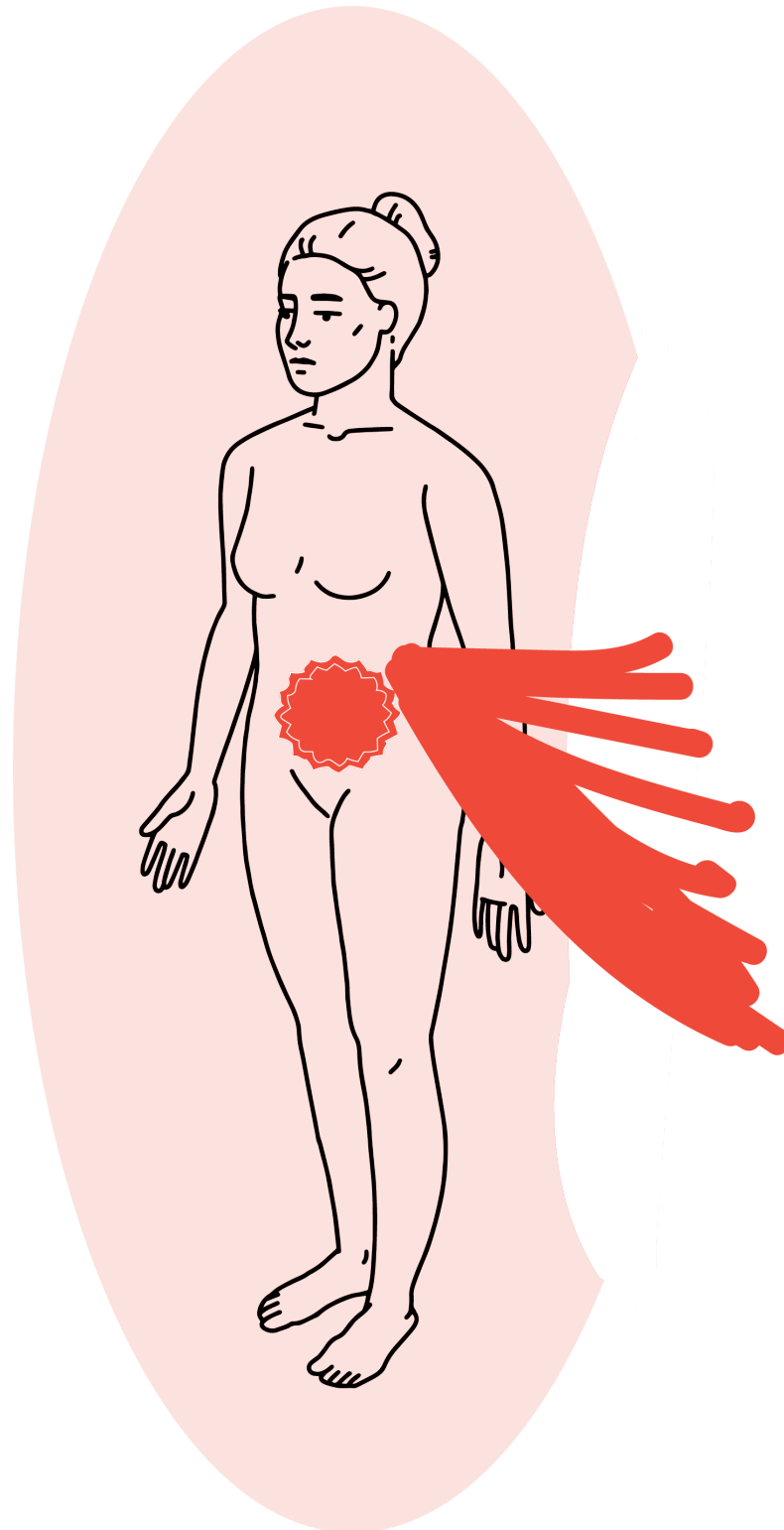


SACRAL: LEFT

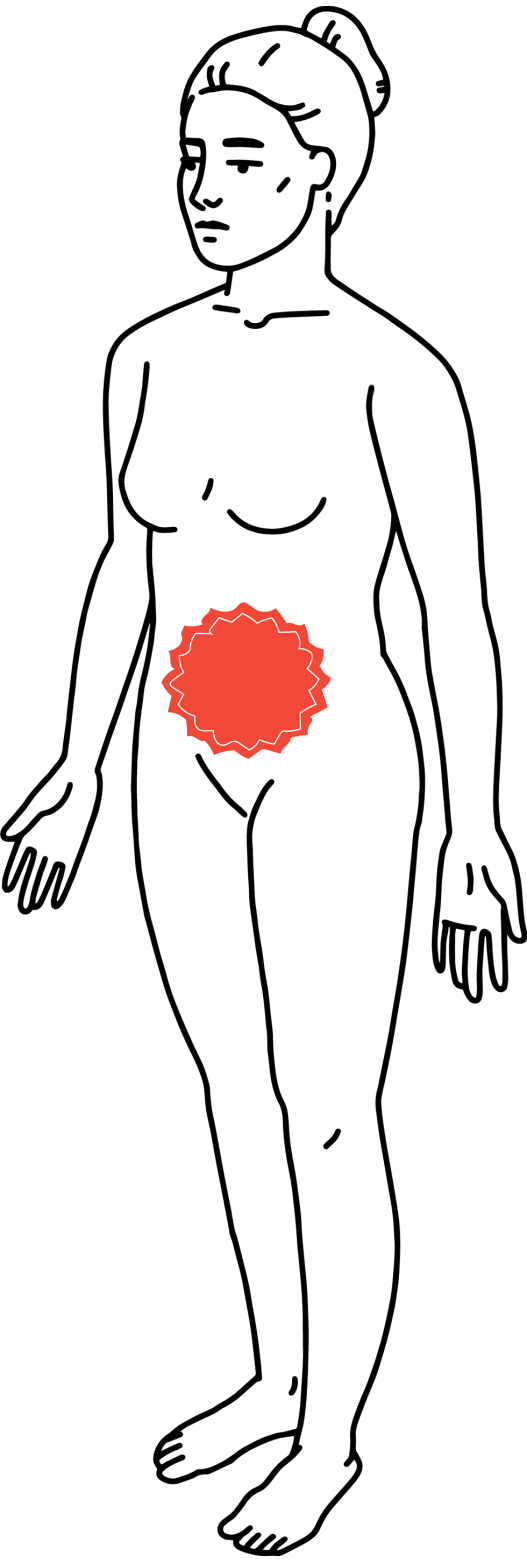
INDICATOR: ENERGY LEAKS



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

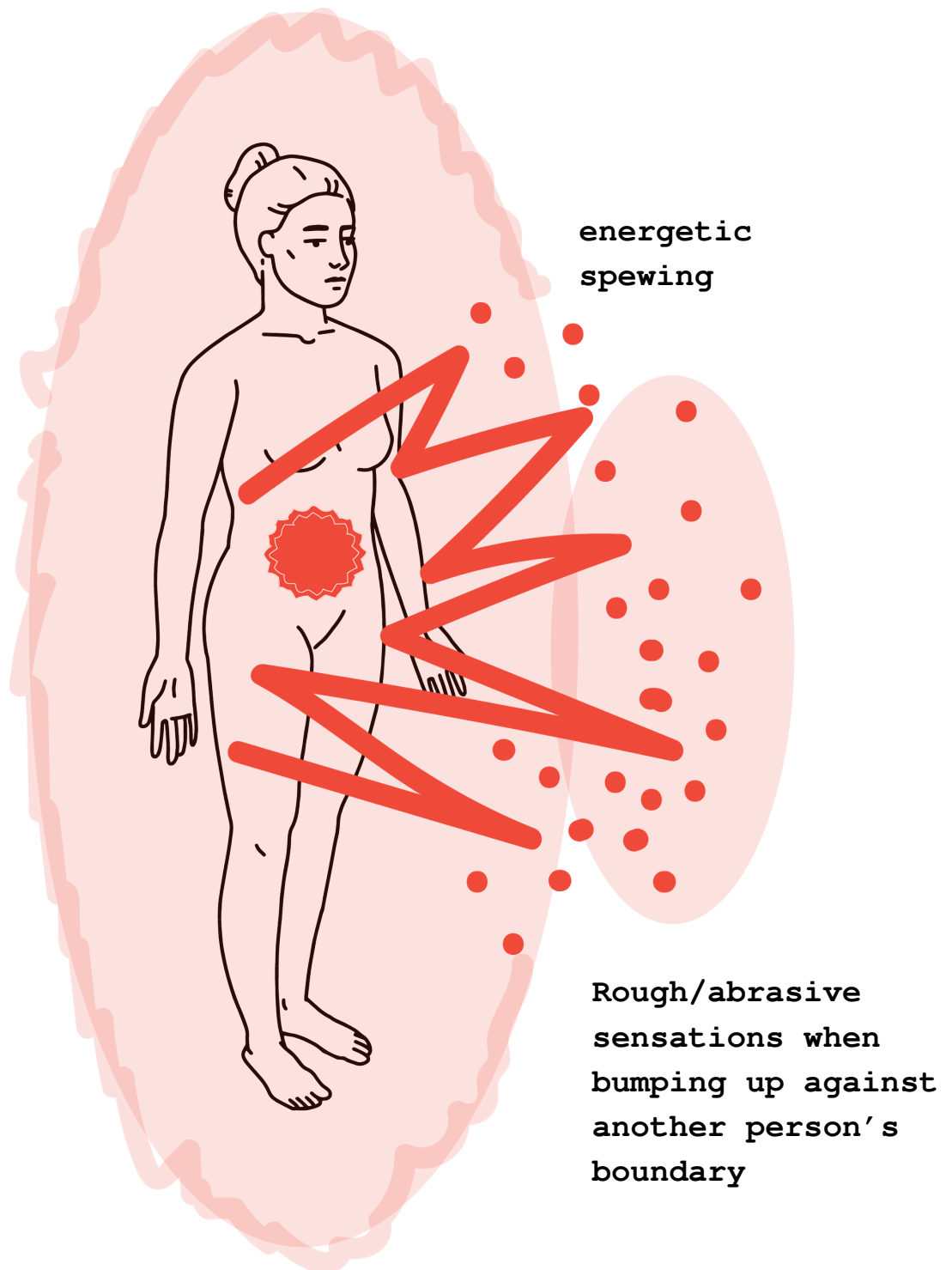
NOTES

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."

