



INTUITIVE INDICATORS

THE SOLAR PLEXUS

Intuitive Indicators

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

- **Hypersensitivity**
- **Depletion**
- **Overwhelm**
- **Internalizing**
- **Cording**
- **Anxiety**

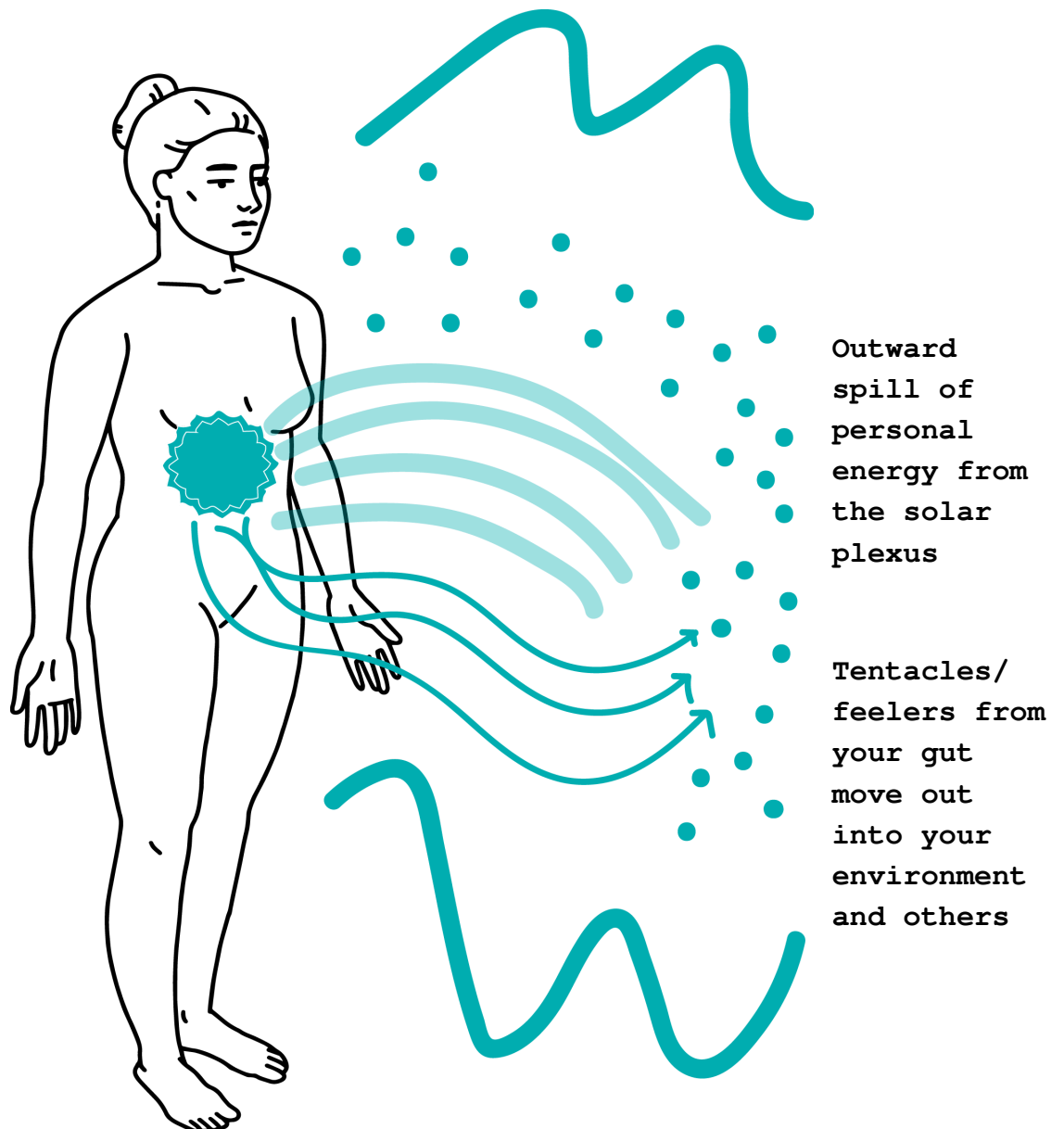
Additional Sensations + Impressions

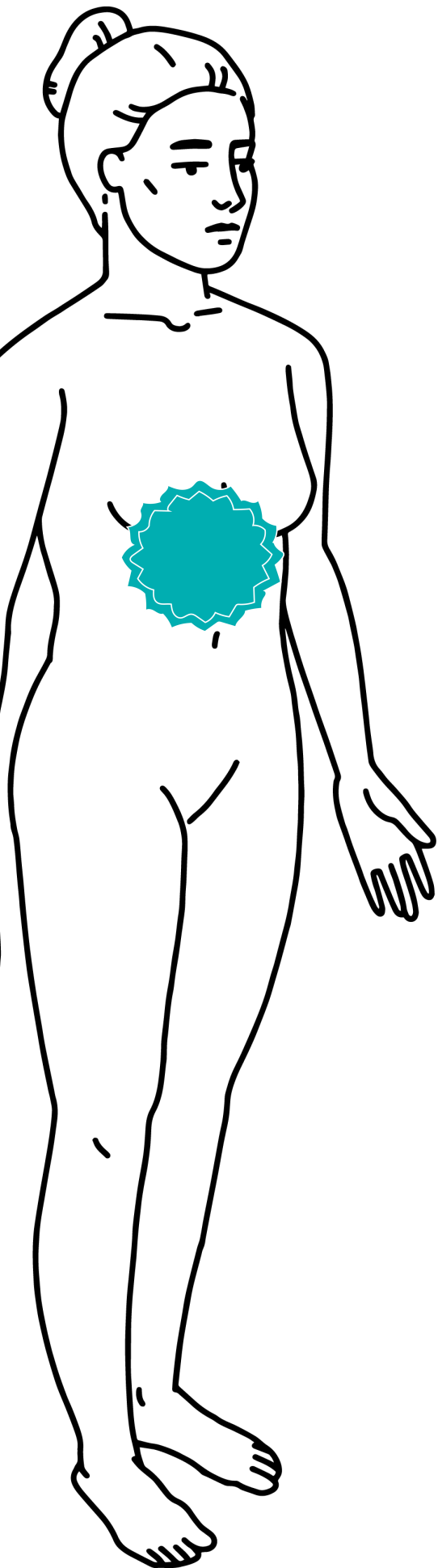
Solar plexus chakra specific sensations and impressions (II) that communicate activation of this energy center. This may be an attempt to engage in dialogue with you. These are not necessarily associated with stressed states.

- **Stomach Tug**
- **Pit in the Stomach**
- **Stomach Flip**
- **Altered Breathing**

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

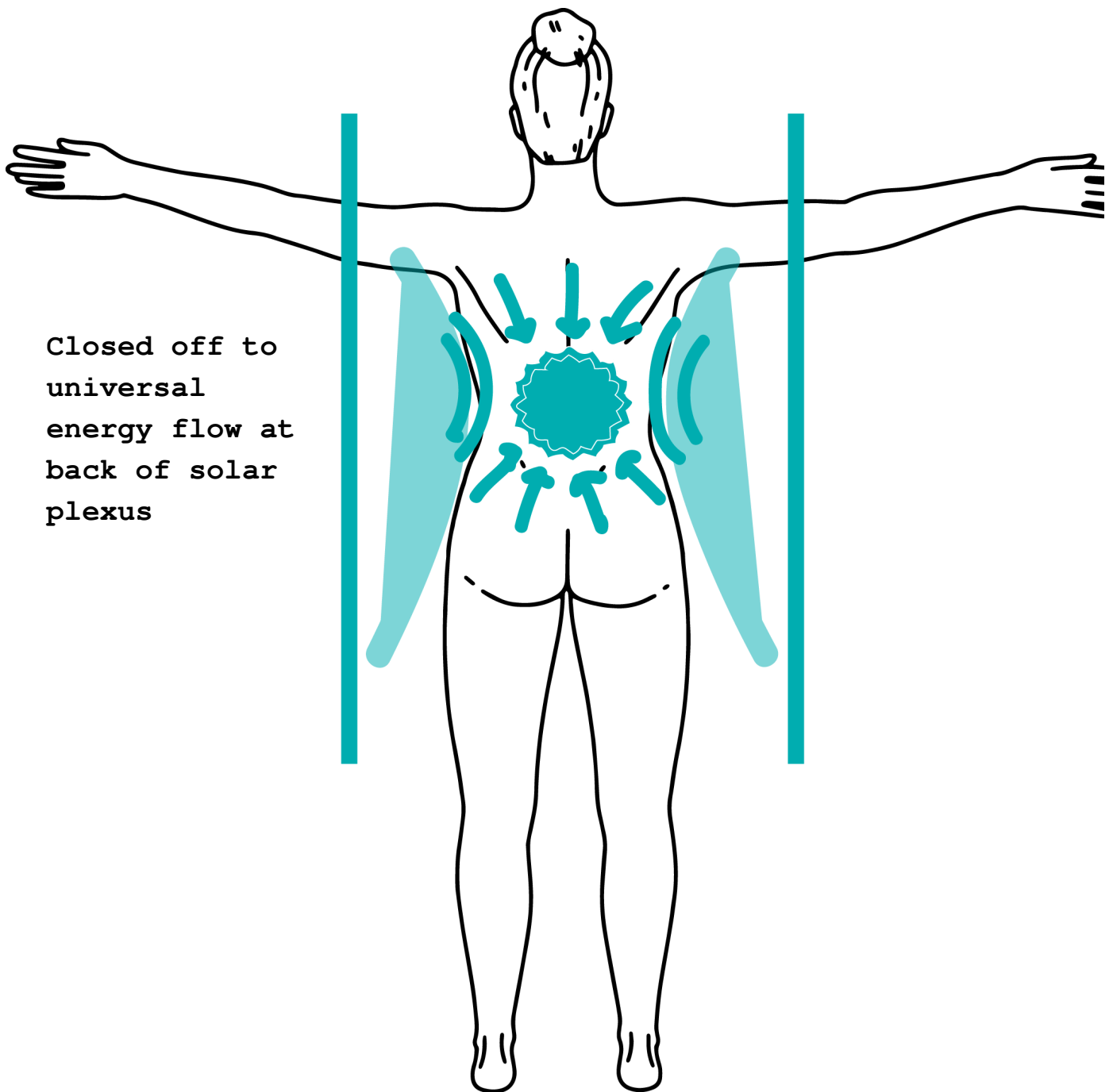
NOTES

Your Connections:

"My sensitivity supports me."

SOLAR PLEXUS: BACK

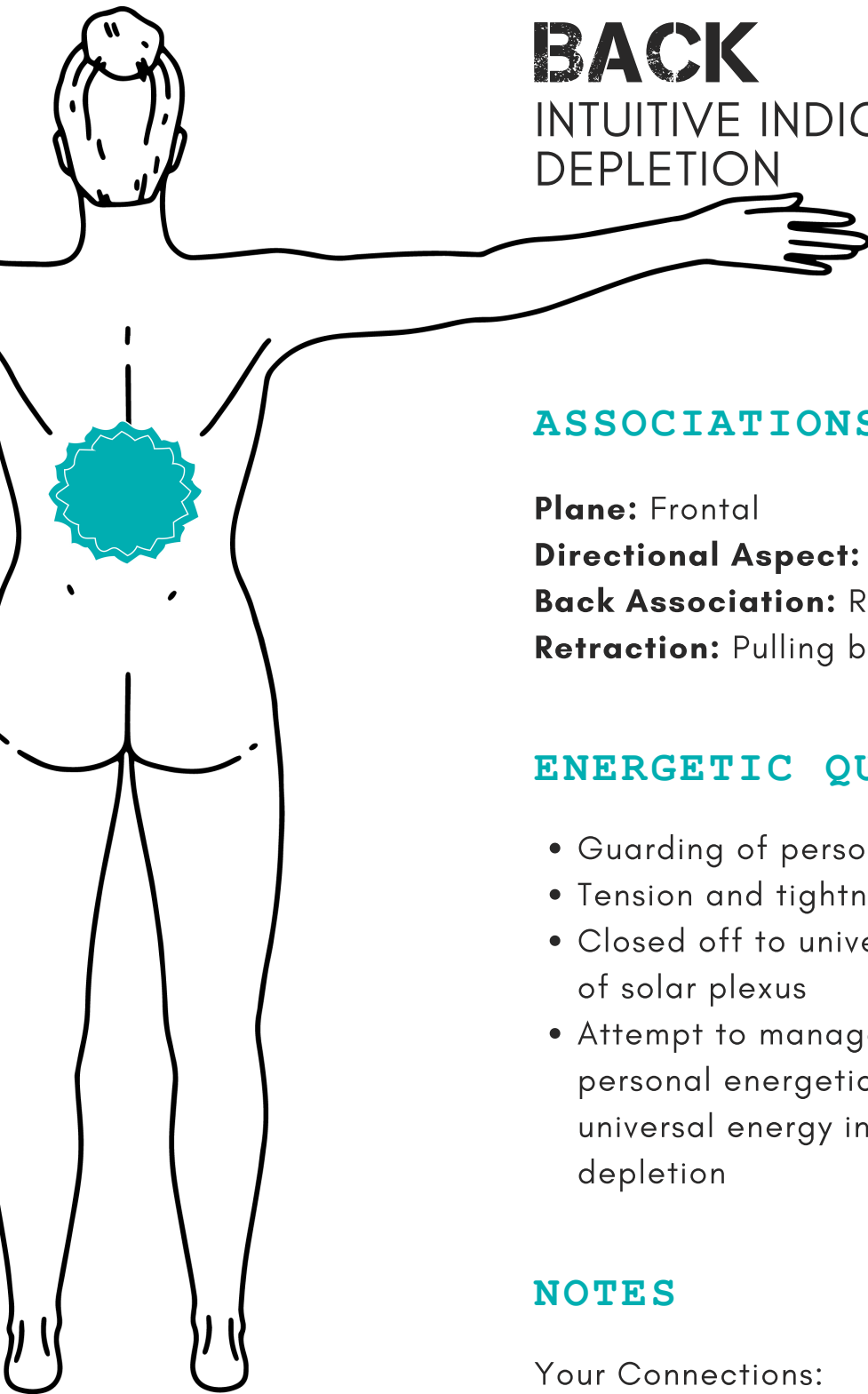
INDICATOR: DEPLETION



Closed off to
universal
energy flow at
back of solar
plexus

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."