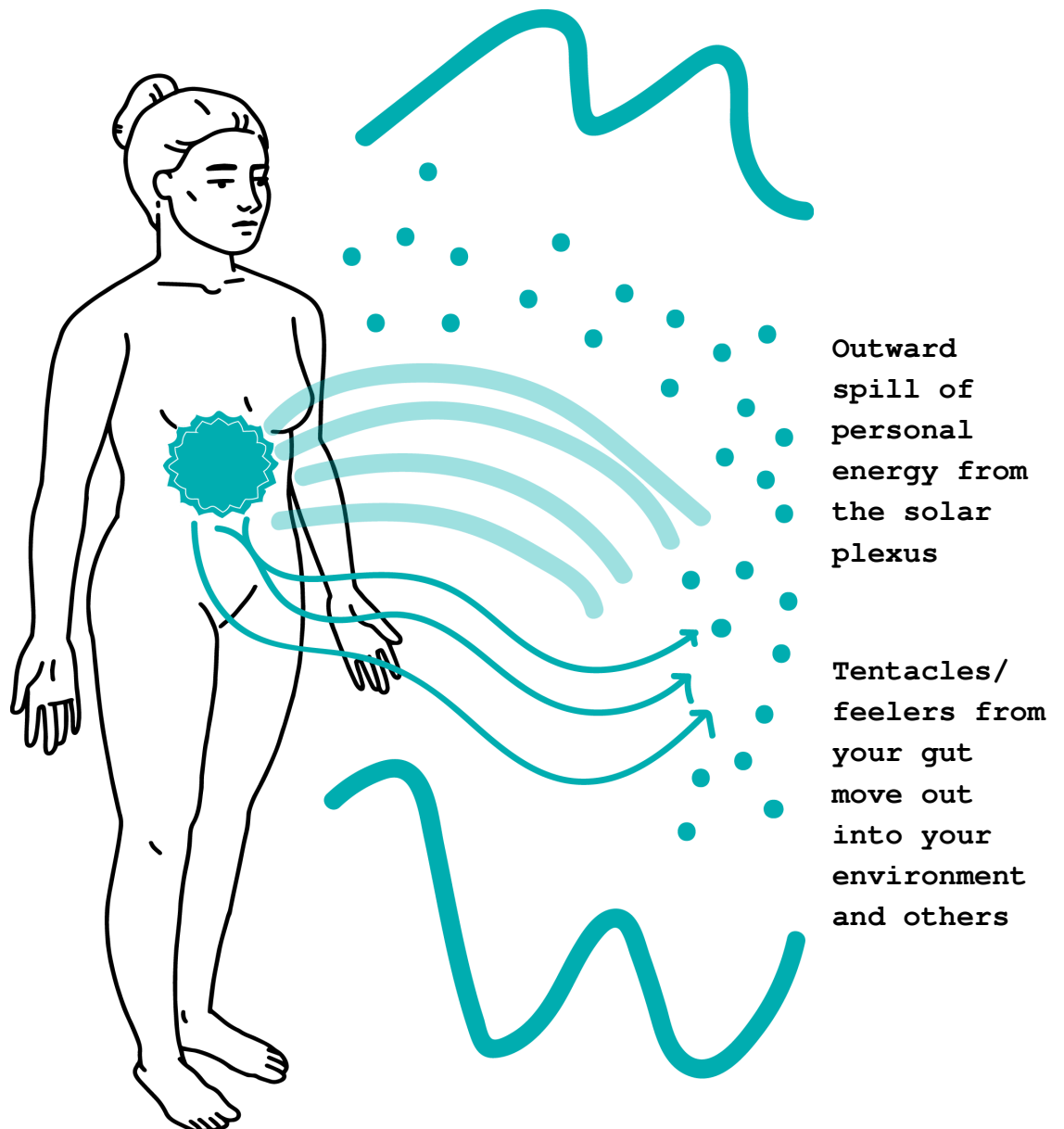
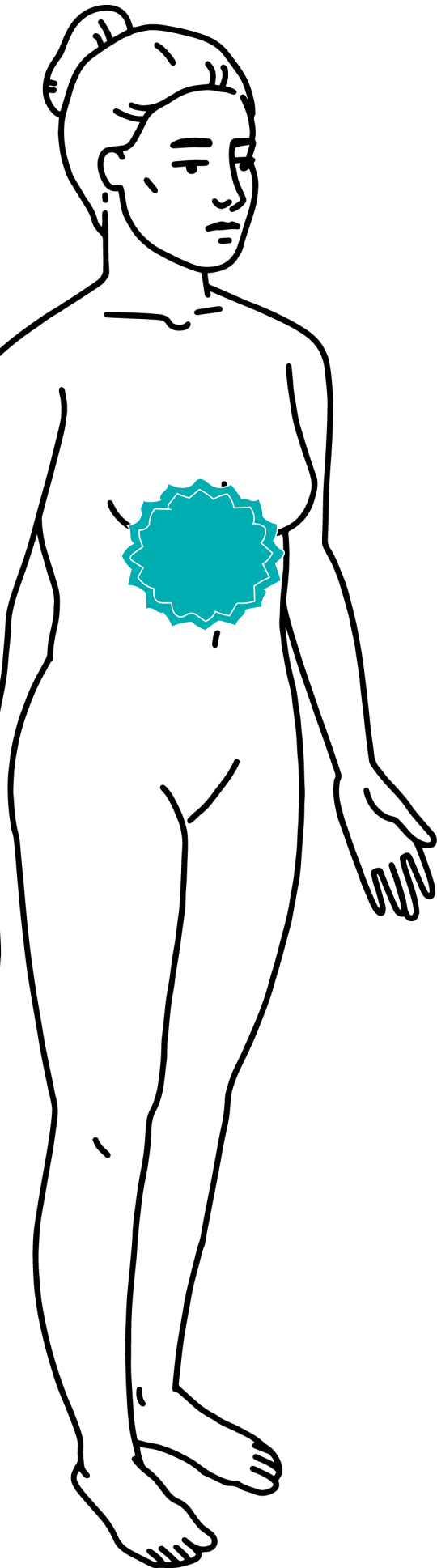


SOLAR PLEXUS: FRONT

INDICATOR: HYPERSENSITIVITY





SOLAR PLEXUS: FRONT

INTUITIVE INDICATOR:
HYPERSENSITIVITY

ASSOCIATIONS

Plane: Frontal

Directional Aspect: Front

Front Association: Projection

Projection: Diving forward, graspy

ENERGETIC QUALITIES

- Outward spill of personal energy from the solar plexus
- Tentacles/feelers from your gut move out into your environment and others
- Constant anticipation of energetic outcome outside of you
- Rather than sensing (which suggests perceiving and staying in your own energy) you project into other people's energy to feel around
- Always take things personally
- Overly worried you will hurt the feelings of others

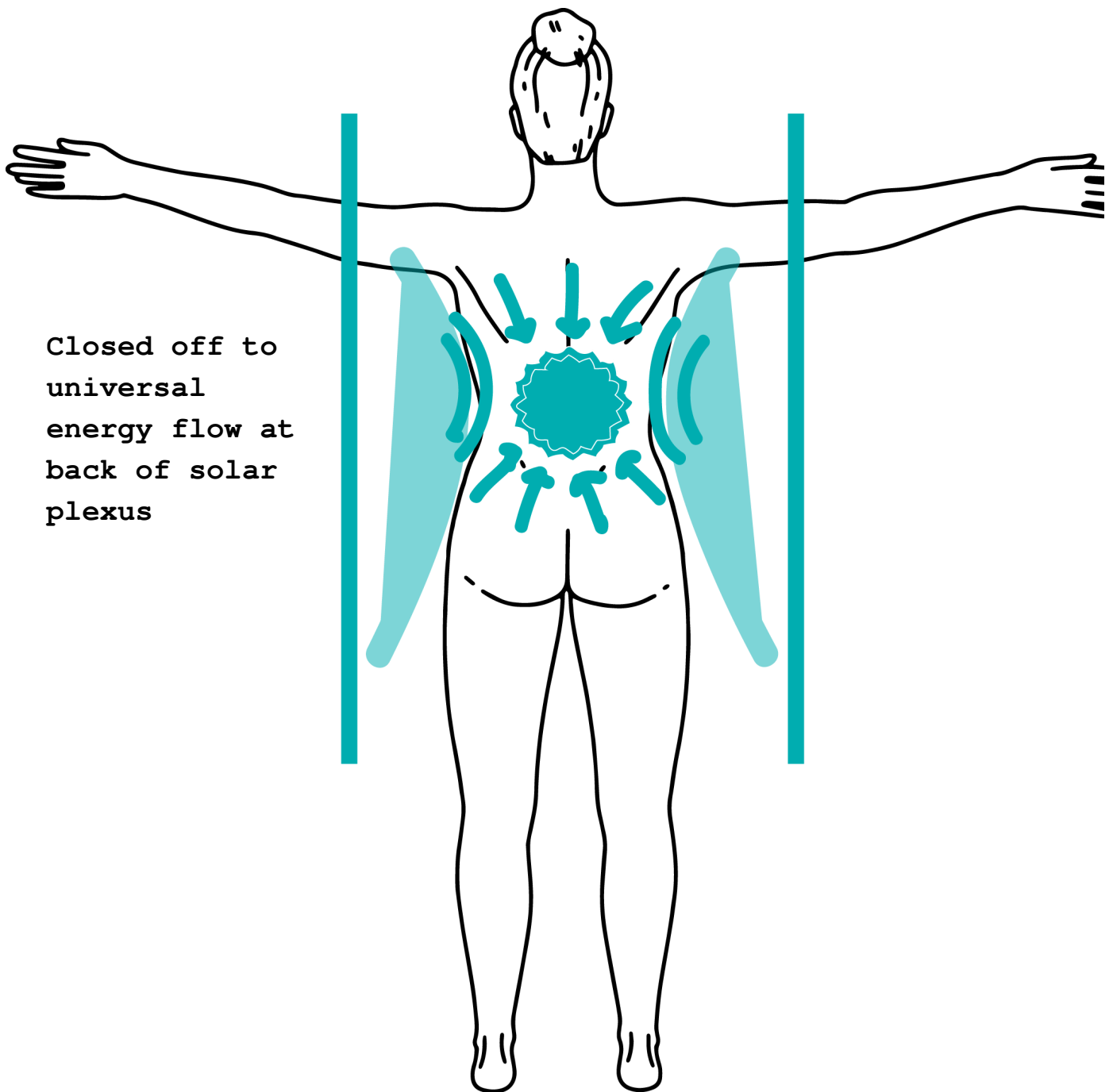
NOTES

Your Connections:

"My sensitivity supports me."

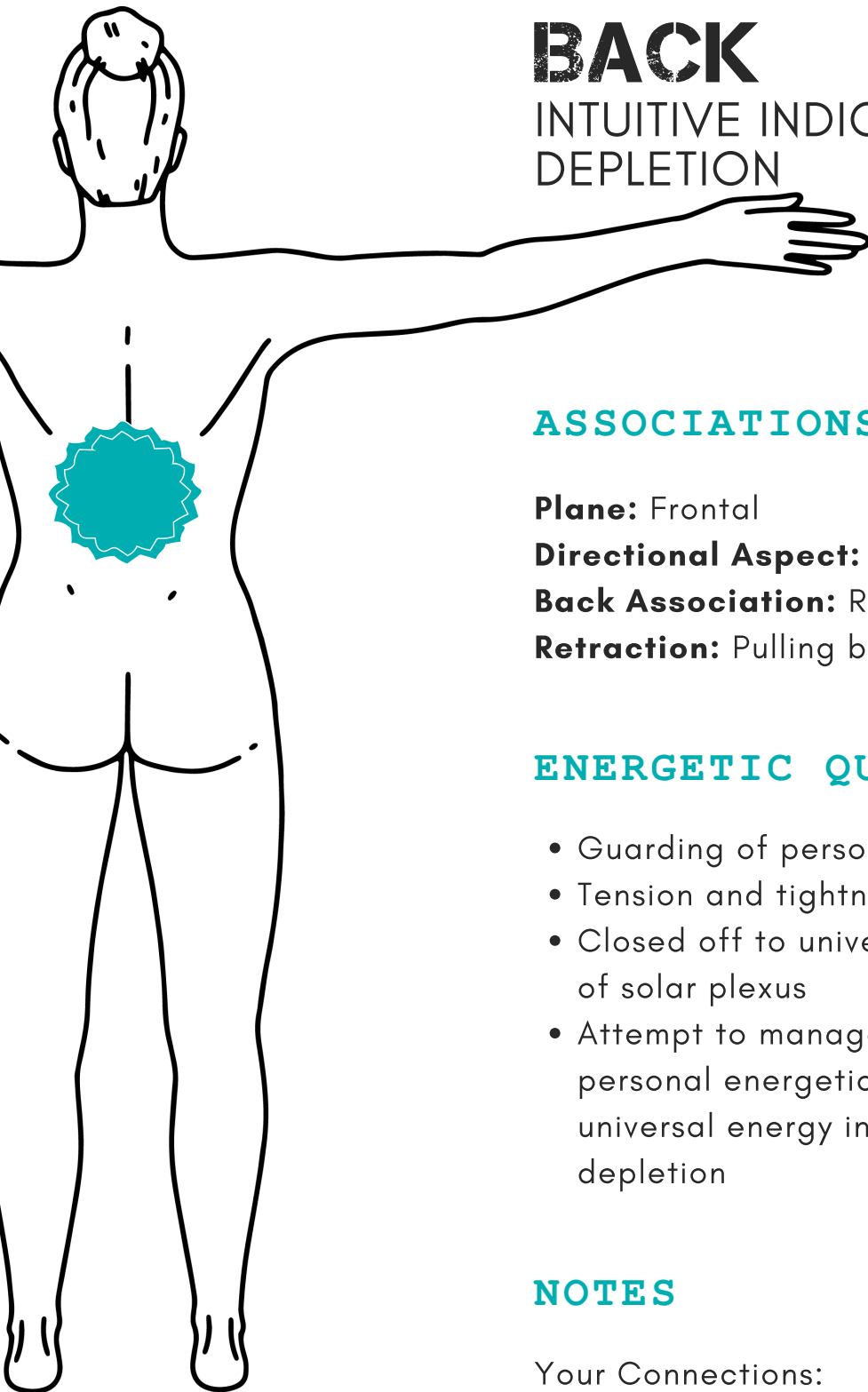
SOLAR PLEXUS: BACK

INDICATOR: DEPLETION



SOLAR PLEXUS: BACK

INTUITIVE INDICATOR:
DEPLETION



ASSOCIATIONS

Plane: Frontal

Directional Aspect: Back

Back Association: Retraction

Retraction: Pulling back, shielding, guarding

ENERGETIC QUALITIES

- Guarding of personal energy
- Tension and tightness at mid back
- Closed off to universal energy flow at back of solar plexus
- Attempt to manage energy by controlling personal energetic output but not allowing universal energy input equates to increased depletion

NOTES

Your Connections:

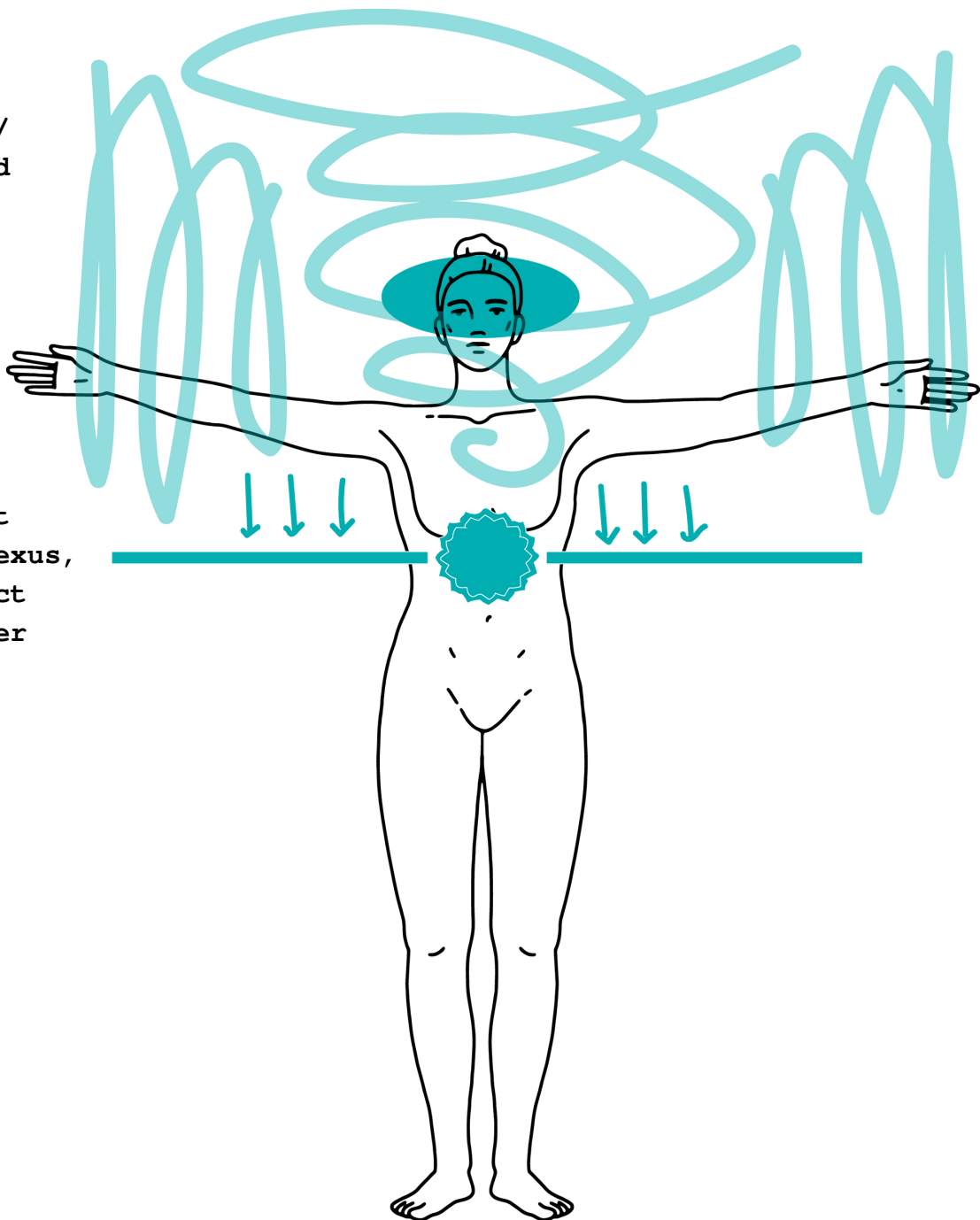
"I am receptive to universal energy
replenishing my personal energy."

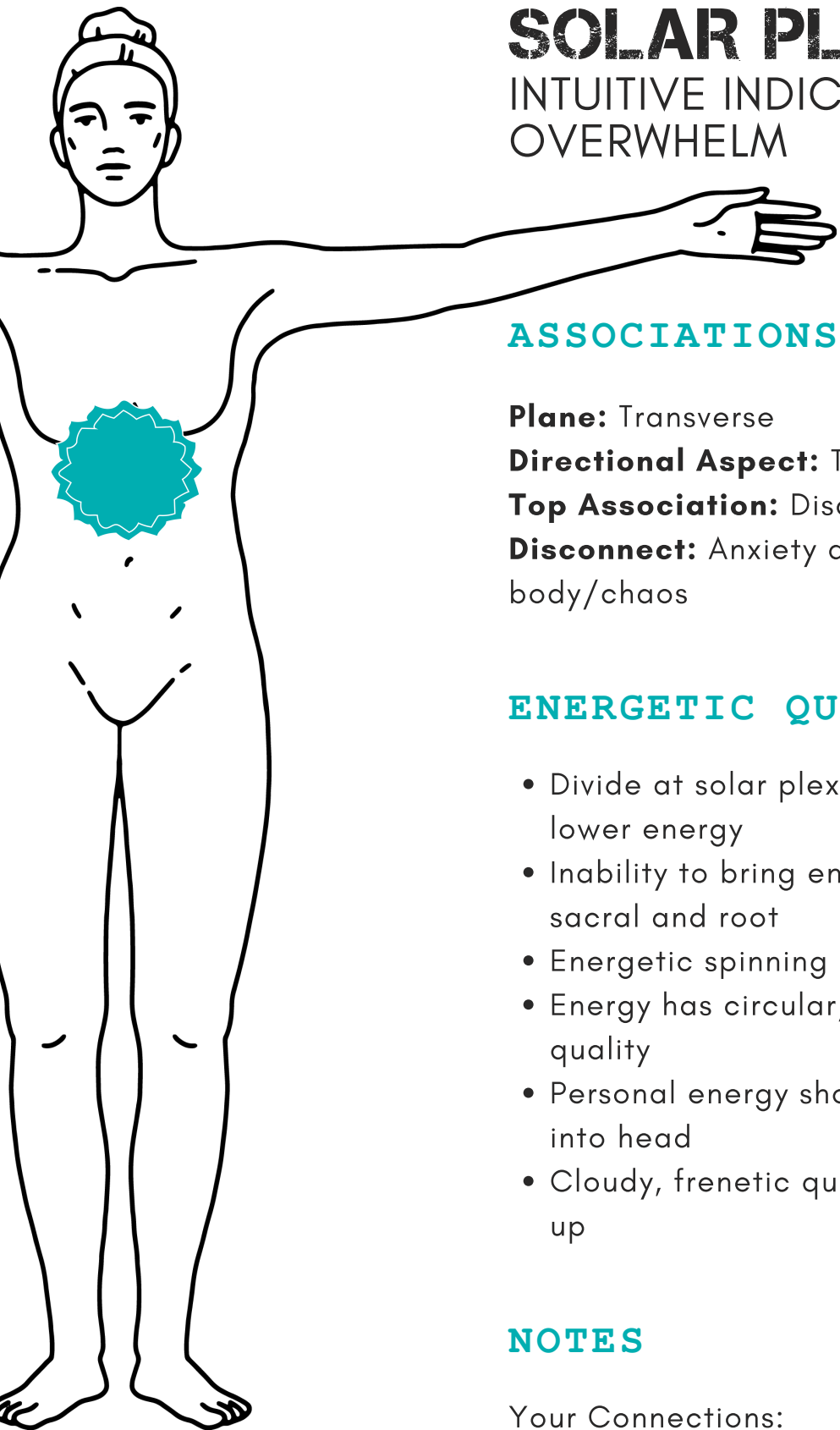
SOLAR PLEXUS: TOP

INDICATOR: OVERWHELM

Energy
has
circular/
loopy and
bouncy
quality

Divide at
solar plexus,
disconnect
from lower
energy





SOLAR PLEXUS: TOP

INTUITIVE INDICATOR:
OVERWHELM

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Top

Top Association: Disconnect/avoidance

Disconnect: Anxiety at this part of
body/chaos

ENERGETIC QUALITIES

- Divide at solar plexus, disconnect from lower energy
- Inability to bring energy down through sacral and root
- Energetic spinning from solar plexus up
- Energy has circular/loopy and bouncy quality
- Personal energy shoots up and gets locked into head
- Cloudy, frenetic quality from solar plexus up

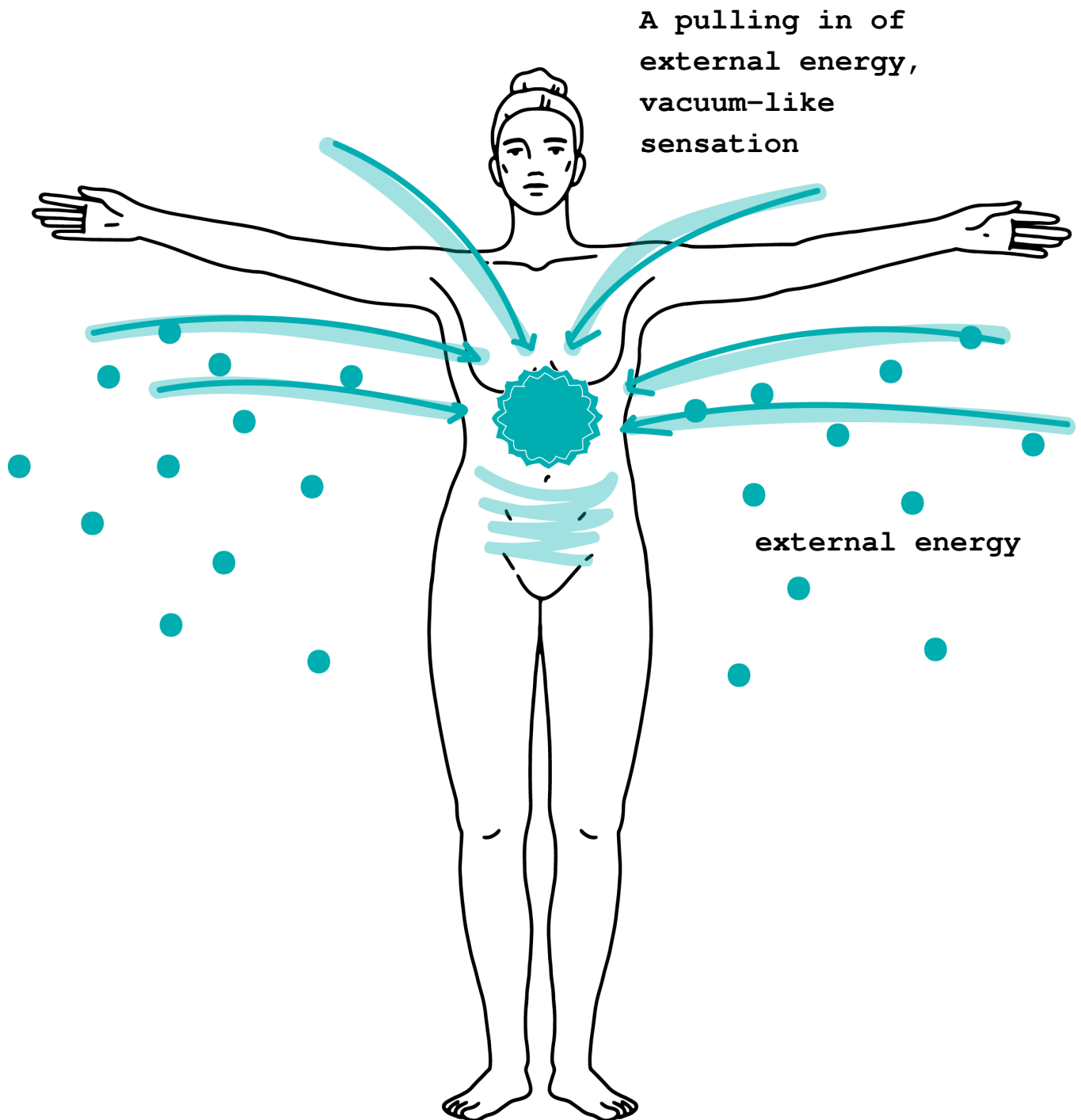
NOTES

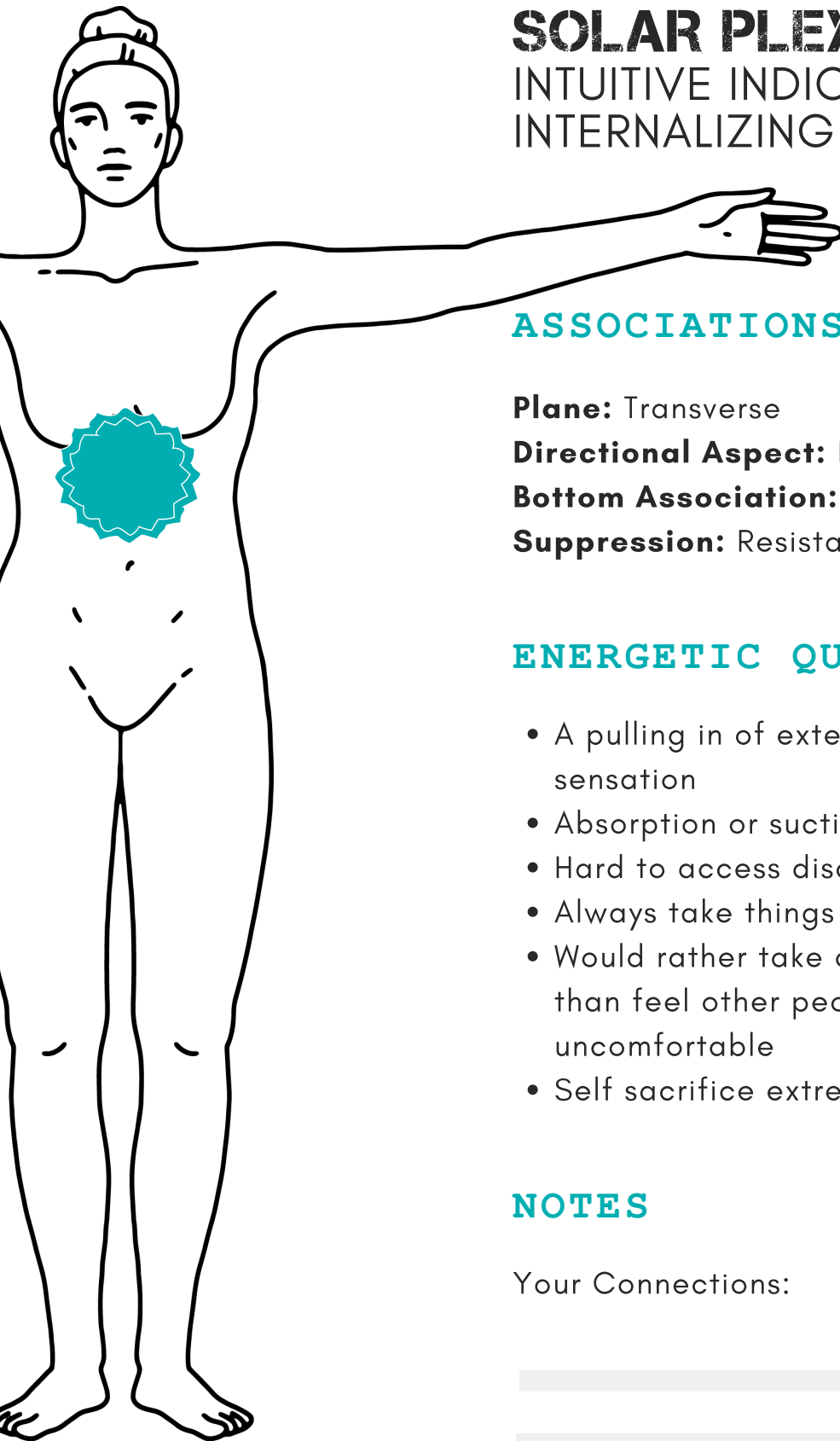
Your Connections:

"I navigate my circumstances from a place
of calm and centeredness."

SOLAR PLEXUS: BOTTOM

INDICATOR: INTERNALIZING





SOLAR PLEXUS: BOTTOM

INTUITIVE INDICATOR:
INTERNALIZING

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Bottom

Bottom Association: Suppression

Suppression: Resistance/pushing down

ENERGETIC QUALITIES

- A pulling in of external energy, vacuum-like sensation
- Absorption or suction at solar plexus
- Hard to access discernment at gut level
- Always take things personally
- Would rather take on discomfort of others than feel other people being uncomfortable
- Self sacrifice extremes, martyr energy

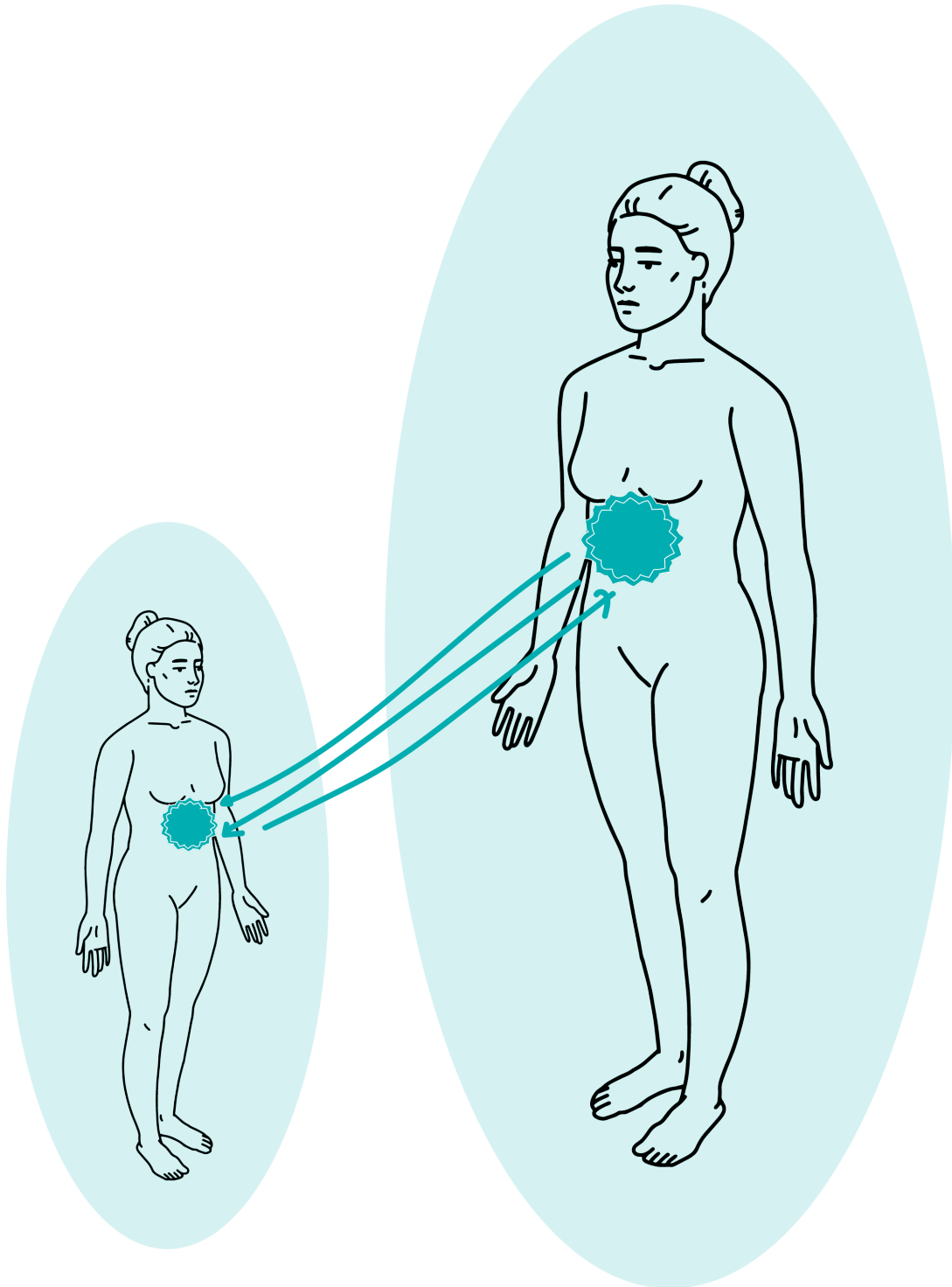
NOTES

Your Connections:

"Being uncomfortable is part of healing and growth."

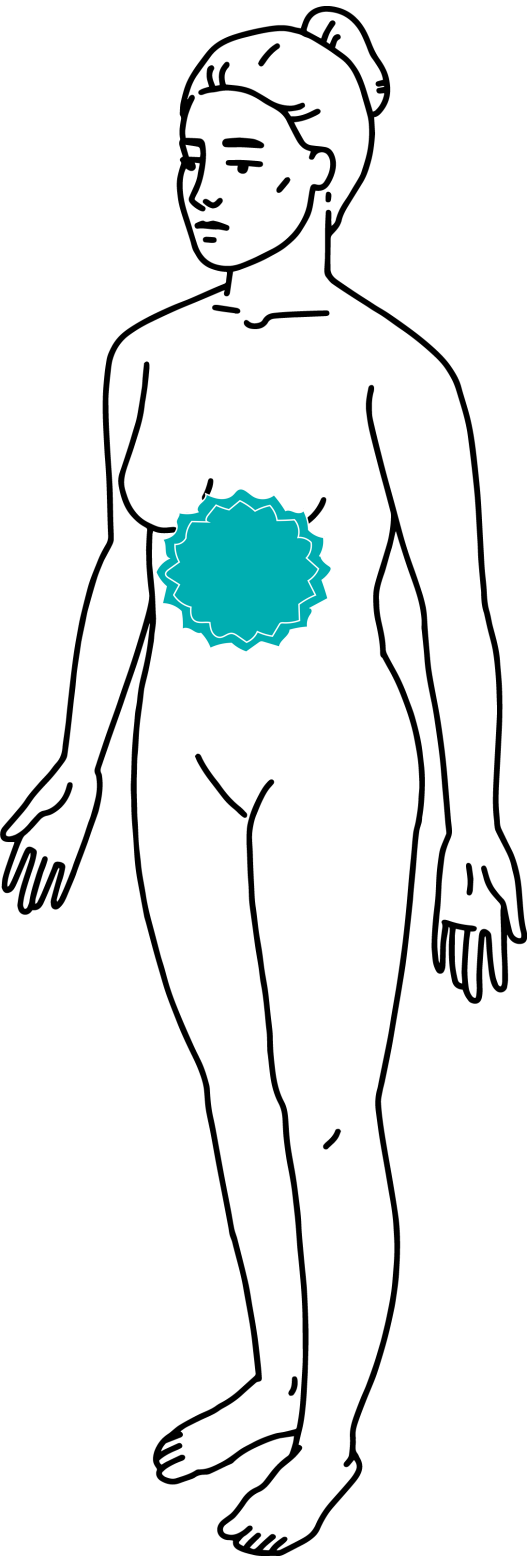
SOLAR PLEXUS: LEFT

INDICATOR: CORDING



SOLAR PLEXUS: LEFT

INTUITIVE INDICATOR:
CORDING



ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Left

Left Association: Weak

Weak: Collapse/implosion

ENERGETIC QUALITIES

- Personal energetic cords move out from solar plexus and plug into others
- Use of cords into others for an increase in energy and reassurance of self
- Others plug into you to access aspects of solar plexus energy
- A sense of neutrality in most situations is challenging to access
- Lack of confidence
- Hard to assert self through action
- Self loathing/victim energy

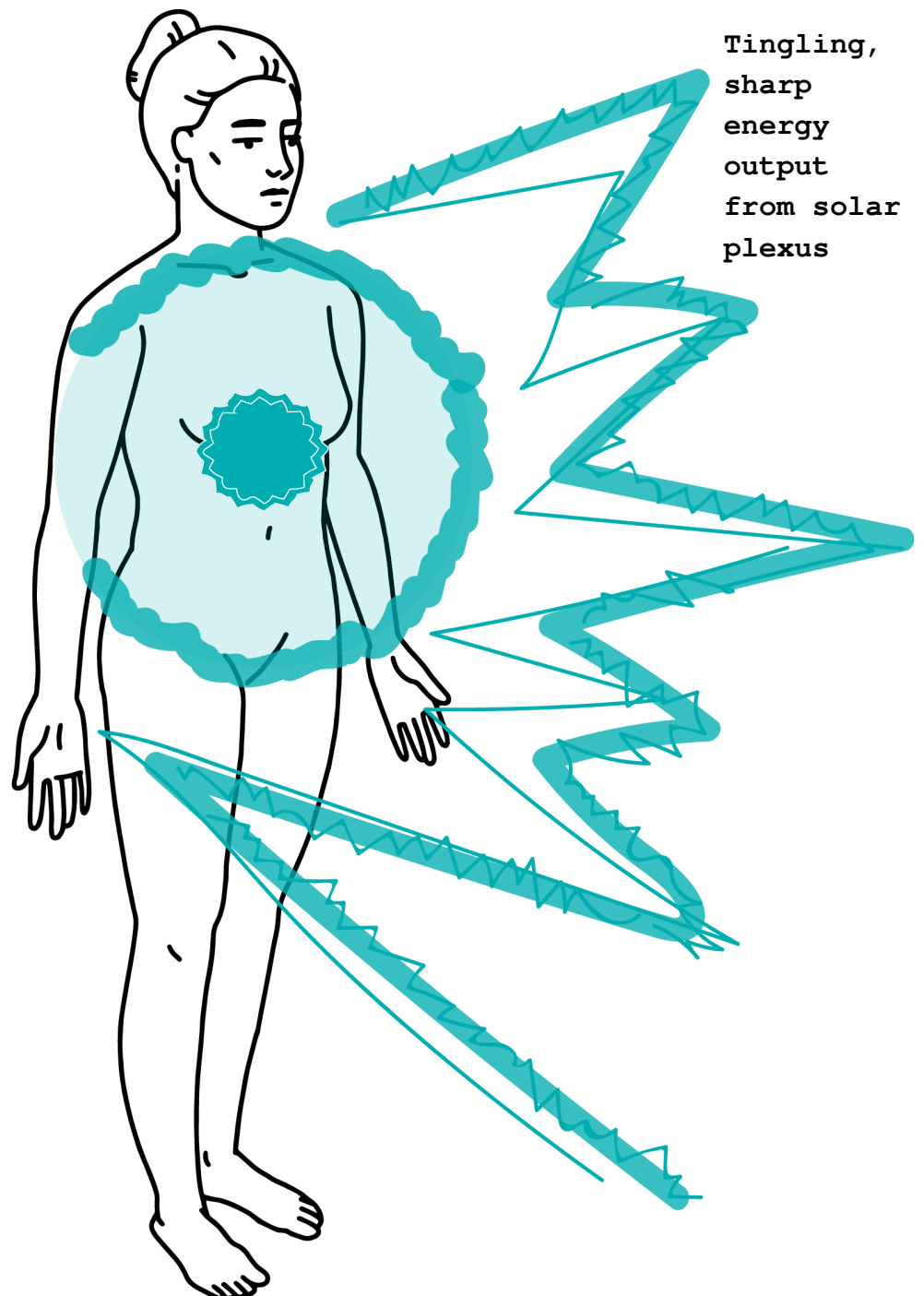
NOTES

Your Connections:

"I am confident and capable."

SOLAR PLEXUS: RIGHT

INDICATOR: ANXIETY



SOLAR PLEXUS: RIGHT

INTUITIVE INDICATOR:
ANXIETY

ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Right

Right Association: Forced

Forced: Explosive/aggressive

ENERGETIC QUALITIES

- Chaotic bouncy energy of anxiety from solar plexus outwards
- Tingling, sharp energy output from solar plexus
- On edge internally
- Abrasive externally
- Overly confident/pseudo-confident
- Excessive self orientation
- Explosive towards others that question self
- Tendency to take advantage of others/situations

NOTES

Your Connections:

"I am sensitive to others and my surroundings."

