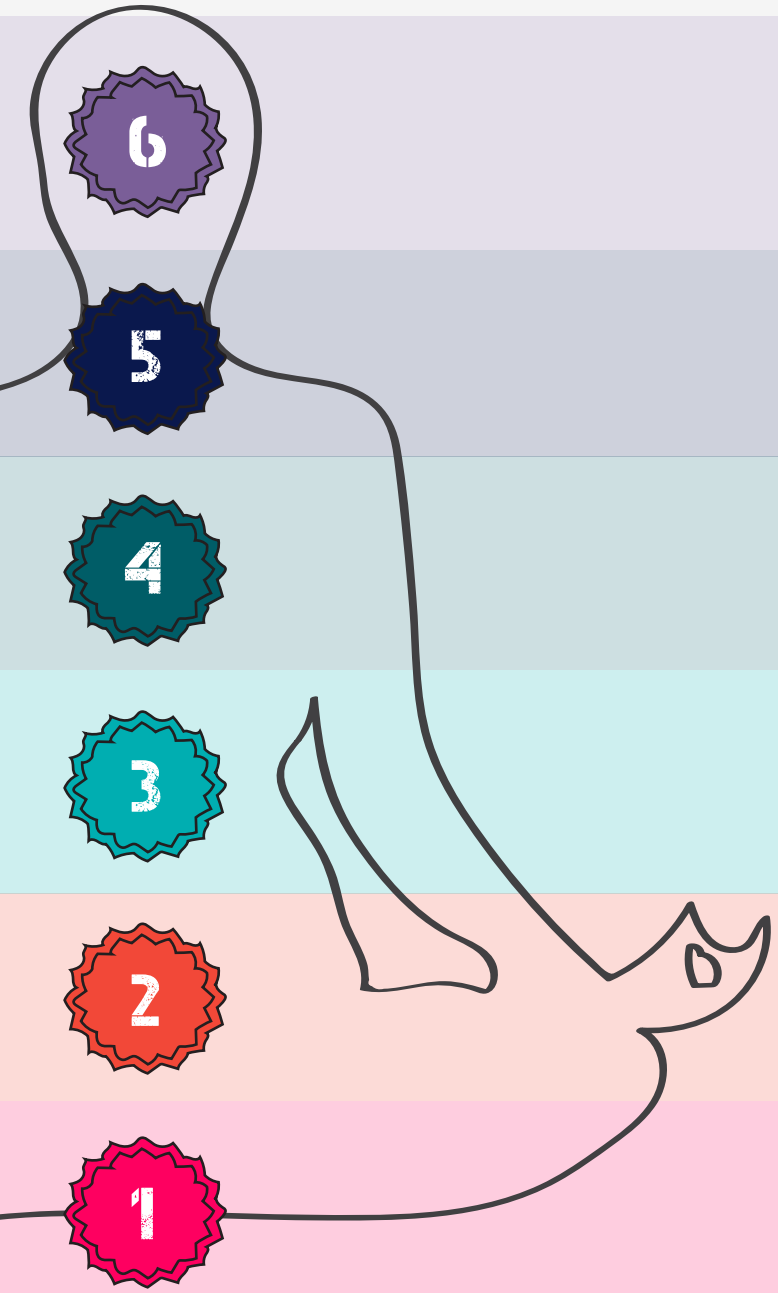
ENERGETIC ANATOMY

Guide



7

Connection
Surge of healing energy from above
Sense white light
Chills
Disconnection

6

Tinnitus, headaches
Vision changes, see colors, shapes
See unfolding in your mind's eye
Energy feels very activated at third eye point
Sense presence of other beings
Get info through the dreamscape
Influx of auditory info or you just plain know!

5

Turn red
Coughing
Voice changes, overtalk, stumble with words
Unable to speak or speak clearly
Throat flares, sore throat, swollen tonsils
Tight jaw, teeth grinding

4

Nose dive into someone else's energy
Heartache
Tightness in chest
Deep resonance or non resonance at heart center
Snapping forward at heart chakra
Shielding at back of heart

3

Your personal energy level changes
Depletion
Tug at stomach
You project forward from here
Pit in stomach
Intense anxiety

2

Insecure
Self conscious
Emotion
Personal boundary shifts

1

Goosebumps
Tingling
Cold/heat
Grounded/not grounded
Physical pain
Skin reactions (rash, hives, etc.)

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