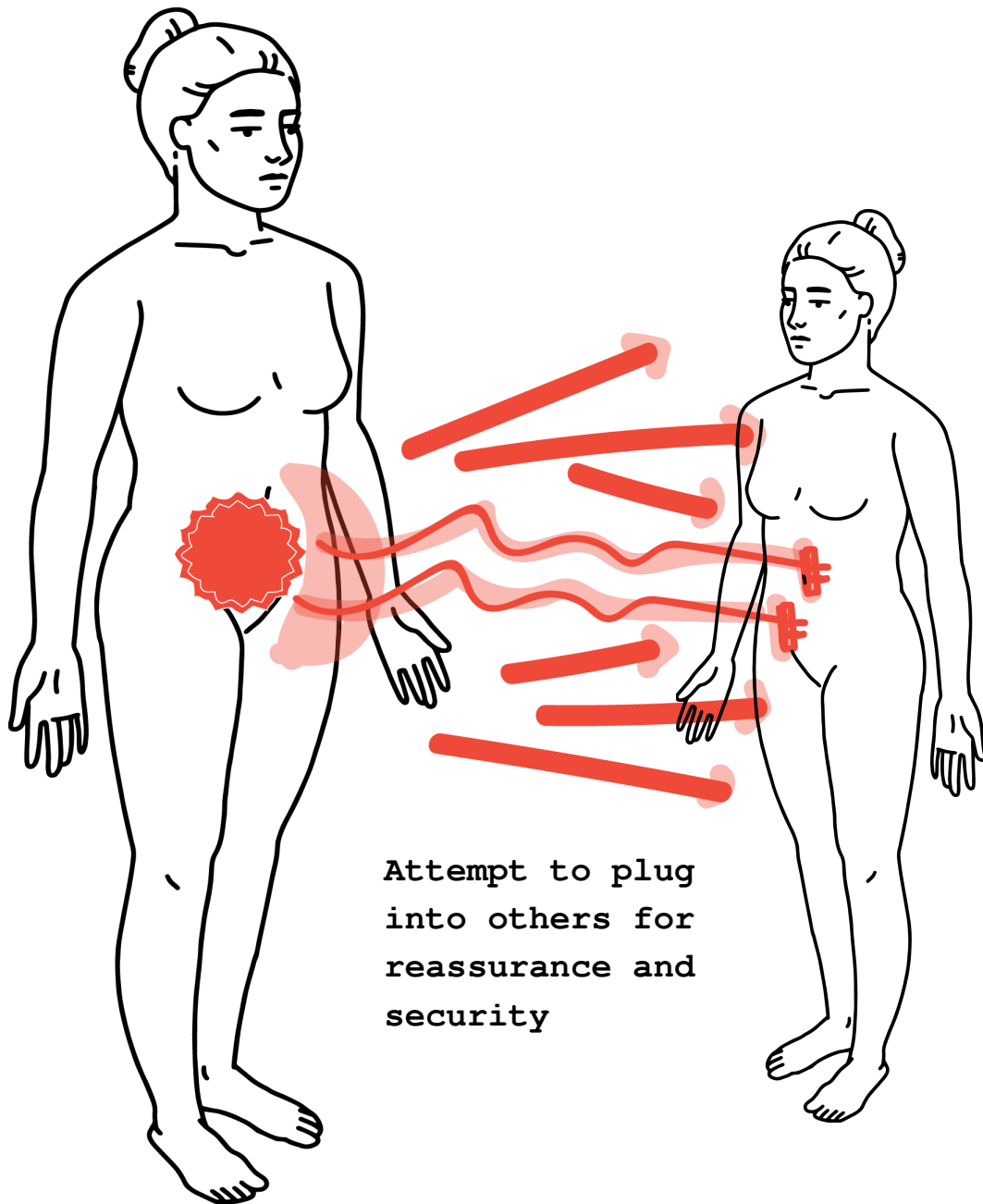
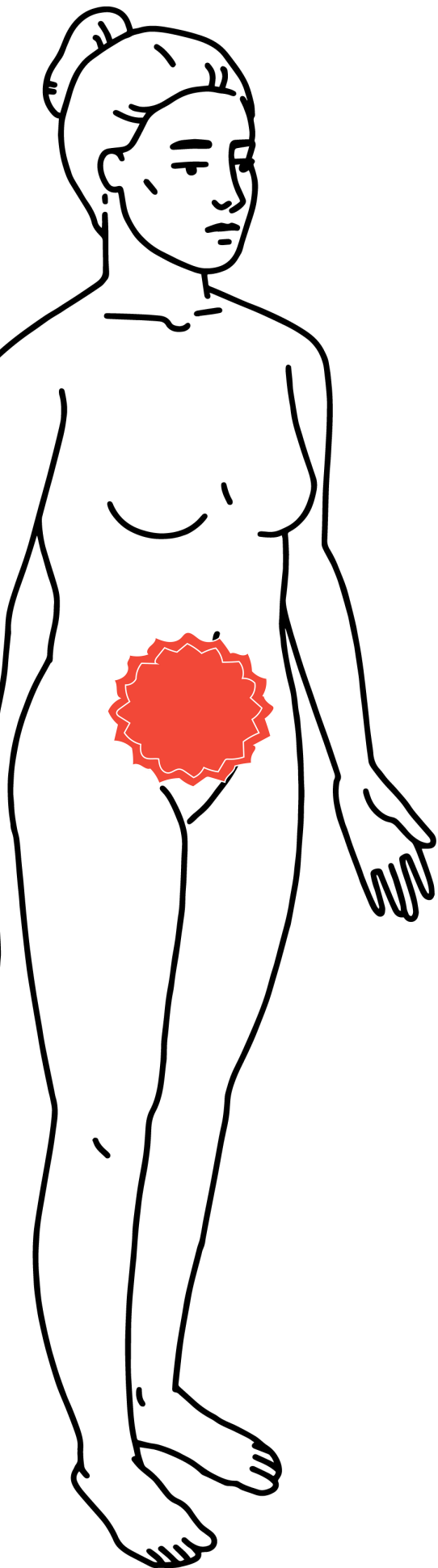


SACRAL: FRONT

INDICATOR: INSECURITY



Attempt to plug
into others for
reassurance and
security



SACRAL: FRONT

INTUITIVE INDICATOR:
INSECURITY

ASSOCIATIONS

Plane: Frontal

Directional Aspect: Front

Front Association: Projection

Projection: Diving forward, graspy

ENERGETIC QUALITIES

- Graspy at other people's energy
- Attempt to plug into others for reassurance and security
- Chaotic and forward projecting
- Rubber band feeling reflex, energy retracts after grasping
- Over reaching at front leaves sense of emptiness at sacral

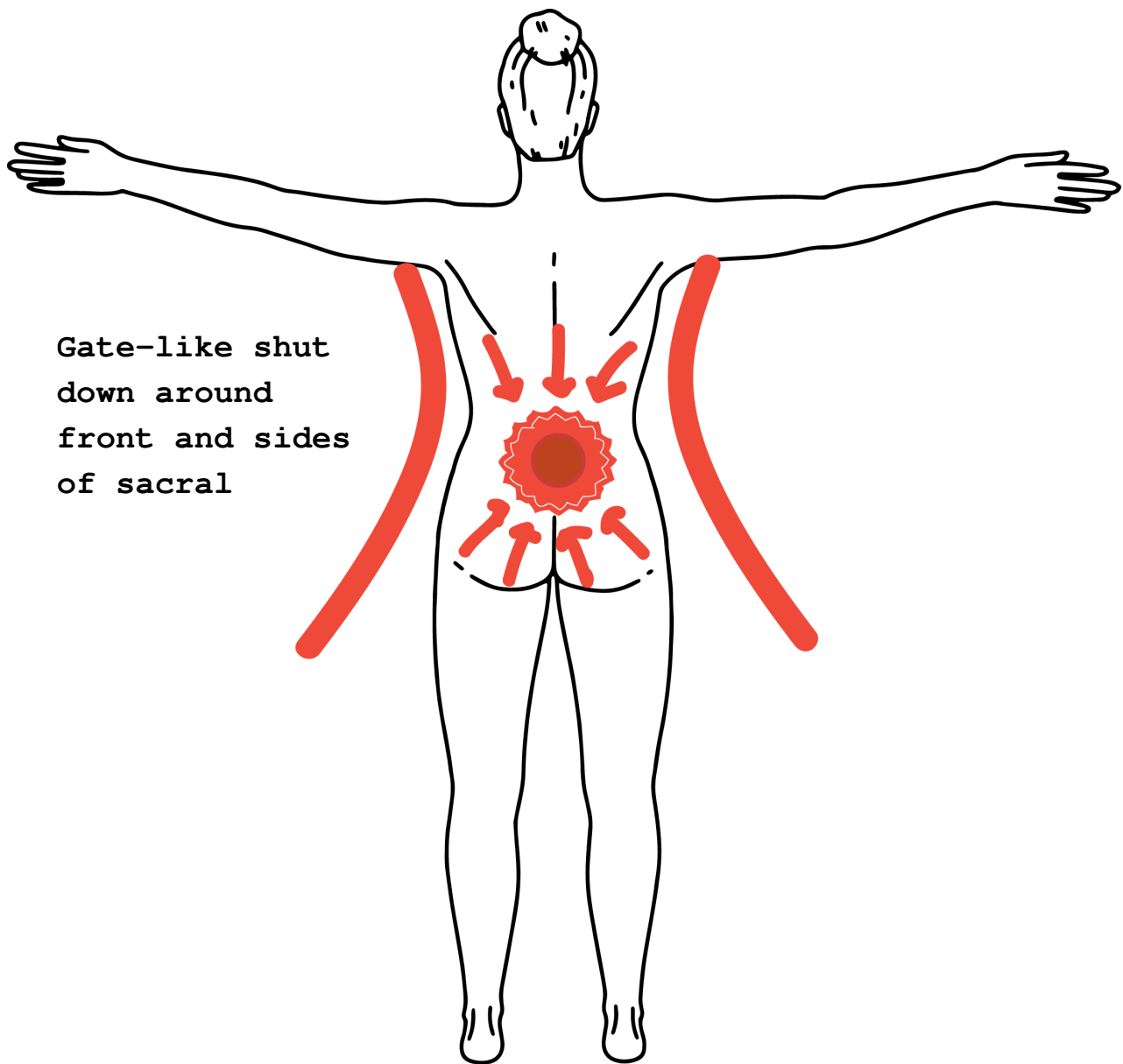
NOTES

Your Connections:

"I embrace clear boundaries for myself."

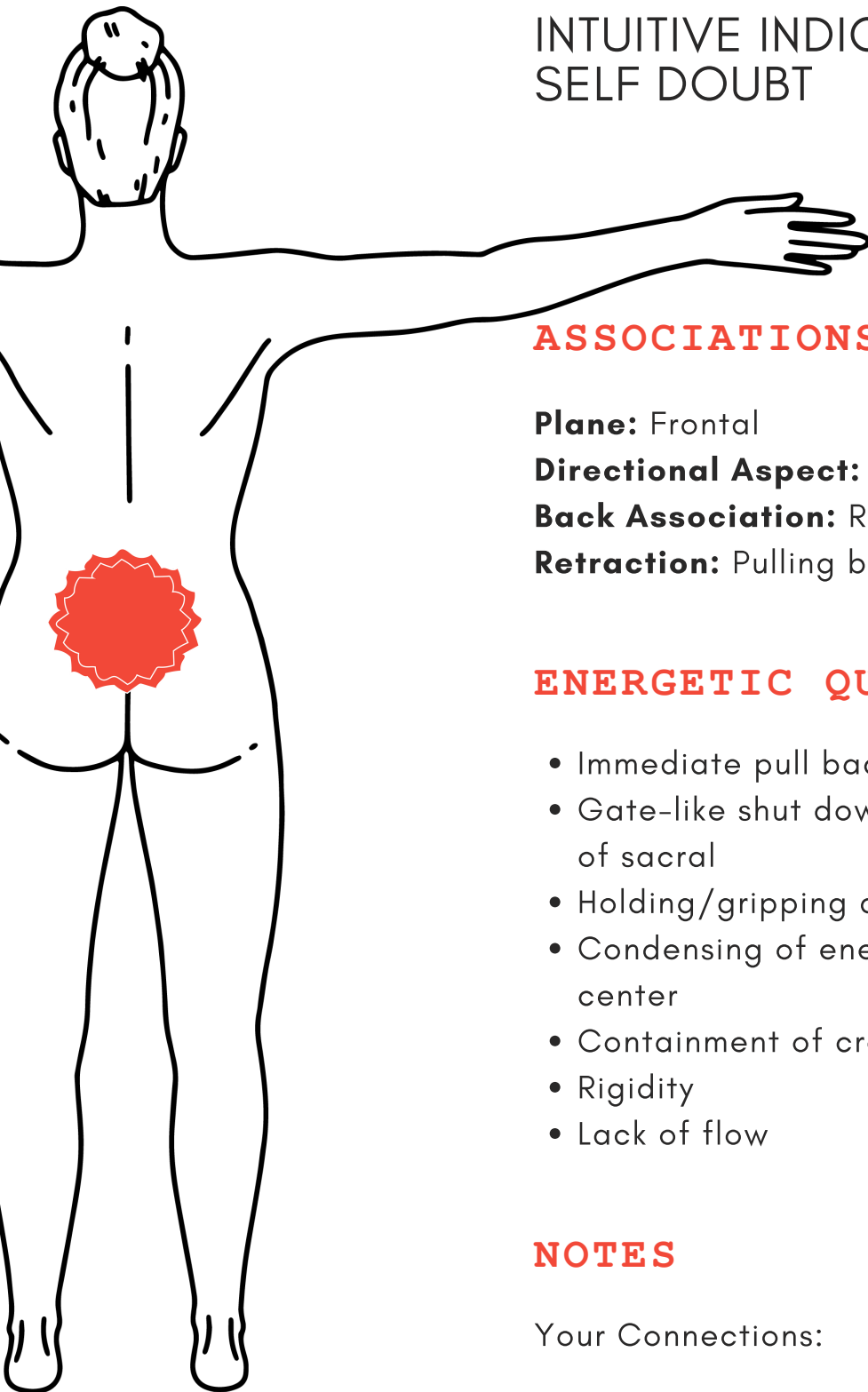
SACRAL: BACK

INDICATOR: SELF DOUBT



SACRAL: BACK

INTUITIVE INDICATOR:
SELF DOUBT



ASSOCIATIONS

Plane: Frontal

Directional Aspect: Back

Back Association: Retraction

Retraction: Pulling back, shielding, guarding

ENERGETIC QUALITIES

- Immediate pull back at sacral
- Gate-like shut down around front and sides of sacral
- Holding/gripping at back of sacral
- Condensing of energy into focused point at center
- Containment of creative energy
- Rigidity
- Lack of flow

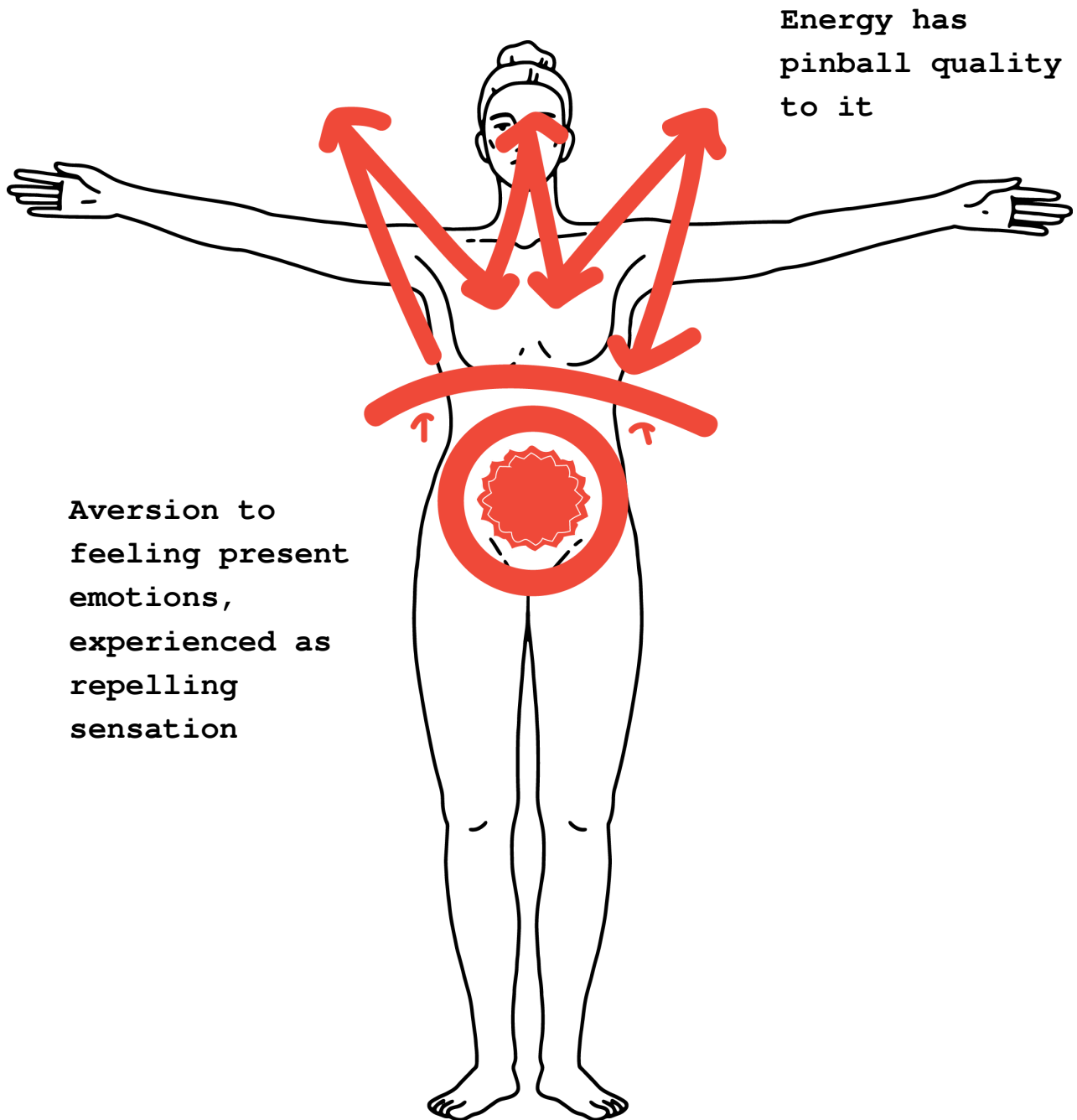
NOTES

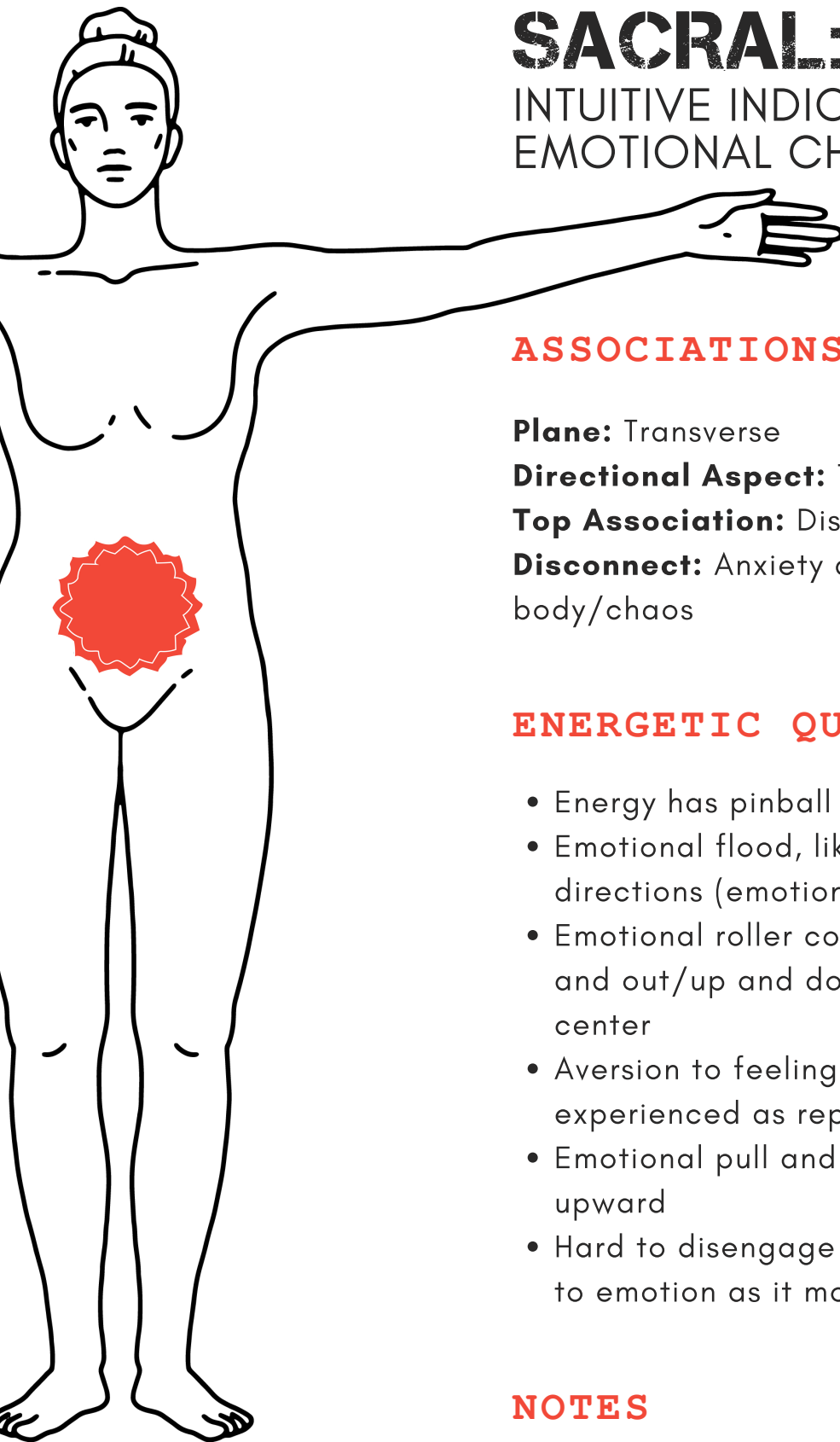
Your Connections:

"I embrace courage and trust in times of doubt."

SACRAL: TOP

INDICATOR: EMOTIONAL CHAOS





SACRAL: TOP

INTUITIVE INDICATOR:
EMOTIONAL CHAOS

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Top

Top Association: Disconnect/avoidance

Disconnect: Anxiety at this part of
body/chaos

ENERGETIC QUALITIES

- Energy has pinball quality to it (chaos)
- Emotional flood, like spilling over in all directions (emotional overwhelm)
- Emotional roller coaster, energy moves in and out/up and down rapidly at this center
- Aversion to feeling present emotions, experienced as repelling sensation
- Emotional pull and intensity pulls you upward
- Hard to disengage from mental attachment to emotion as it moves upward

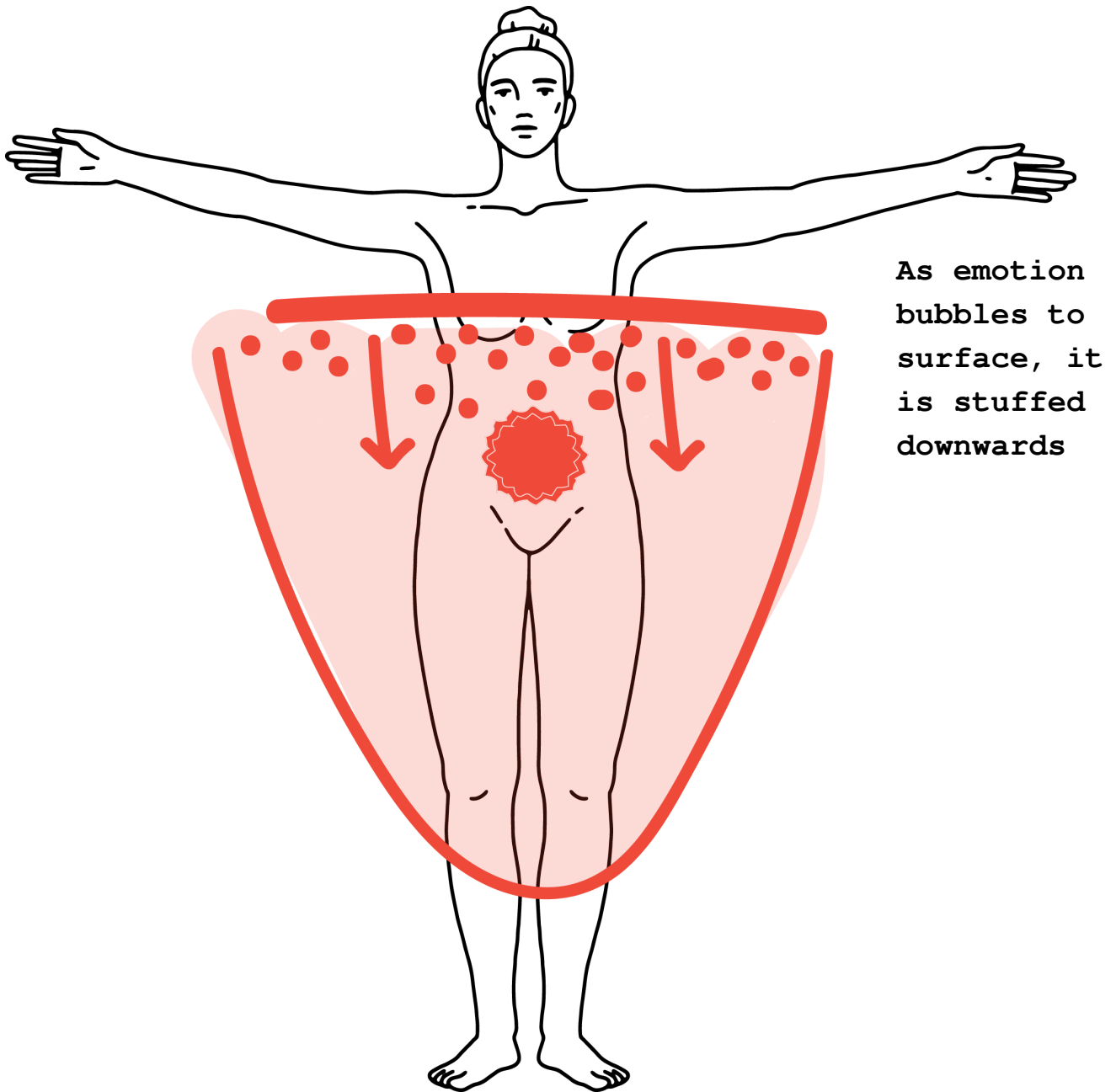
NOTES

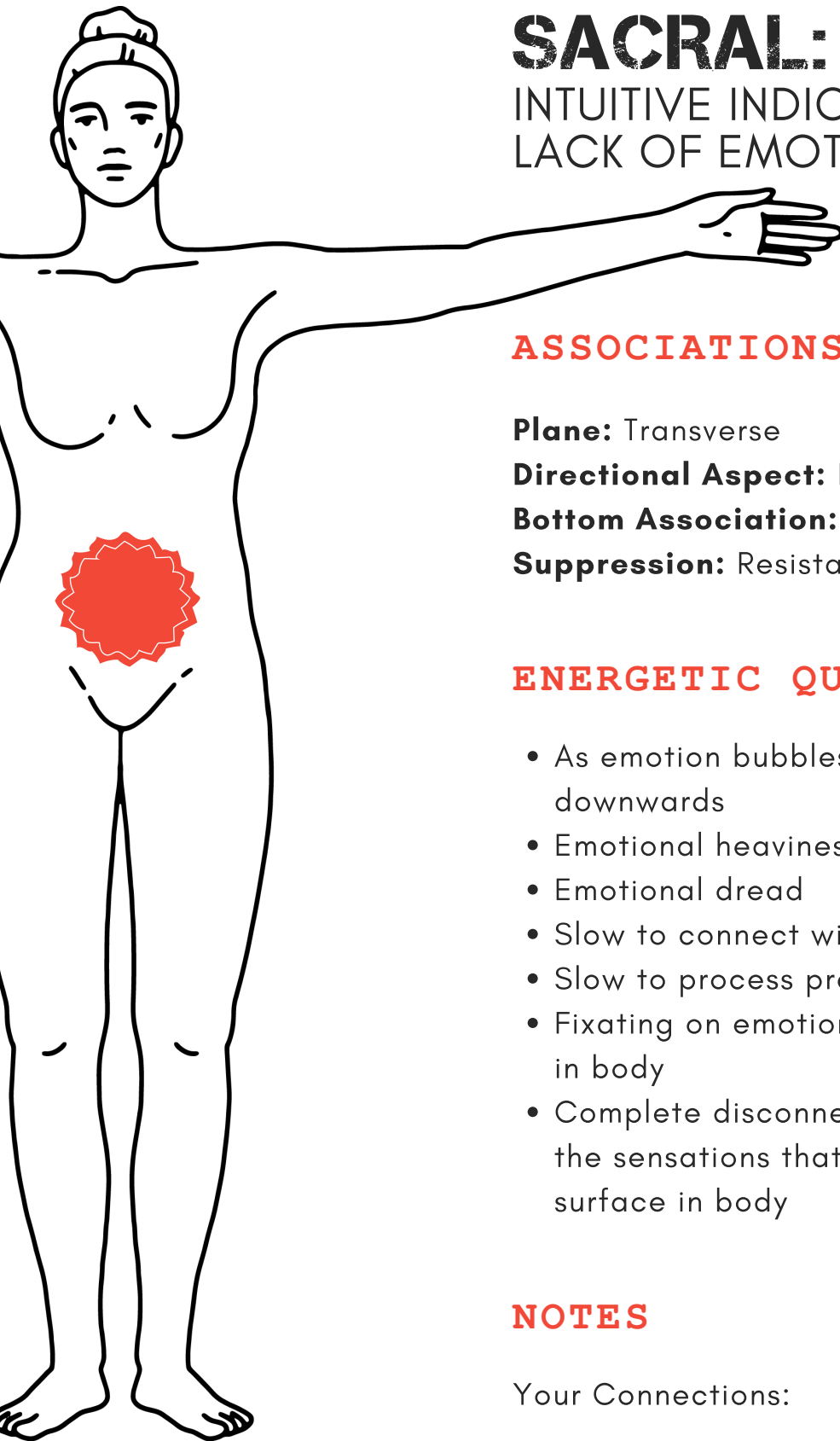
Your Connections:

"I approach uncomfortable emotion with
curiosity and openness."

SACRAL: BOTTOM

INDICATOR: LACK OF EMOTION





SACRAL: BOTTOM

INTUITIVE INDICATOR:
LACK OF EMOTION

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Bottom

Bottom Association: Suppression

Suppression: Resistance/pushing down

ENERGETIC QUALITIES

- As emotion bubbles to surface, it is stuffed downwards
- Emotional heaviness
- Emotional dread
- Slow to connect with present emotion
- Slow to process present emotion
- Fixating on emotion without fully feeling it in body
- Complete disconnect, inability to access the sensations that specific emotions surface in body

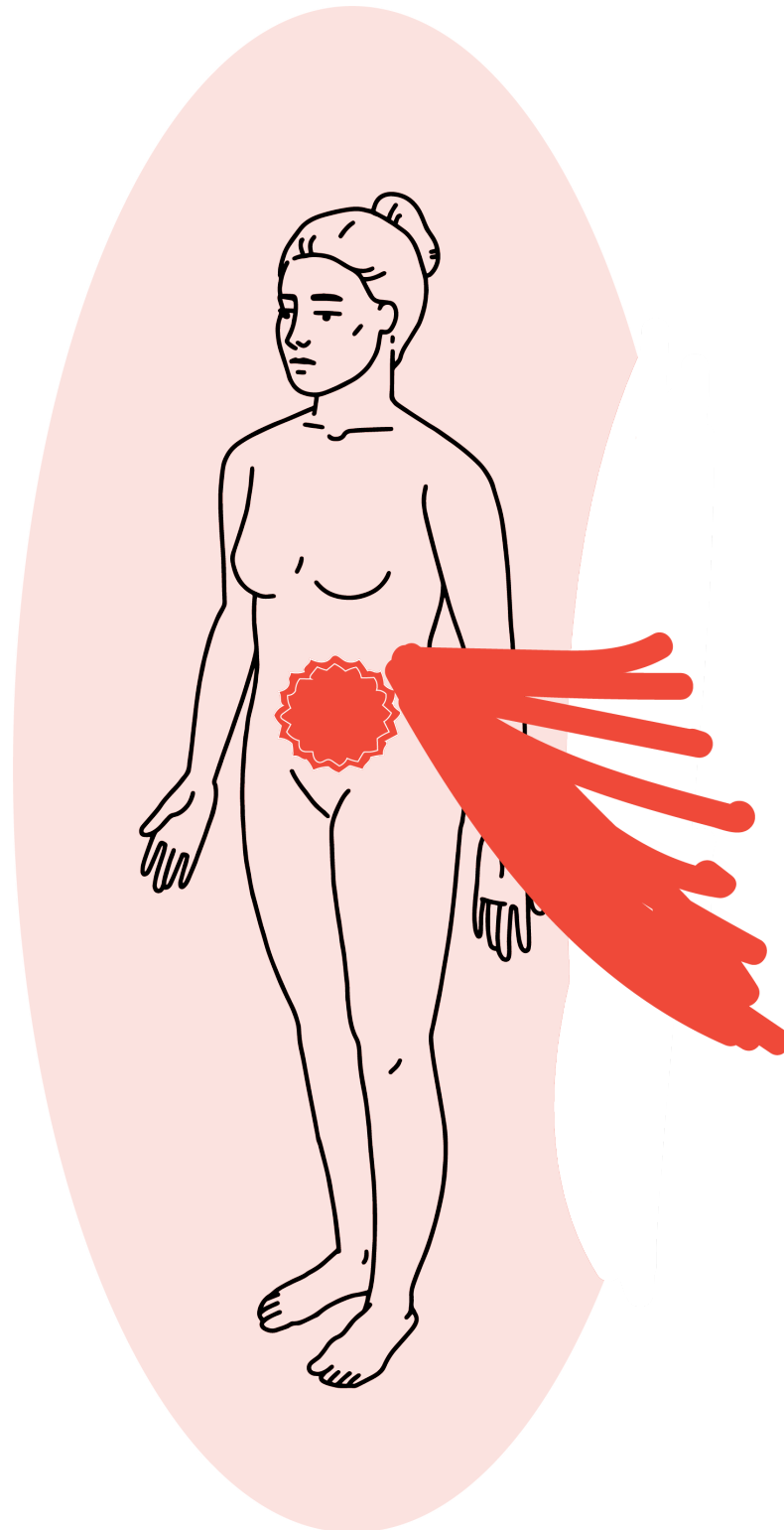
NOTES

Your Connections:

"I choose to fully feel emotion as it presents itself."

SACRAL: LEFT

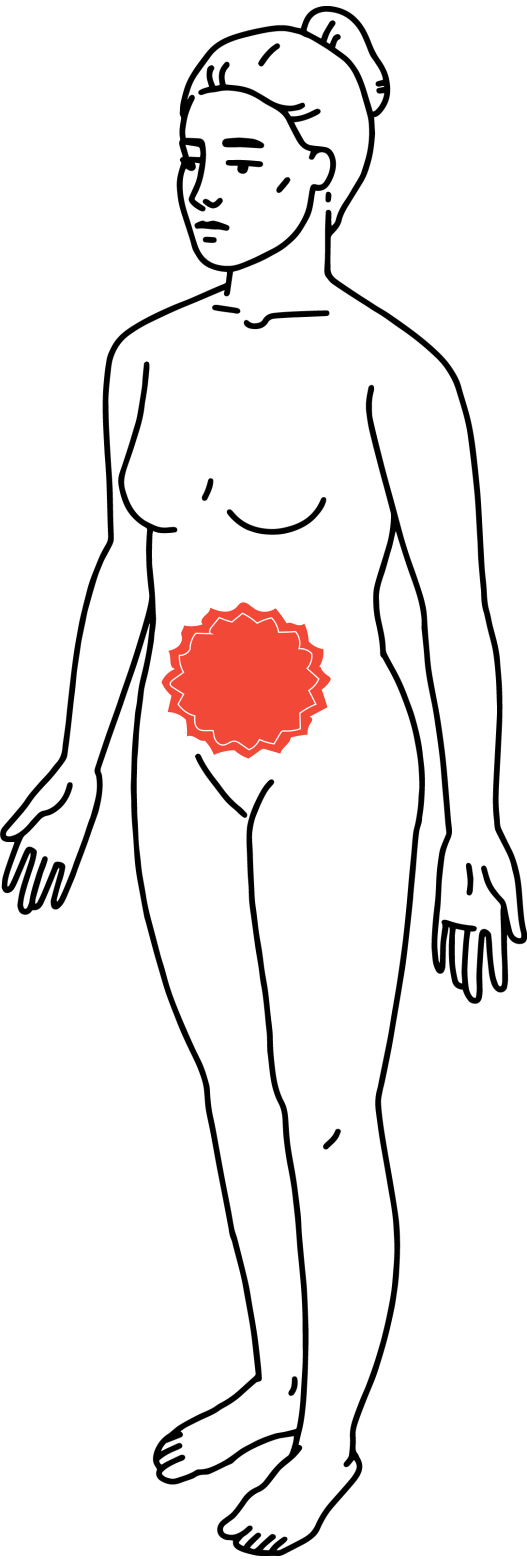
INDICATOR: ENERGY LEAKS



Energy bleeds
out from this
center

SACRAL: LEFT

INTUITIVE INDICATOR:
ENERGY LEAKS



ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Left

Left Association: Weak

Weak: Collapse/implosion

ENERGETIC QUALITIES

- Energy bleeds out from this center (can range from slow/chronic leak to massive/acute energy leak)
- Boundaries are blurred
- Can't sense where your personal energetic container (energy field) begins/ends and where someone else's begins/ends
- Energy sucks in at low belly, can translate as physical holding/tension
- Pelvic floor feels physically weak

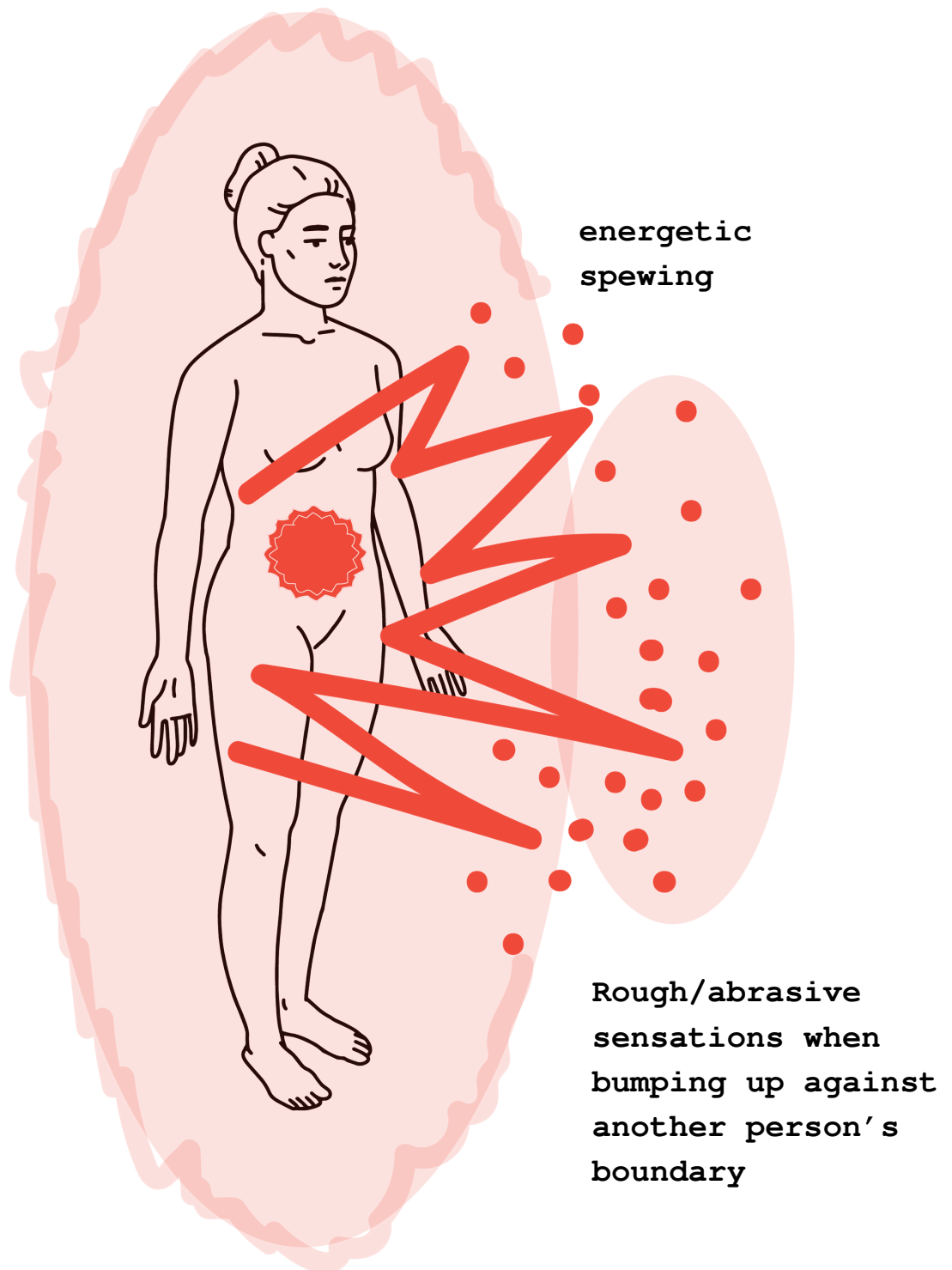
NOTES

Your Connections:

"I stand firmly within my own energetic container."

SACRAL: RIGHT

INDICATOR: GETTING TRIGGERED



SACRAL: RIGHT

INTUITIVE INDICATOR:
GETTING TRIGGERED

ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Right

Right Association: Forced

Forced: Explosive/aggressive

ENERGETIC QUALITIES

- Rough/abrasive sensations when bumping up against another person's boundary
- Personal boundary breach triggers anger/rage reaction
- Emotional volatility, often inflicting pain on others
- Tendency to "unload" emotion onto others for energetic release
- Emotion shoots outward from center/explosive quality/energetic spewing
- Emotion pushed out so it does not have to be self contained or processed within body
- Blame/anger/rage reflex when triggered

NOTES

Your Connections:

"I choose to process my emotions responsibly."

