

CHARTING

SENSATIONS + IMPRESSIONS

KEY

Symbol

Indicator/Directional Aspect

front
body



back
body

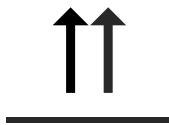
Projection

front
body

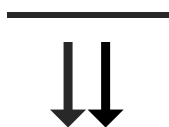


back
body

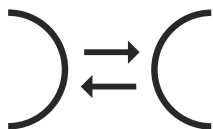
Retraction



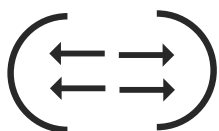
Disconnected



Suppressed



Weak



Forced

CHAKRA ANCHORING

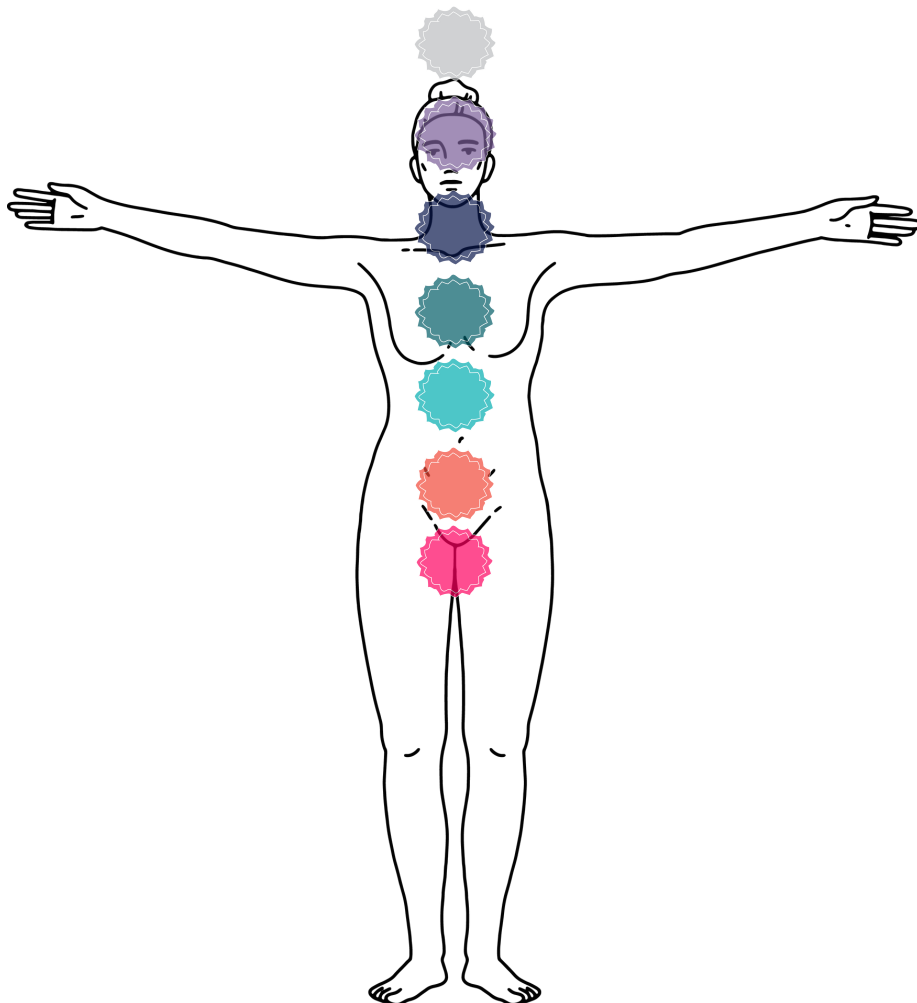
ENERGY ALIGNMENT + RESONANCE

CHAKRA INTUITION + RESONANCE

When an energy center is anchored and centered it indicates resonance and flow within the energy system.

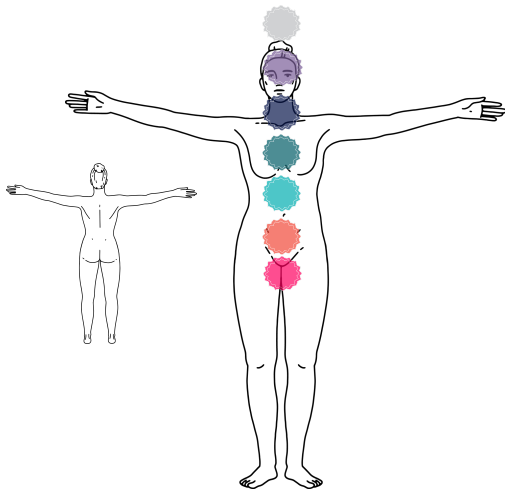
CHAKRA INTUITION + NON RESONANCE

When energy at a specific chakra moves or is pulled in any particular direction away from the center, this indicates non resonance. These sensations and impressions of non resonance are intuitive indicators.



PLANES

DIRECTIONAL ASPECTS
SUPPORTED + STRESSED STATES

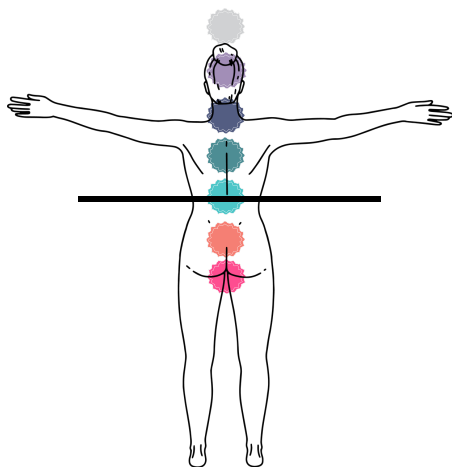


FRONTAL PLANE

Divides body into front/back

Front: Action/Projection

Back: Receptivity/Retraction

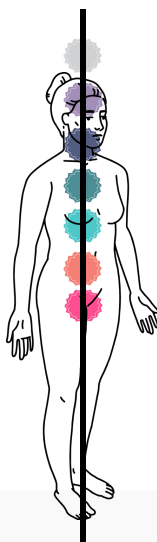


TRANSVERSE PLANE

Divides body into top/bottom

Top: Connected/Disconnected,
Avoidance

Bottom: Grounded/Suppression



SAGITTAL PLANE

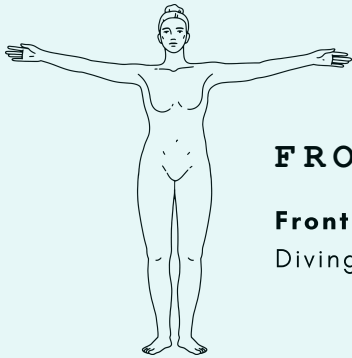
Divides body into left/right

Left: Feminine Flow/Weakness

Right: Masculine Strength, Power/Forced

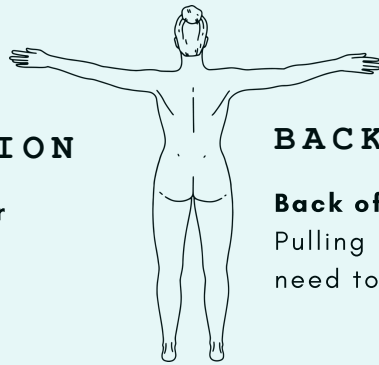
DIRECTIONAL ASPECTS

ENERGETIC ASSOCIATIONS



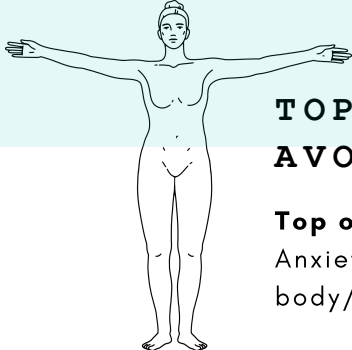
FRONT: PROJECTION

Front of body/energy center
Diving forward



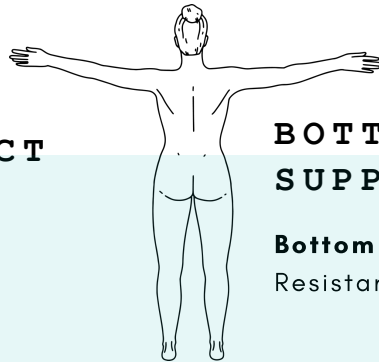
BACK: RETRACTION

Back of body/energy center
Pulling back/shielding at back,
need to guard



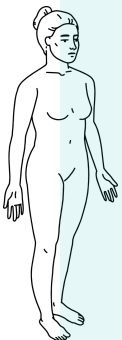
TOP : AVOID/DISCONNECT

Top of body/energy center
Anxiety at this part of
body/chaos



BOTTOM : SUPPRESSION

Bottom of body/energy center
Resistance/pushing down



LEFT: WEAK

Left side of body/energy center
Collapse, implosion



RIGHT: FORCED

Right side of body/energy center
Explosive, aggressive