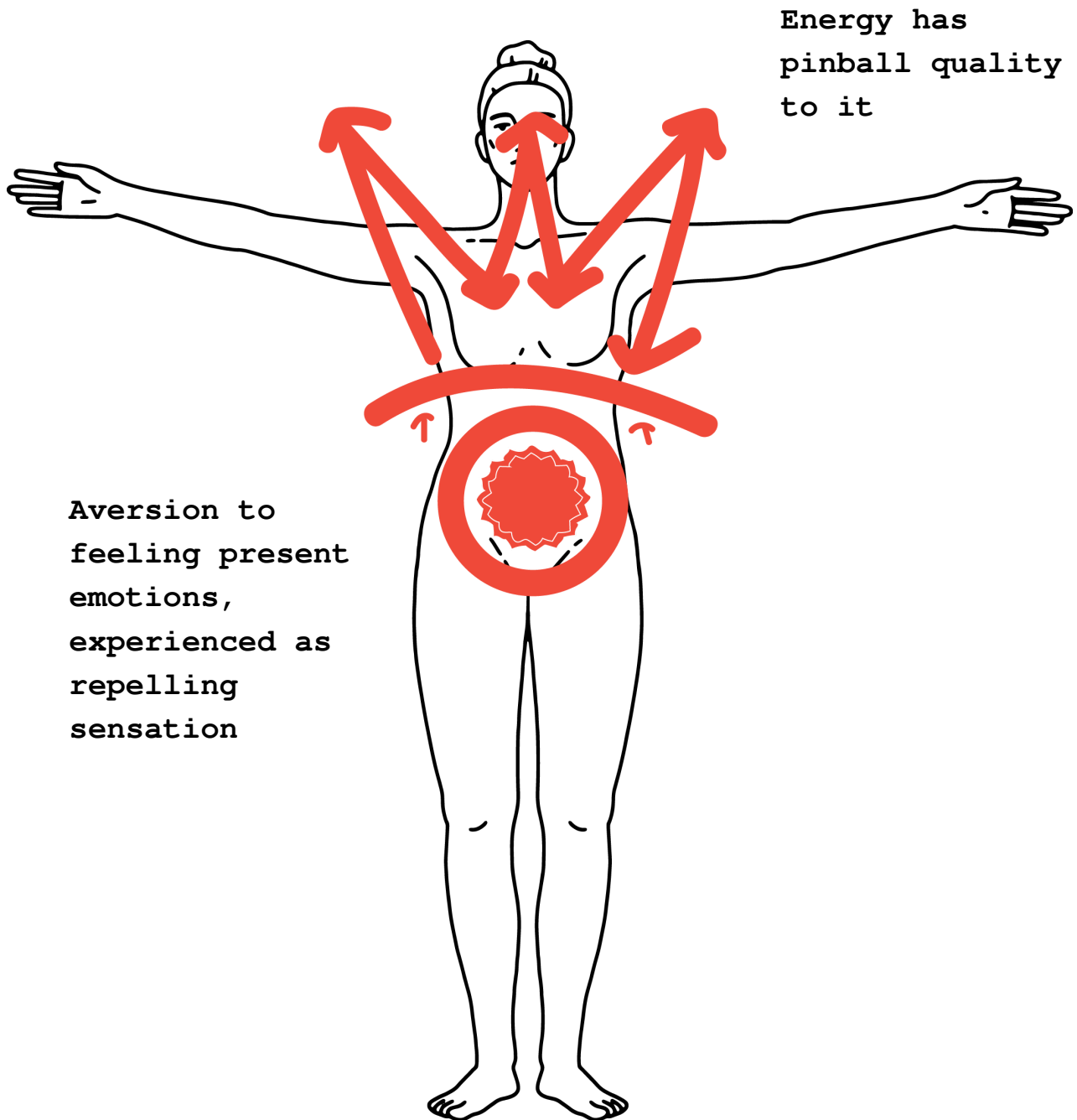
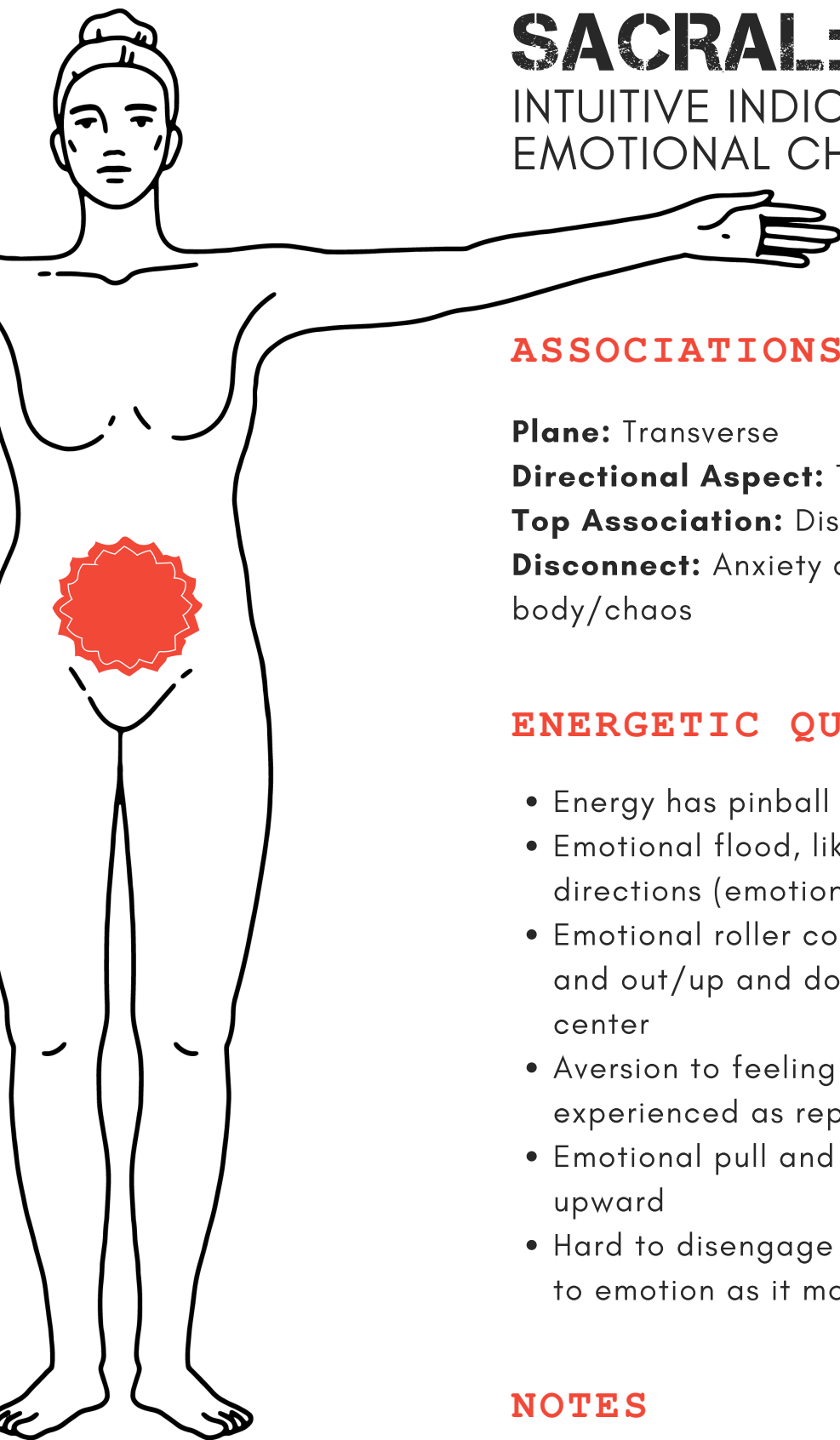


SACRAL: TOP

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

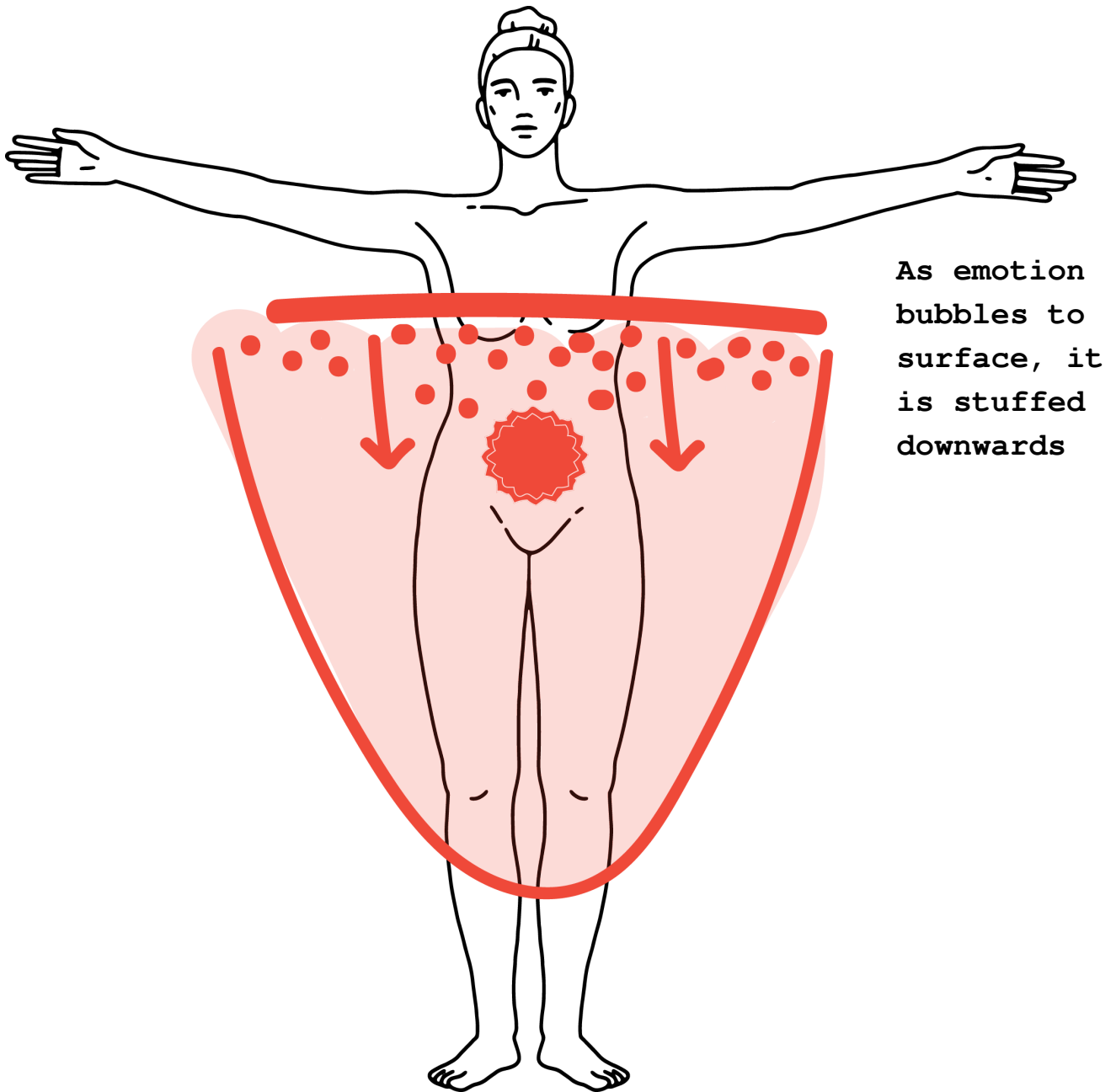
NOTES

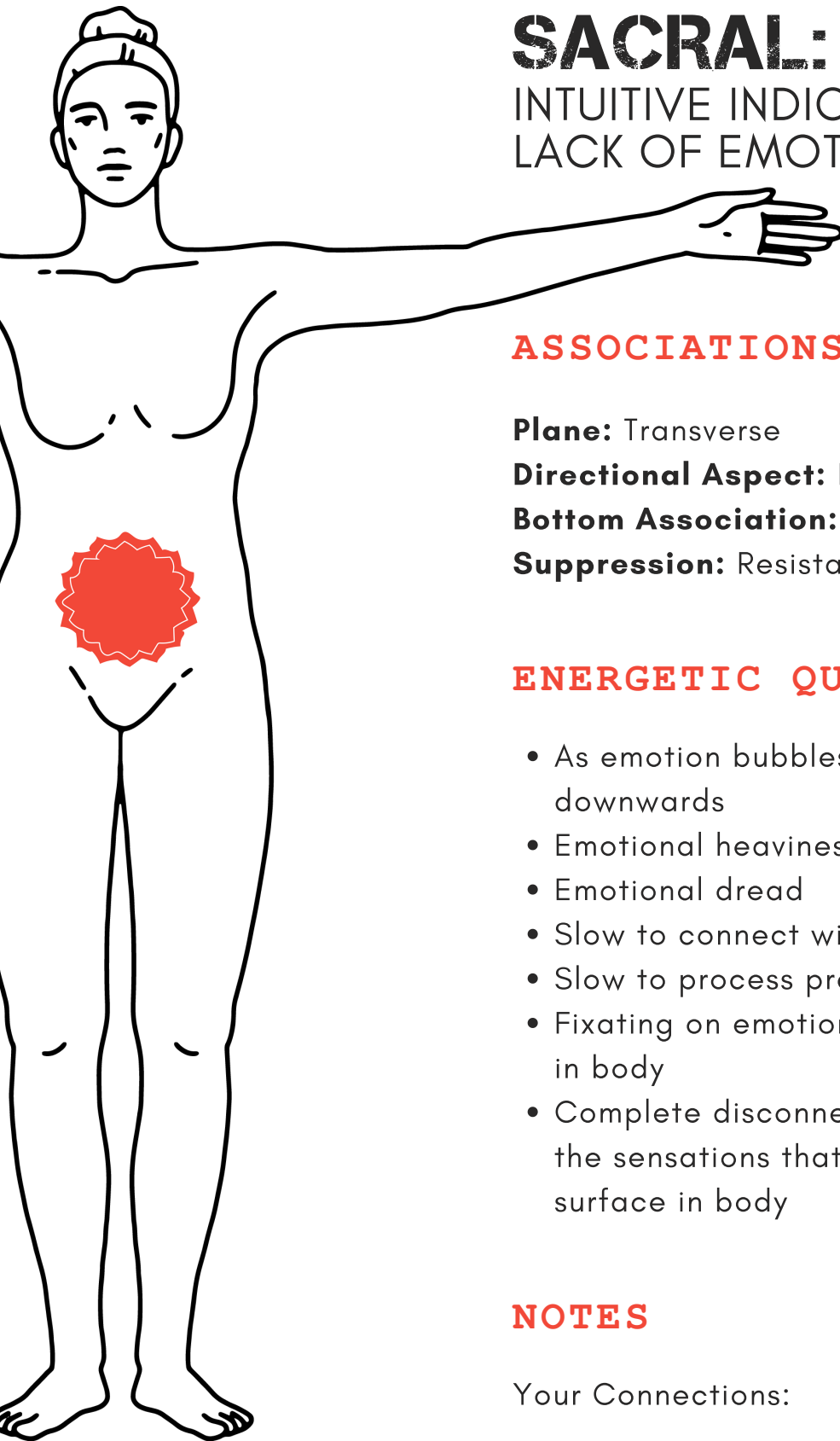
Your Connections:

"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."