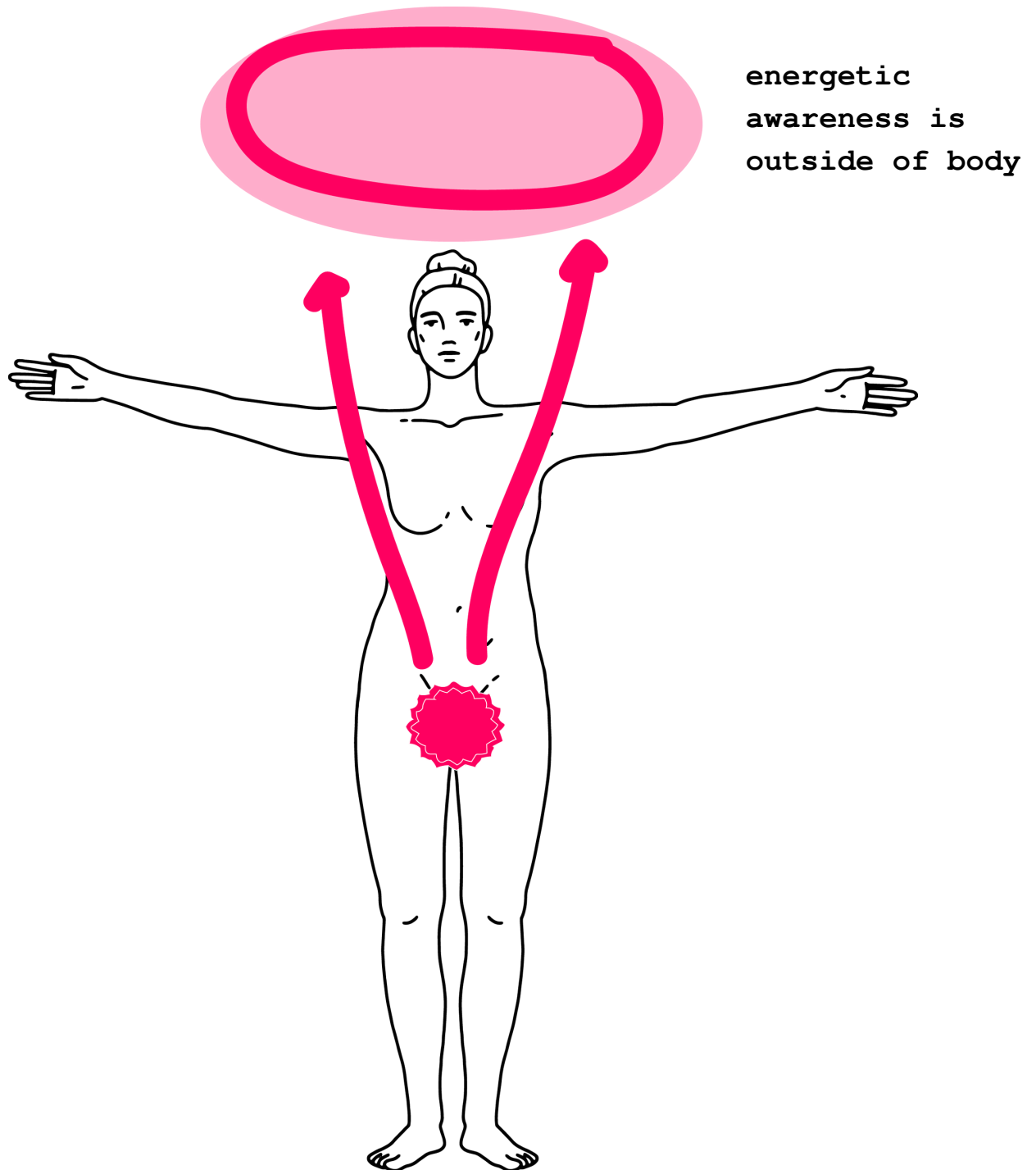
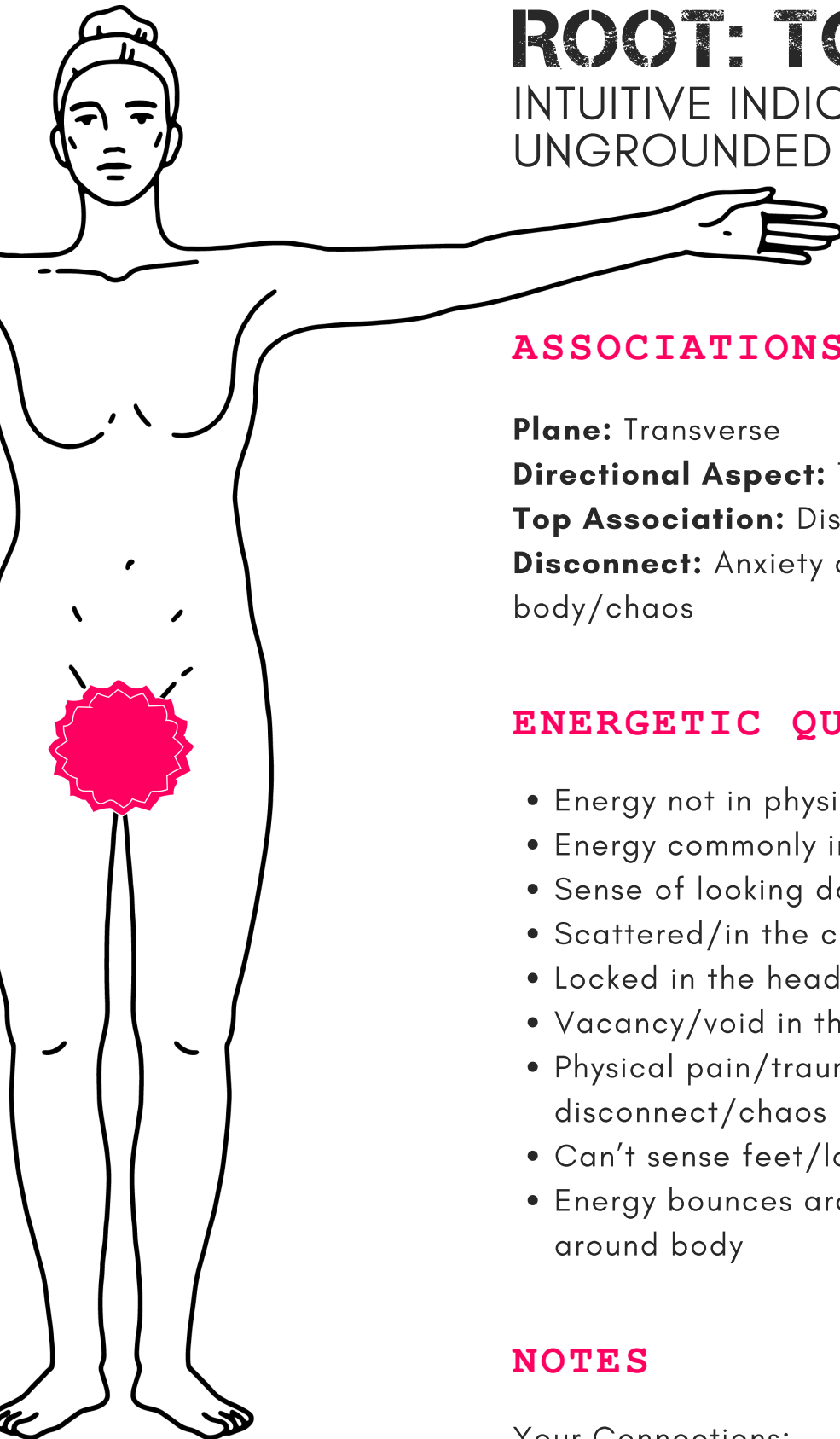


ROOT: TOP

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

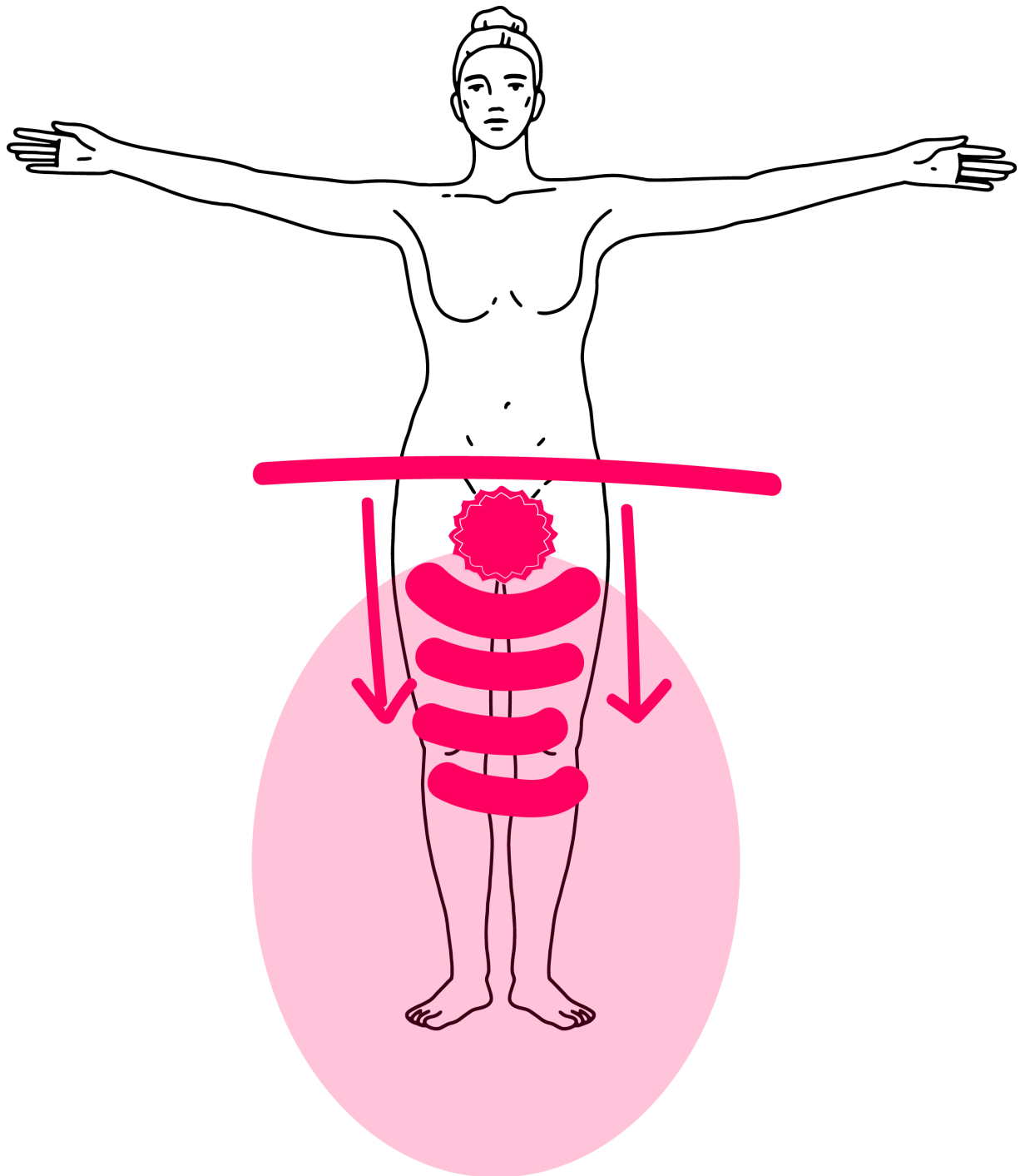
NOTES

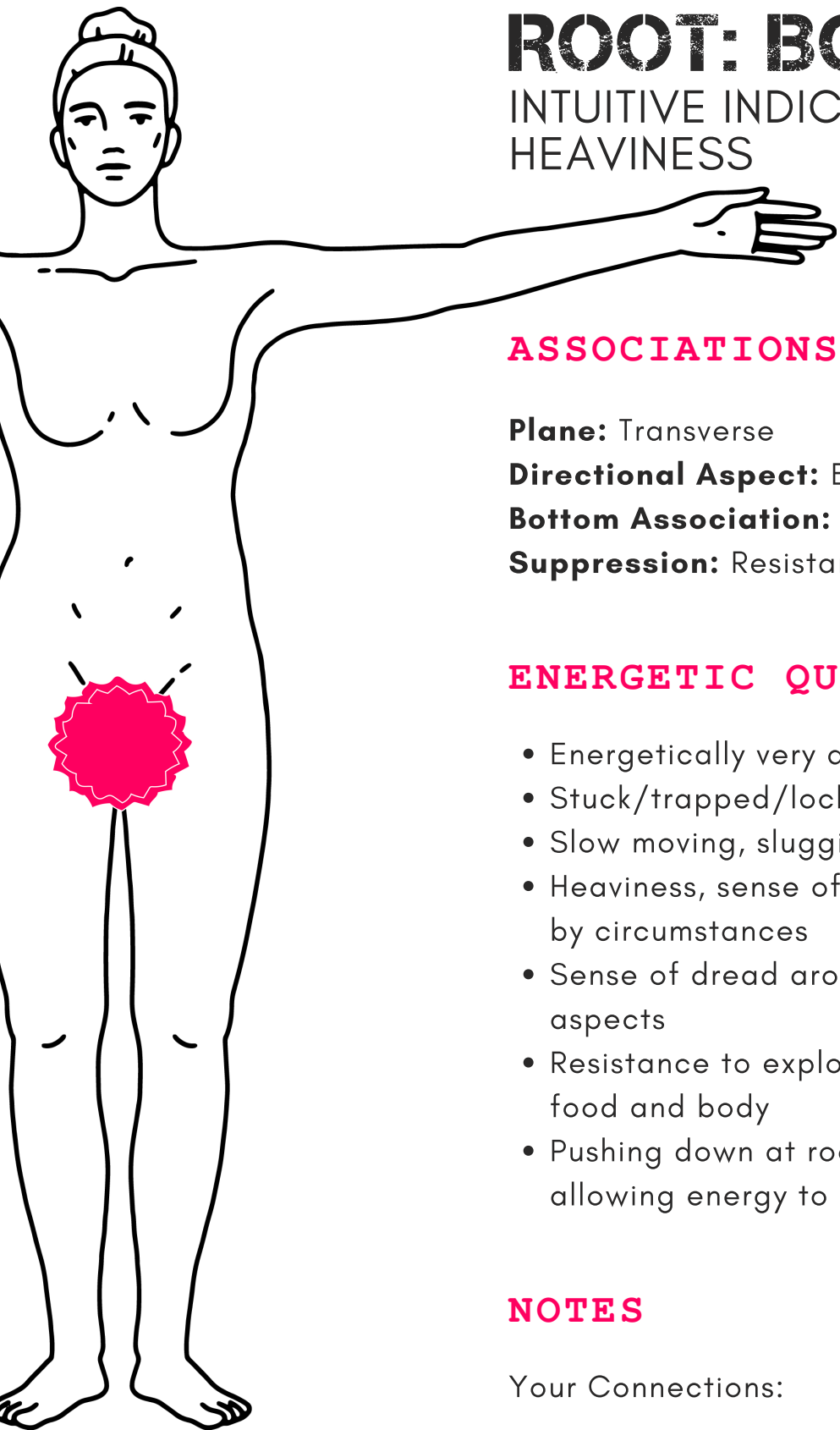
Your Connections:

"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."