



INTUITIVE INDICATORS

THE ROOT

Intuitive Indicators

Some of the many stressed expressions that manifest as intuitive sensations and impressions at the root chakra:

- **Survival Mode**, fear based
- **Body Battles**
- **Ungrounded**
- **Heaviness**
- **Energetic Shrinking**
- **Skin Reactions** (proximity)

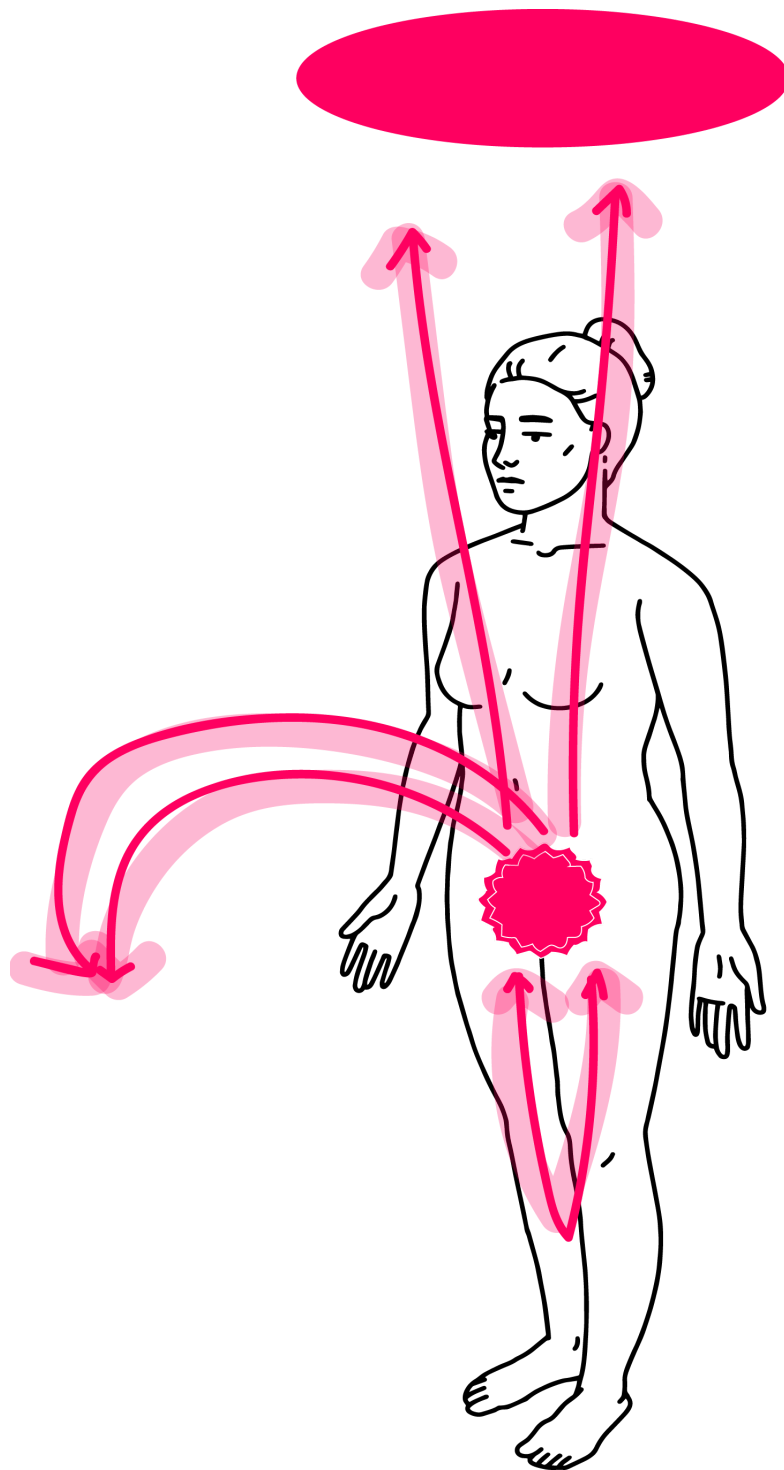
Additional Sensations + Impressions

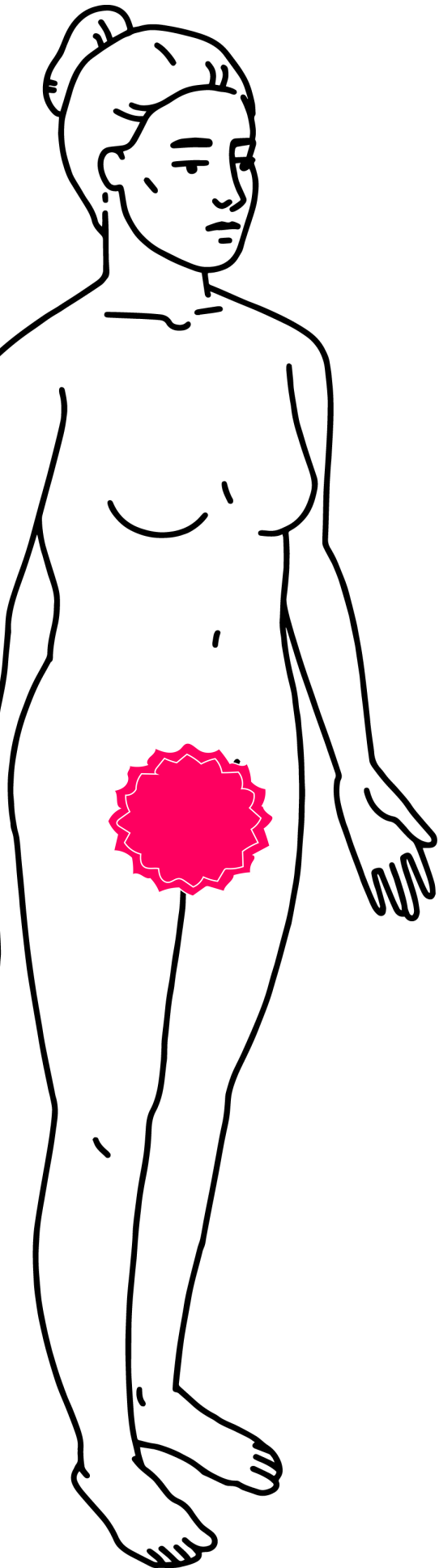
Root chakra specific sensations and impressions (II) that communicate activation of this energy center. This may be an attempt to engage in dialogue with you. These are not necessarily associated with stressed states.

- **Pain**
- **Tingling**
- **Temperature**
- **Goosebumps**

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

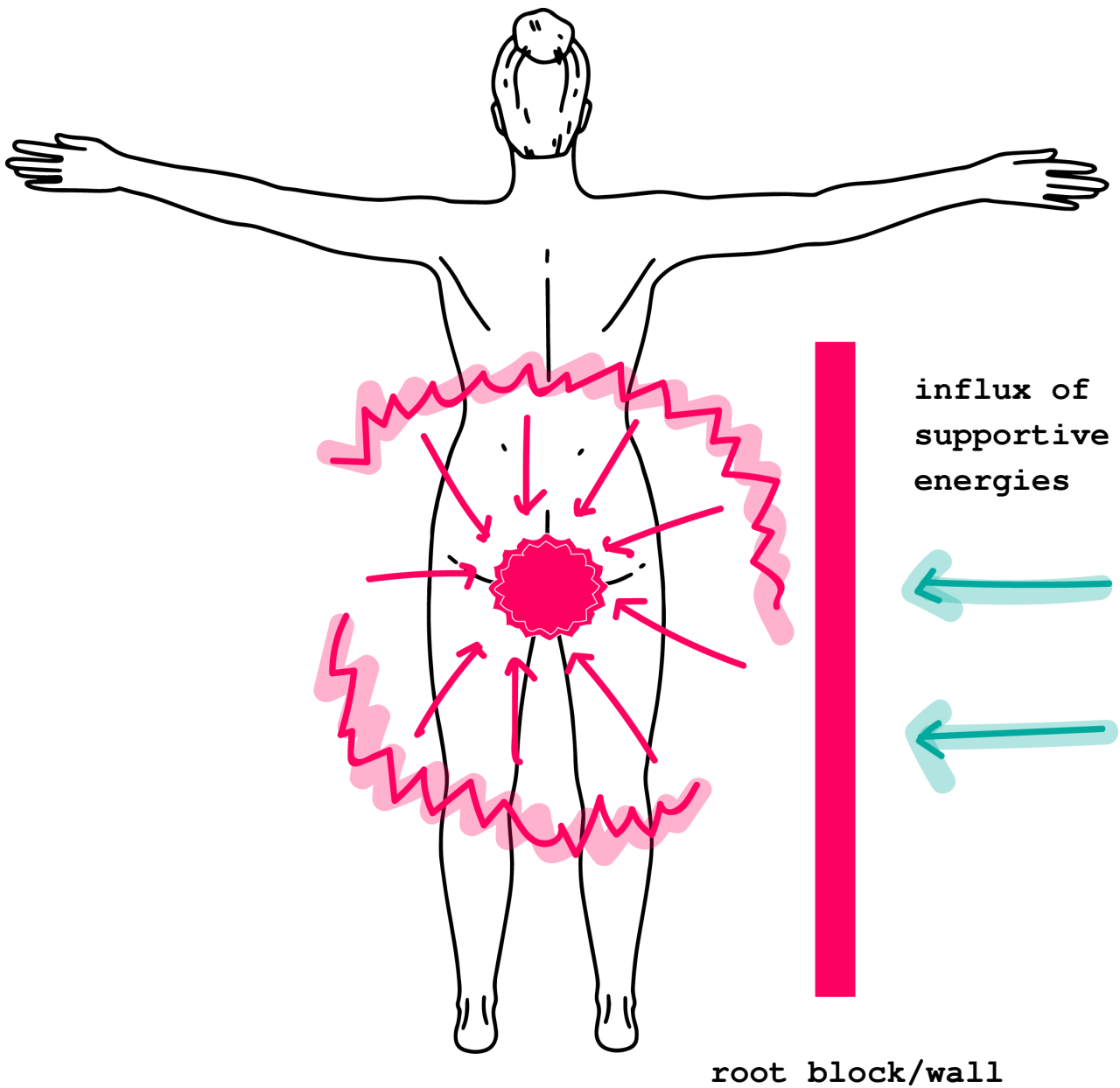
NOTES

Your Connections:

"I am safe."

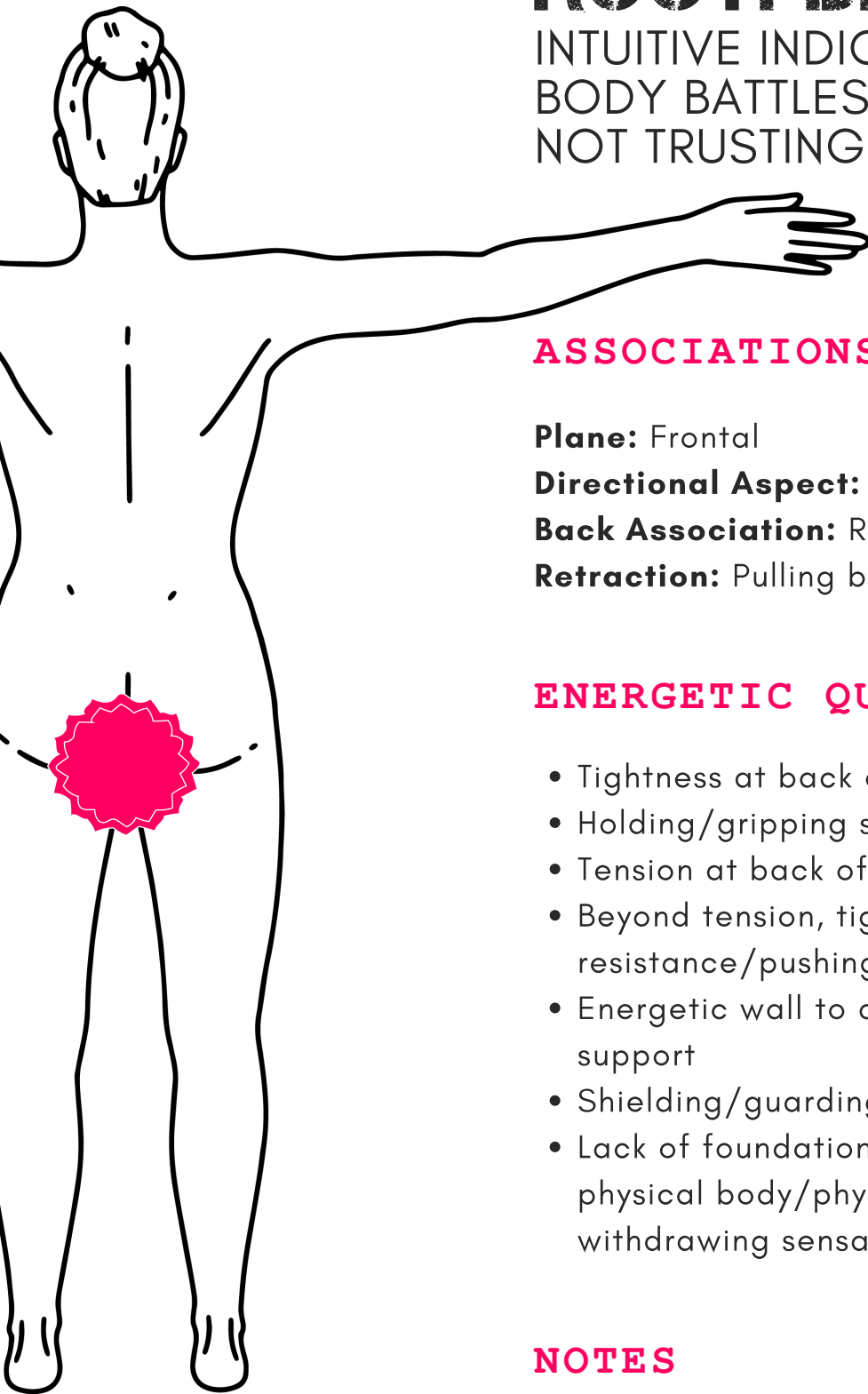
ROOT: BACK

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."