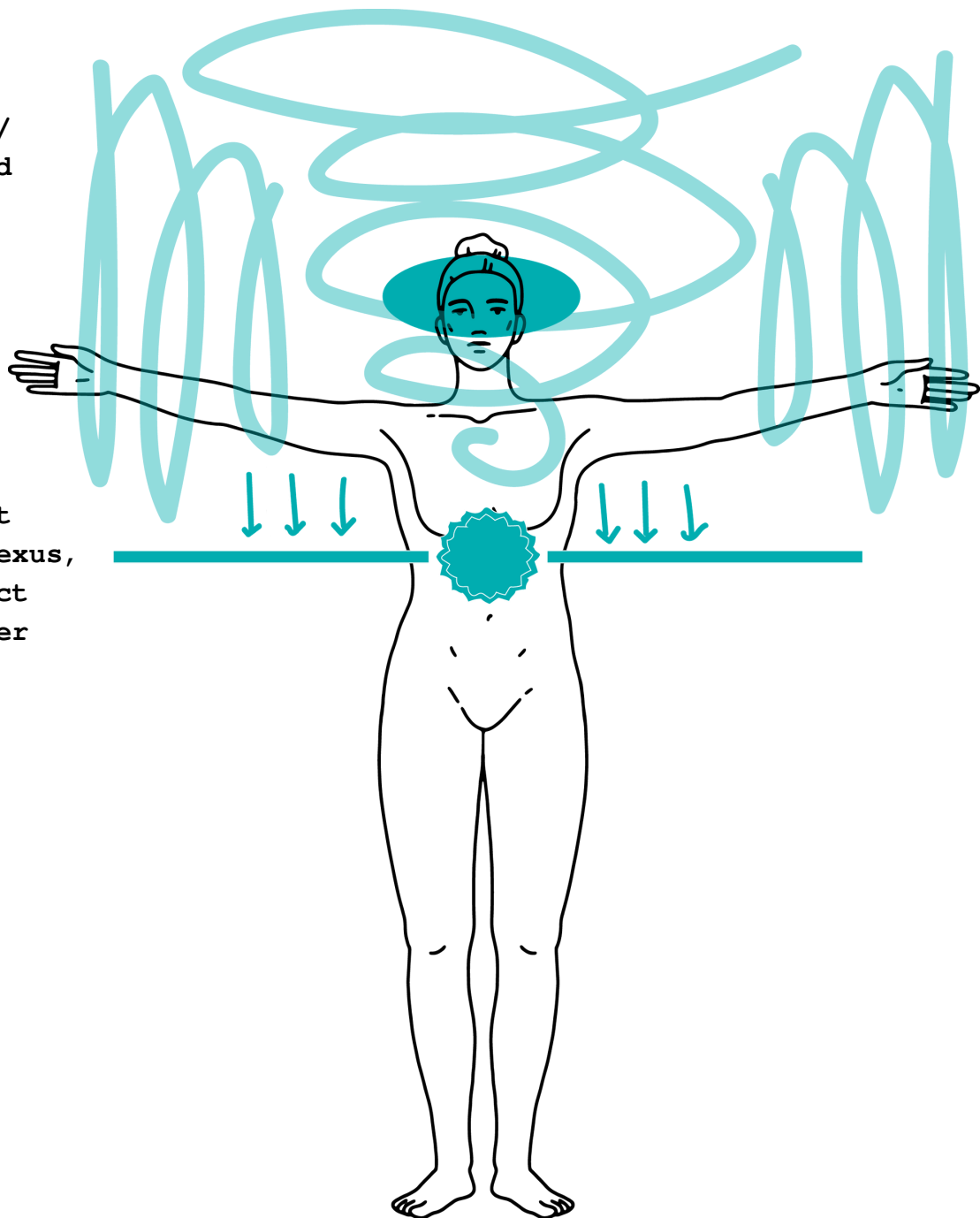


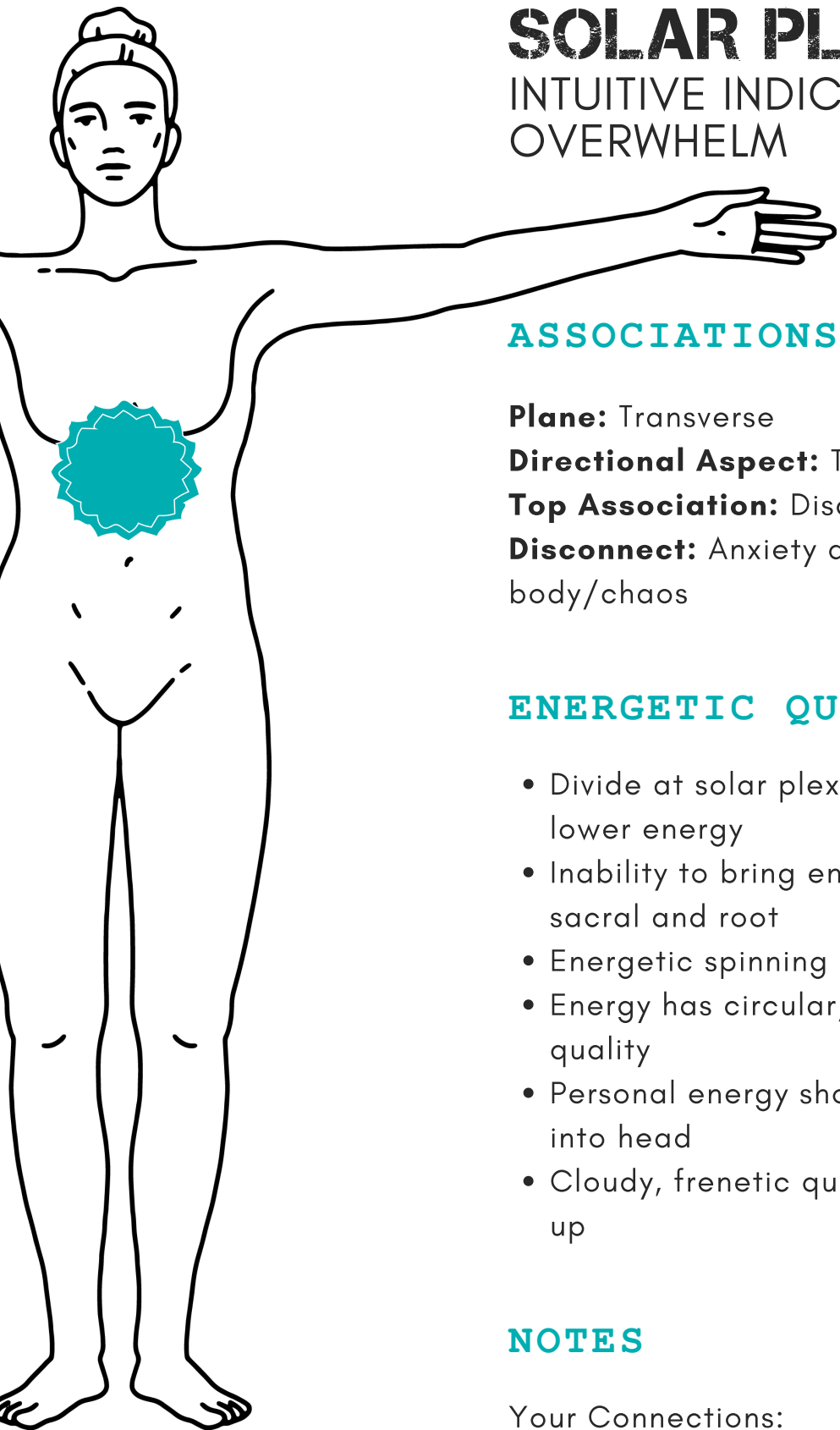
SOLAR PLEXUS: TOP

INDICATOR: OVERWHELM

Energy
has
circular/
loopy and
bouncy
quality

Divide at
solar plexus,
disconnect
from lower
energy





SOLAR PLEXUS: TOP

INTUITIVE INDICATOR:
OVERWHELM

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Top

Top Association: Disconnect/avoidance

Disconnect: Anxiety at this part of
body/chaos

ENERGETIC QUALITIES

- Divide at solar plexus, disconnect from lower energy
- Inability to bring energy down through sacral and root
- Energetic spinning from solar plexus up
- Energy has circular/loopy and bouncy quality
- Personal energy shoots up and gets locked into head
- Cloudy, frenetic quality from solar plexus up

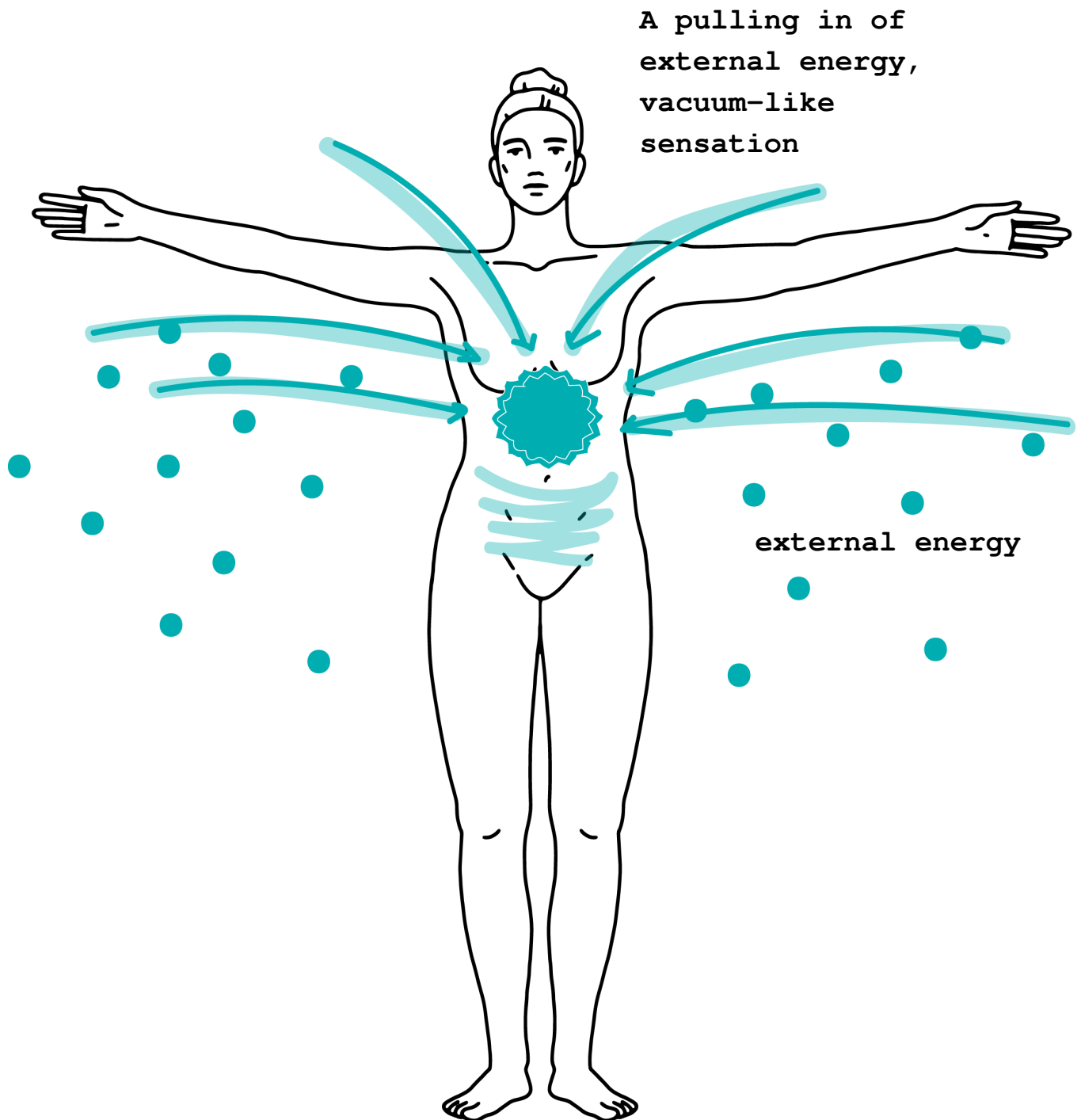
NOTES

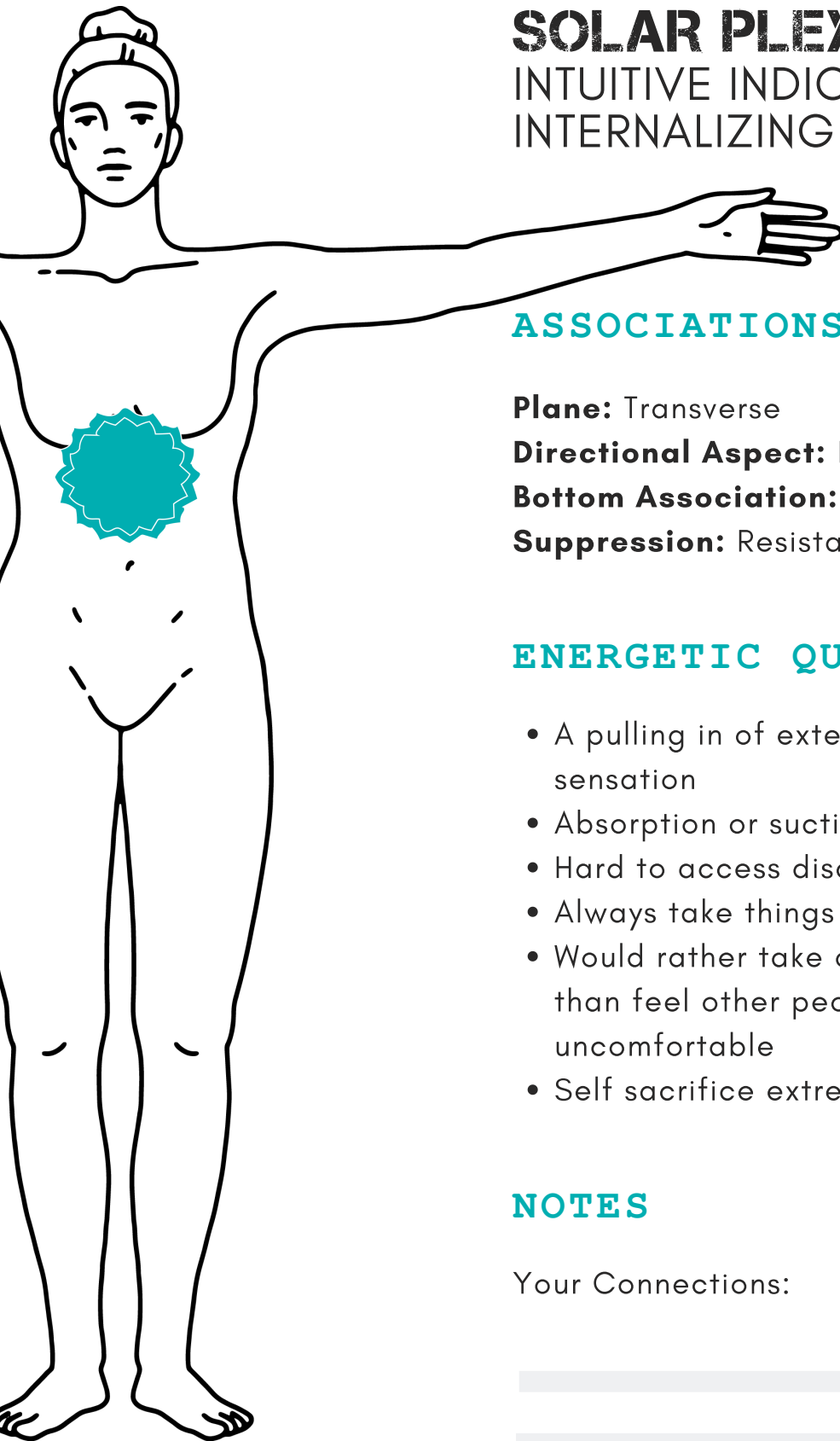
Your Connections:

"I navigate my circumstances from a place
of calm and centeredness."

SOLAR PLEXUS: BOTTOM

INDICATOR: INTERNALIZING





SOLAR PLEXUS: BOTTOM

INTUITIVE INDICATOR:
INTERNALIZING

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Bottom

Bottom Association: Suppression

Suppression: Resistance/pushing down

ENERGETIC QUALITIES

- A pulling in of external energy, vacuum-like sensation
- Absorption or suction at solar plexus
- Hard to access discernment at gut level
- Always take things personally
- Would rather take on discomfort of others than feel other people being uncomfortable
- Self sacrifice extremes, martyr energy

NOTES

Your Connections:

"Being uncomfortable is part of healing and growth."