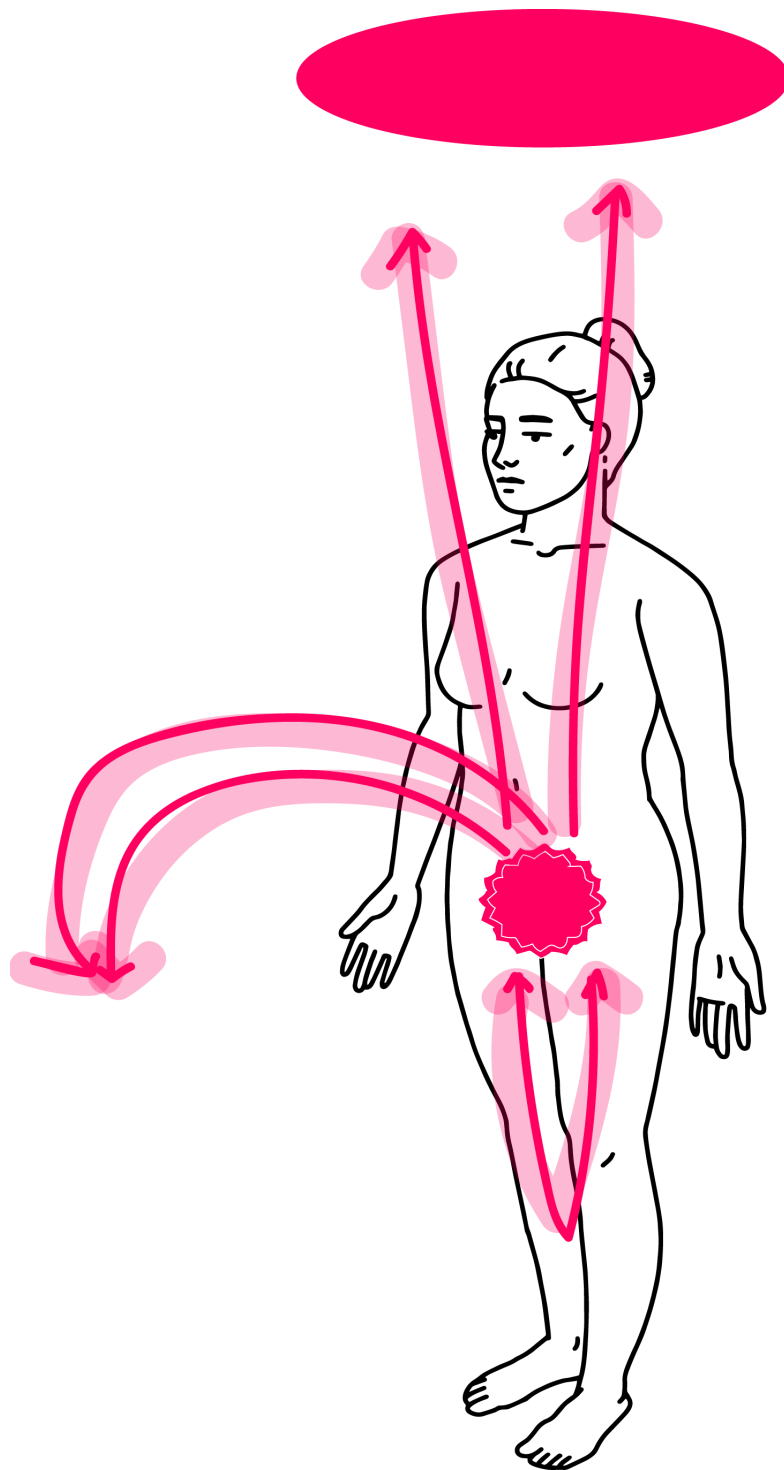
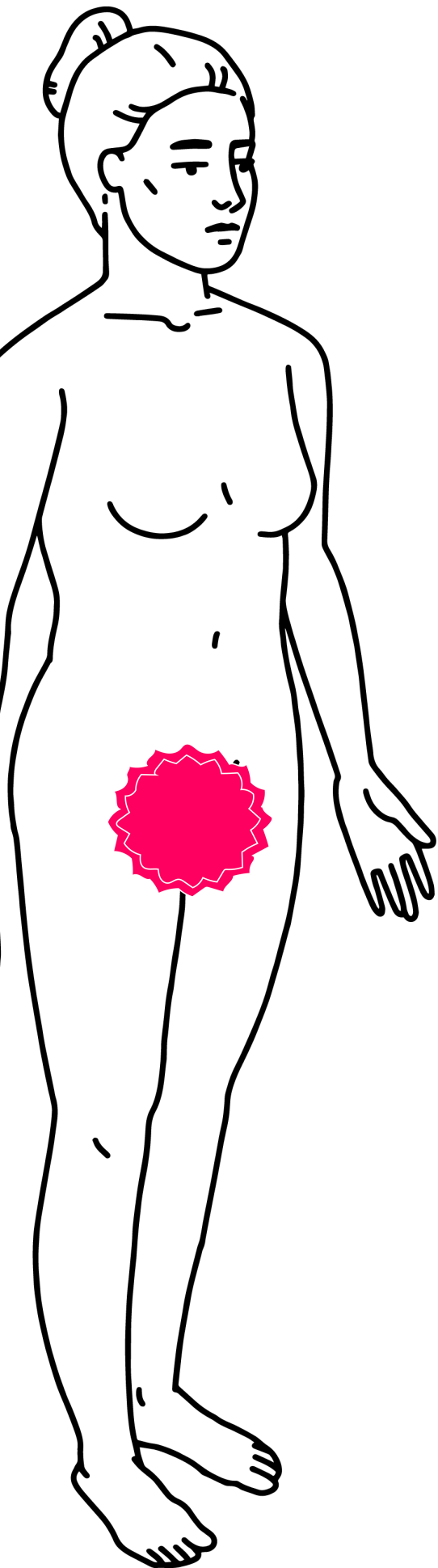


ROOT: FRONT

INDICATOR: SURVIVAL MODE





ROOT: FRONT

INTUITIVE INDICATOR:
SURVIVAL MODE/FEAR BASED

ASSOCIATIONS

Plane: Frontal

Directional Aspect: Front

Front Association: Projection

Projection: Diving forward, graspy

ENERGETIC QUALITIES

- Unrooting of lower energy
- Snapping up at the root
- Energy projects forward
- Graspy quality (often perceived by others unconsciously)
- Front projection tries to hook into some type of lifeline for safety (person, place, thing)
- Desire to pop out of body
- Intense fear or general unsafe feeling

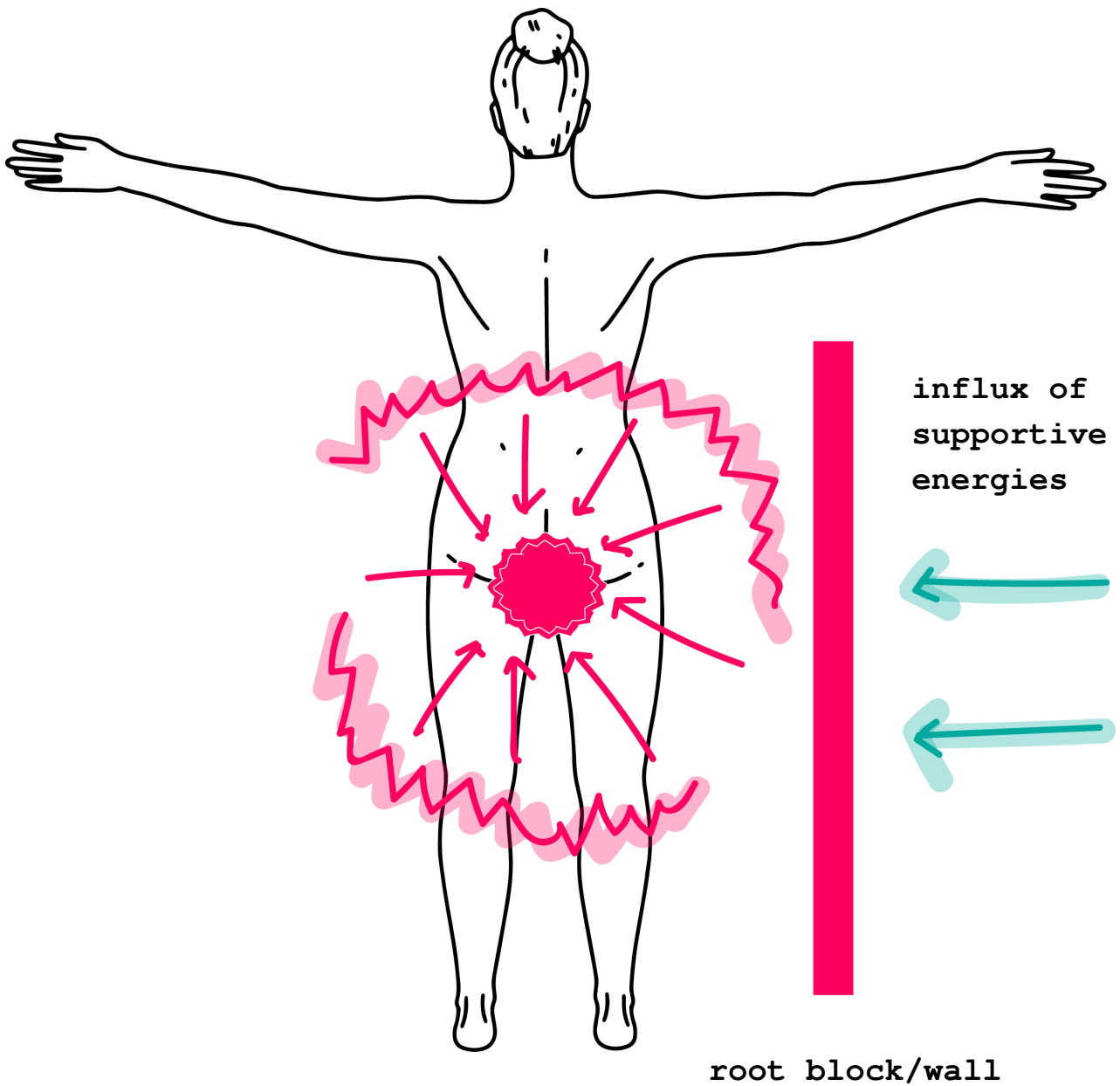
NOTES

Your Connections:

"I am safe."

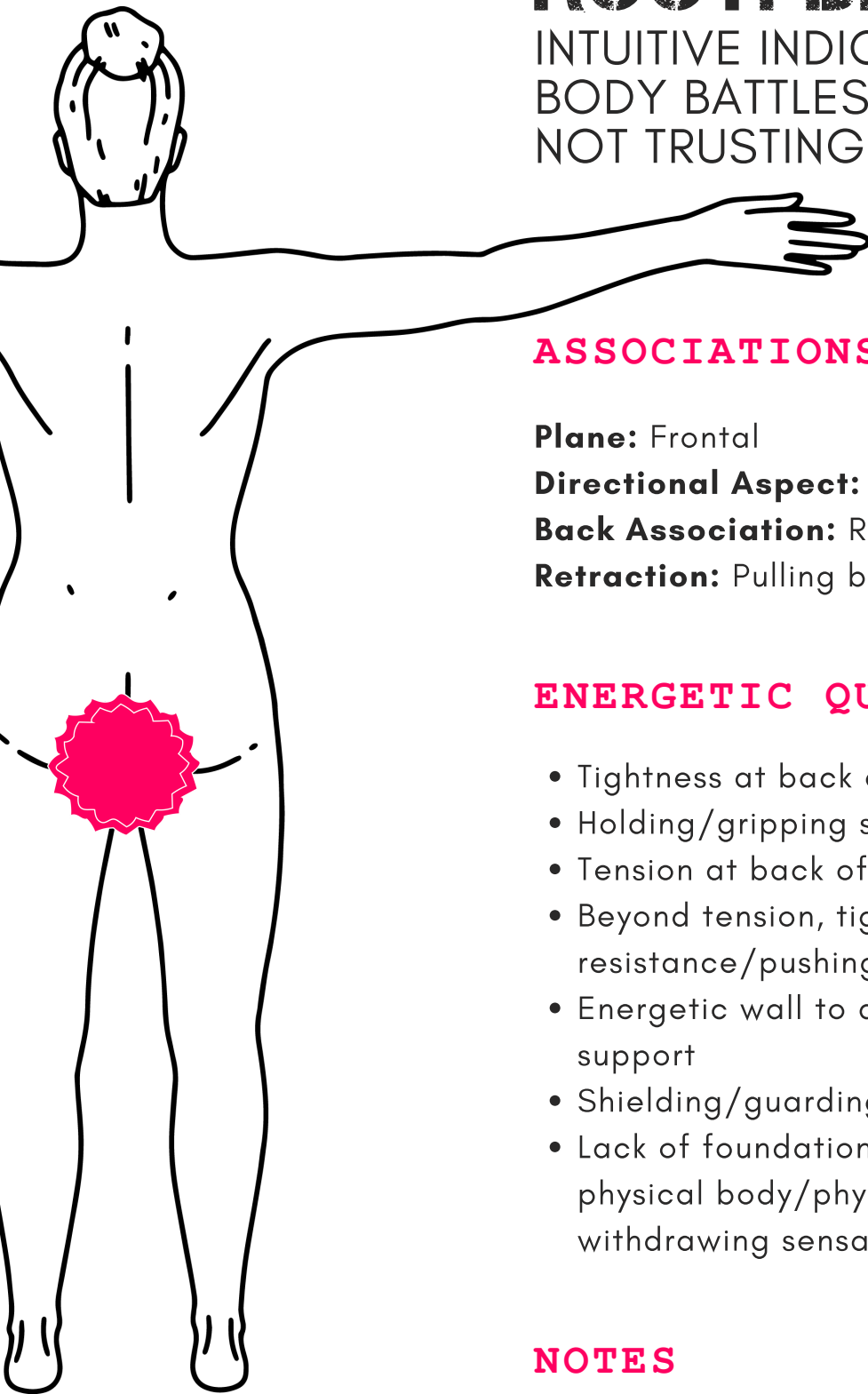
ROOT: BACK

INDICATOR: BODY BATTLES



ROOT: BACK

INTUITIVE INDICATOR:
BODY BATTLES/
NOT TRUSTING BODY



ASSOCIATIONS

Plane: Frontal

Directional Aspect: Back

Back Association: Retraction

Retraction: Pulling back, shielding, guarding

ENERGETIC QUALITIES

- Tightness at back of root
- Holding/gripping sensation
- Tension at back of body from sacrum down
- Beyond tension, tightness and gripping, a resistance/pushing out at back to protect
- Energetic wall to allowing foundational support
- Shielding/guarding at back of root
- Lack of foundational support and trust in physical body/physical. Translates as a withdrawing sensation at back of root.

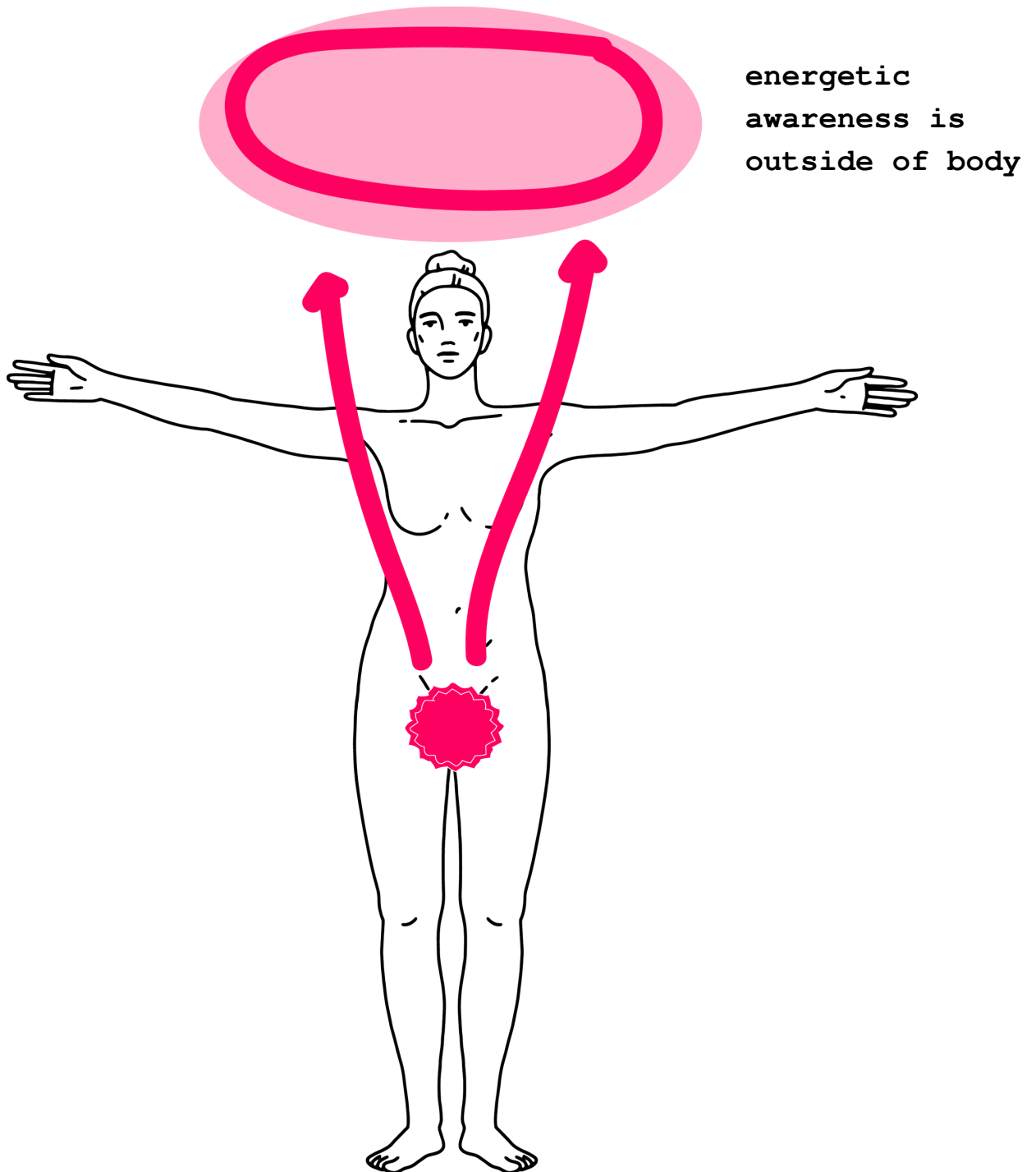
NOTES

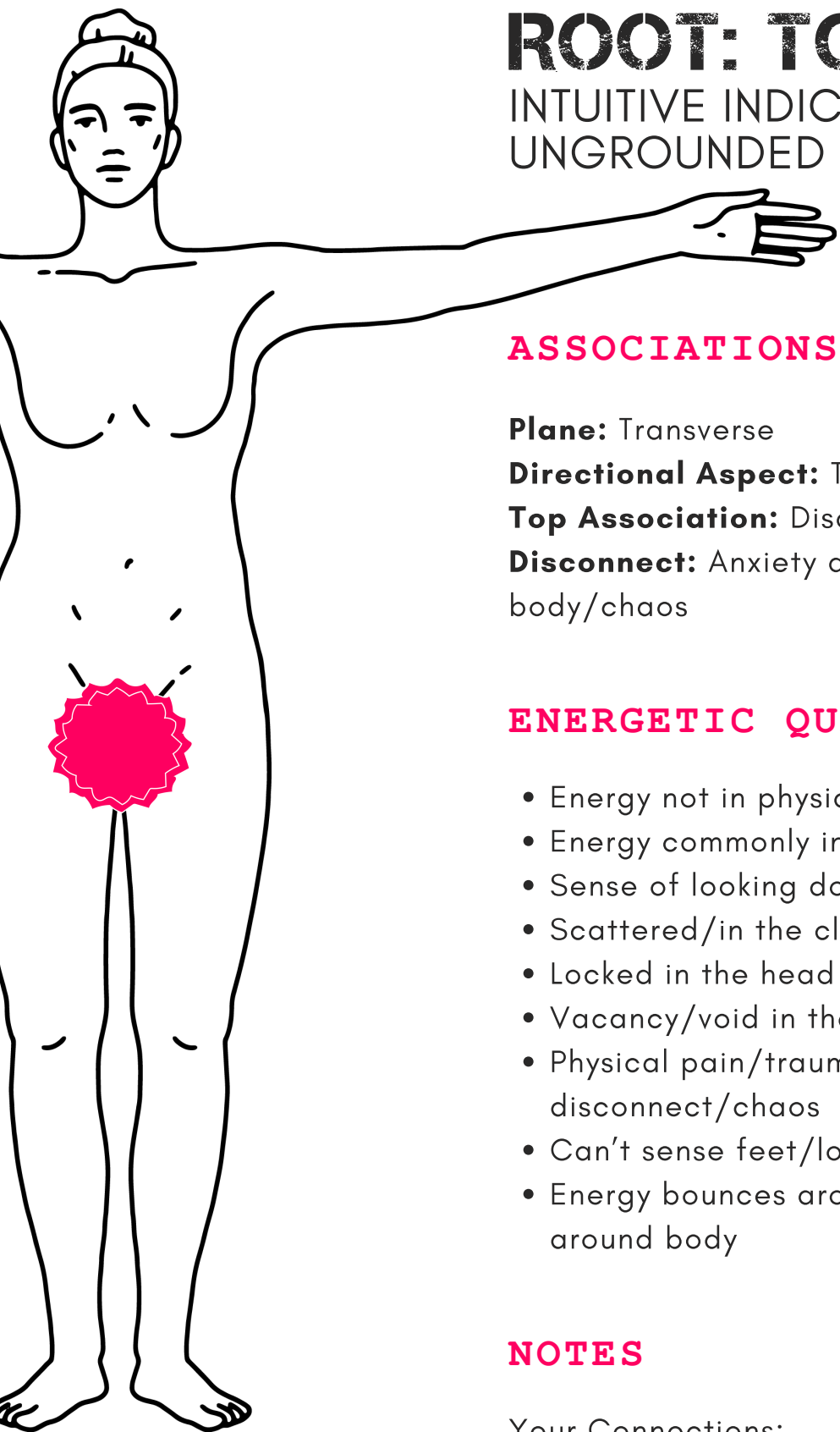
Your Connections:

"I trust my body."

ROOT: TOP

INDICATOR: UNGROUNDED





ROOT: TOP

INTUITIVE INDICATOR:
UNGROUNDED

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Top

Top Association: Disconnect/avoidance

Disconnect: Anxiety at this part of
body/chaos

ENERGETIC QUALITIES

- Energy not in physical body
- Energy commonly in head or above body
- Sense of looking down at yourself
- Scattered/in the clouds/alooof
- Locked in the head
- Vacancy/void in the lower physical body
- Physical pain/trauma present, creates
disconnect/chaos
- Can't sense feet/lower body
- Energy bounces around chaotically in or
around body

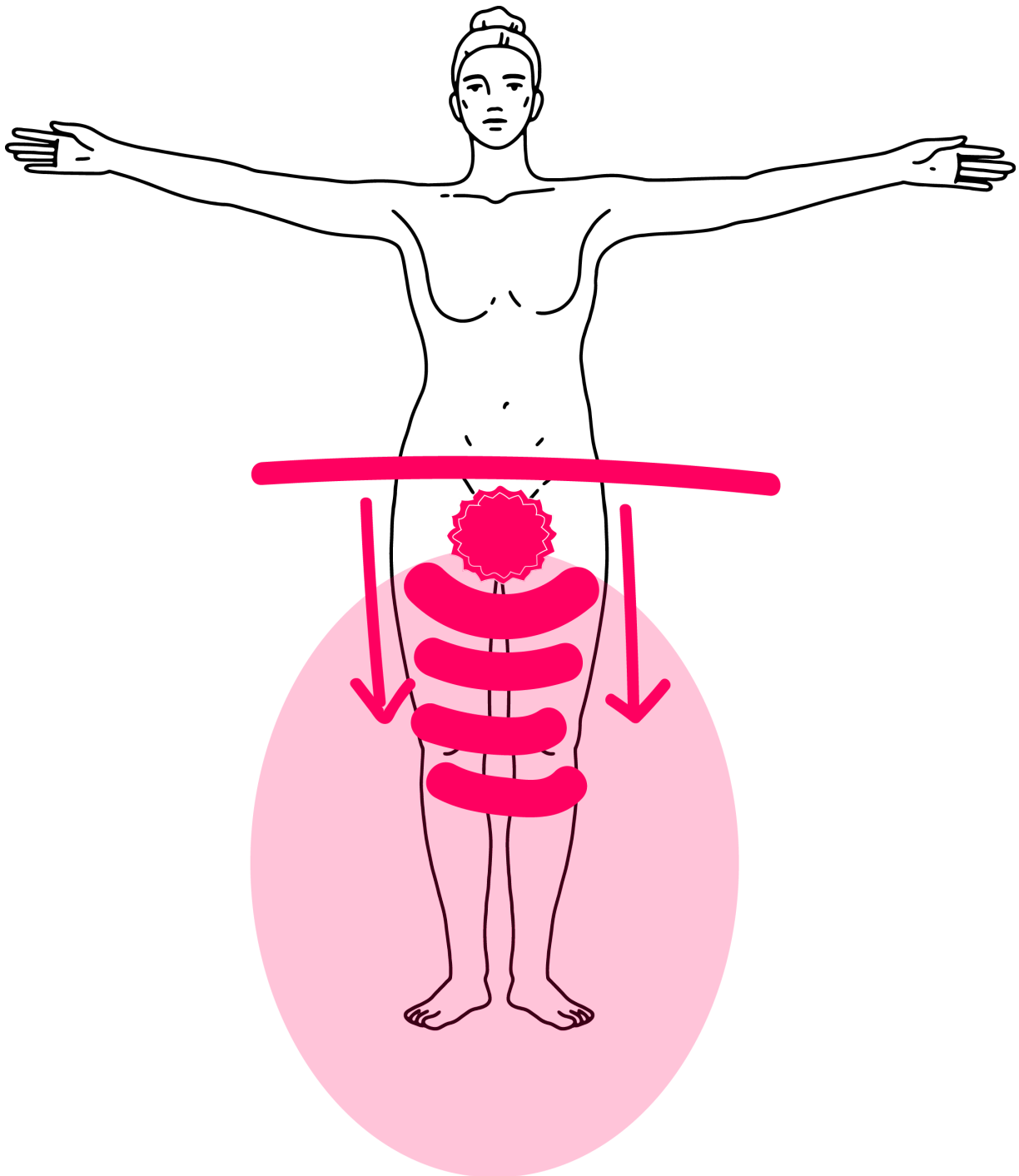
NOTES

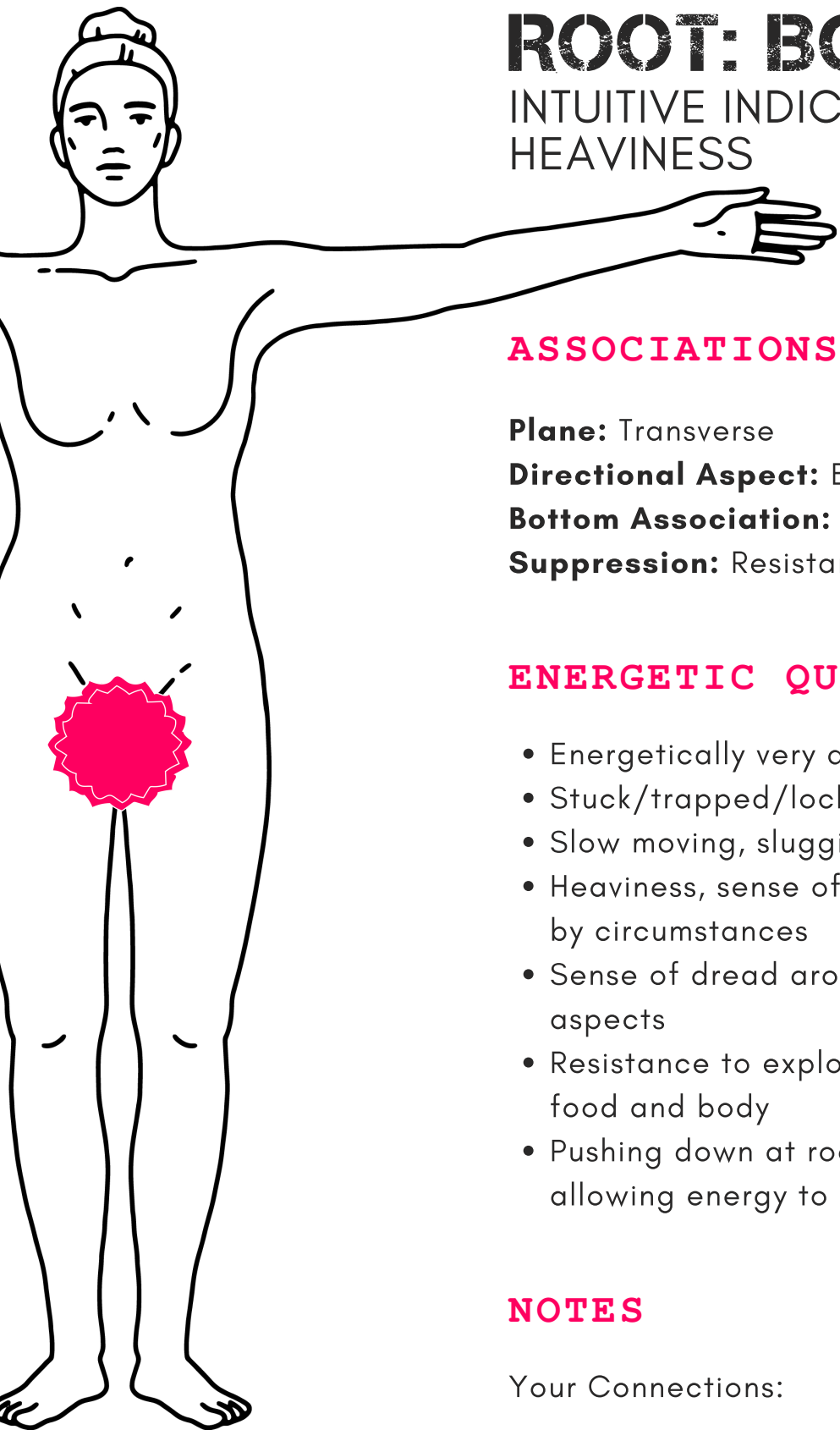
Your Connections:

"I fully inhabit my physical body."

ROOT: BOTTOM

INDICATOR: HEAVINESS





ROOT: BOTTOM

INTUITIVE INDICATOR:
HEAVINESS

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Bottom

Bottom Association: Suppression

Suppression: Resistance/pushing down

ENERGETIC QUALITIES

- Energetically very dense at root
- Stuck/trapped/locked into root density
- Slow moving, sluggish
- Heaviness, sense of being weighed down by circumstances
- Sense of dread around various root chakra aspects
- Resistance to exploring relationship with food and body
- Pushing down at root, resistance to allowing energy to flow up

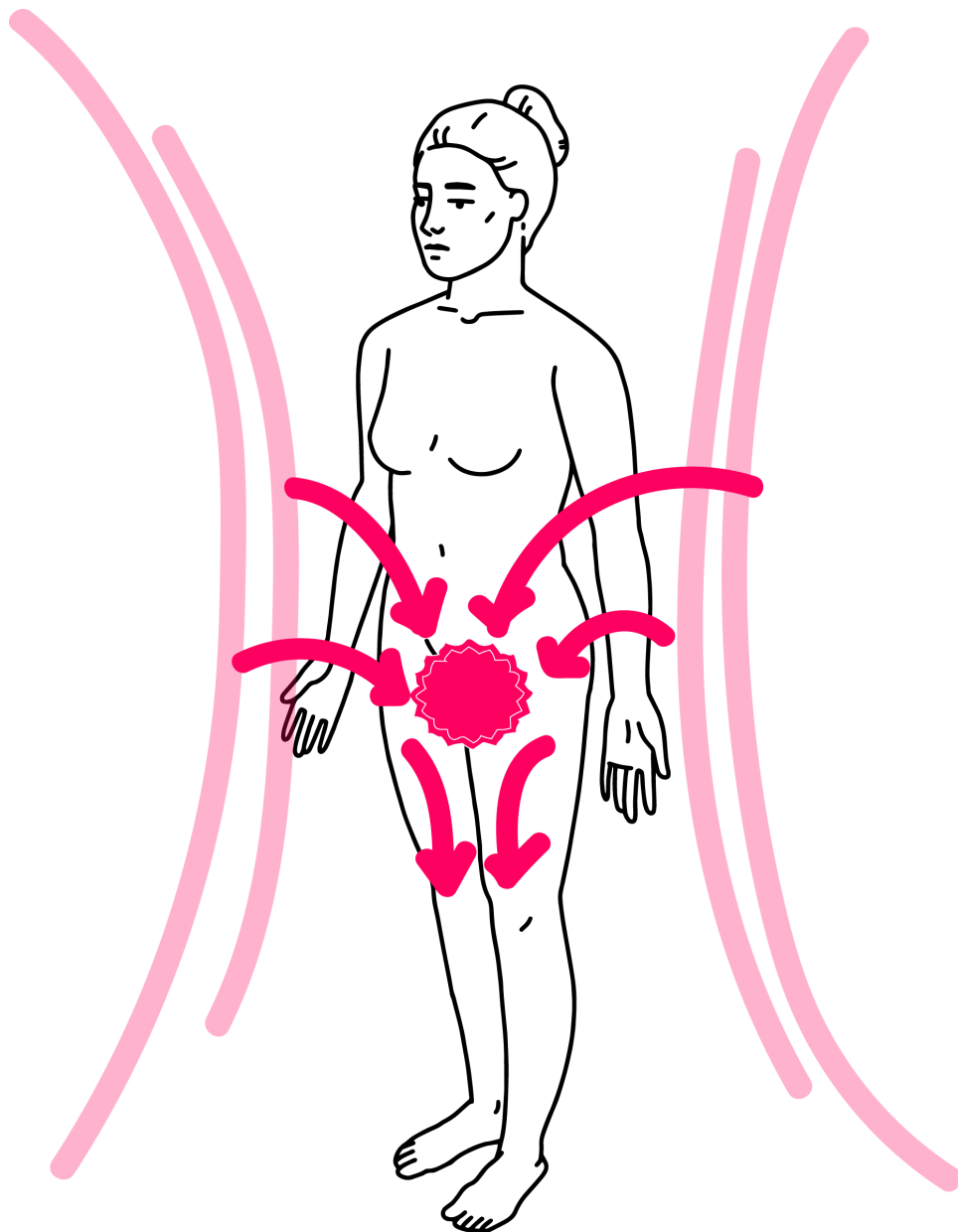
NOTES

Your Connections:

"I am open to lightness and expansion."

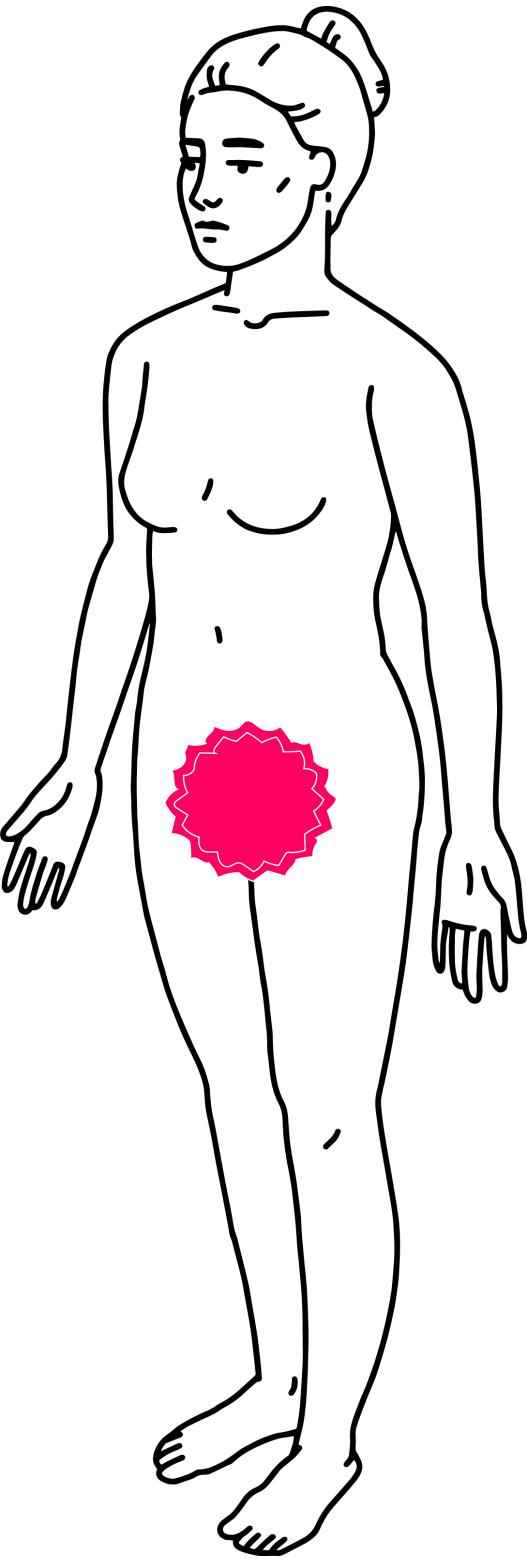
ROOT: LEFT

INDICATOR: ENERGETIC SHRINKING



ROOT: LEFT

INTUITIVE INDICATOR:
ENERGETIC SHRINKING



ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Left

Left Association: Weak

Weak: Collapse/implosion

ENERGETIC QUALITIES

- Collapsing inward at root
- Pulling in towards root from all directions
- Difficult to push outwards from root center
- Not taking up space in the physical body
- General weakness, fatigue in physical body, especially at root and down through feet
- Wobbly on feet
- Hard to stand upright with lack of foundation

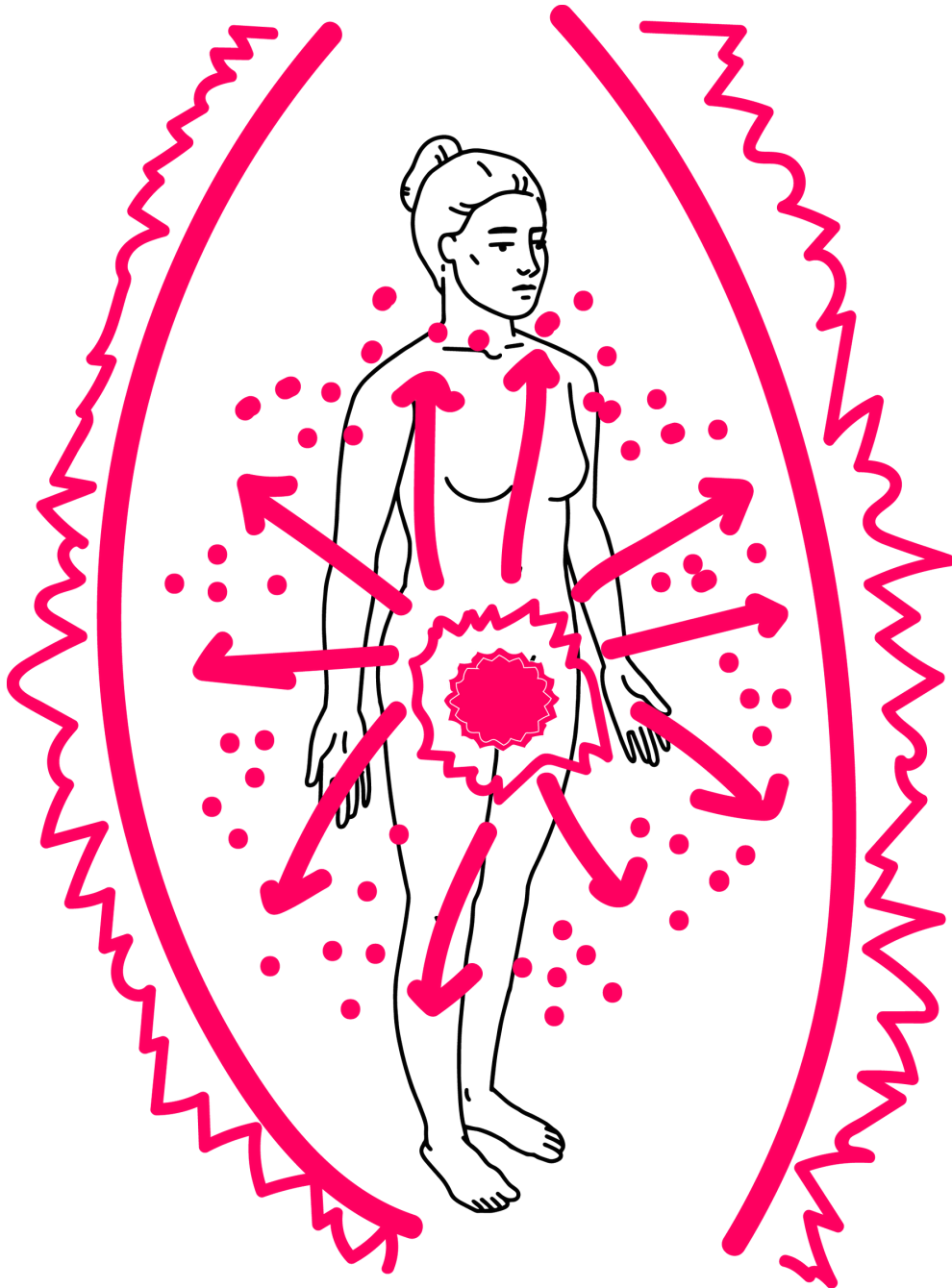
NOTES

Your Connections:

"I claim my strength from within."

ROOT: RIGHT

INDICATOR: SKIN REACTIONS



ROOT: RIGHT

INTUITIVE INDICATOR:
SKIN REACTIONS

ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Right

Right Association: Forced

Forced: Explosive/aggressive

ENERGETIC QUALITIES

- Heat generated from root outwards
- Energy holds intense charge
- Desire to engage and fight
- Reactive and volatile quality experienced at lower body
- Hard to control outlash towards others
- Movement of intense sensation for inner core outwards through the skin.

NOTES

Your Connections:

**"I accept my circumstances
and choose to heal."**

