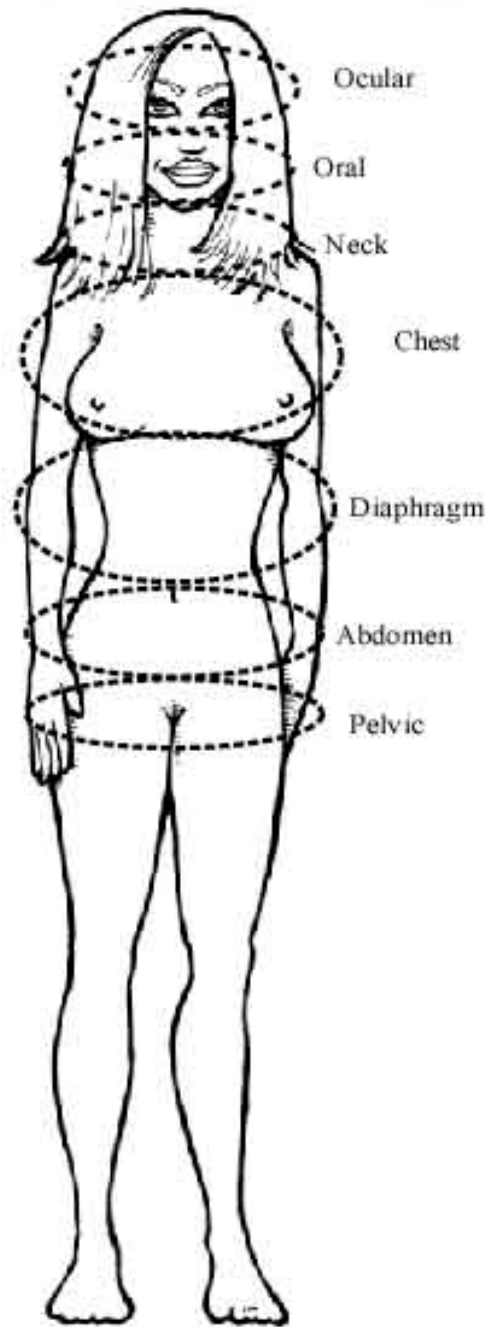


Diagram 20 - Reich's Character Armor