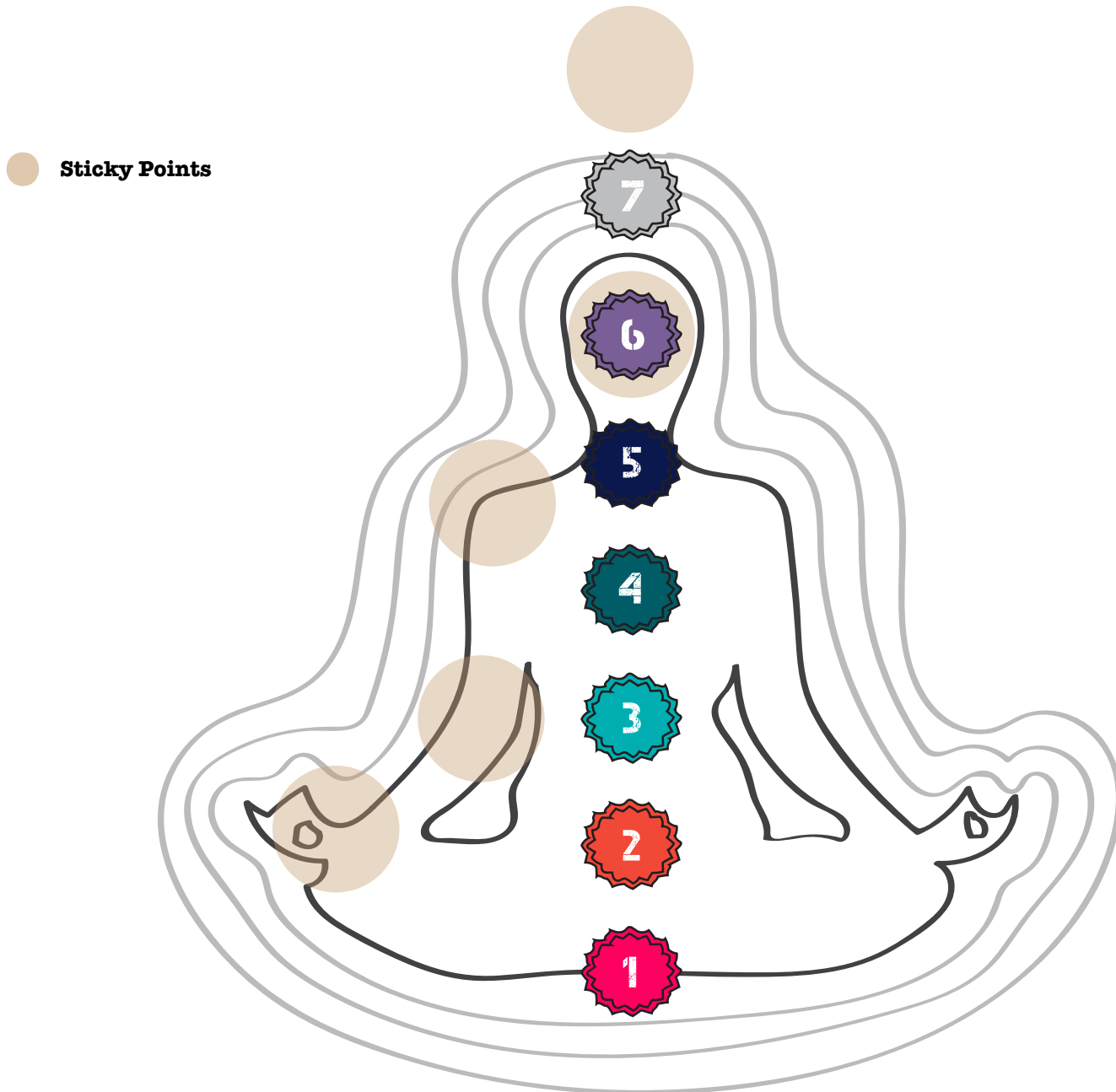


COMMON STICKY POINTS

Where Things Get Stuck in the Energy



Channel

Crown is not connecting directly up, connects out at an angle
Crown is too narrow and tight, not expansive in the way that will allow energy through.
Crown resistance (a pushing out at crown), don't feel safe in fully allowing universal healing energy in through you.

Head

You get stuck in a thought loop at third eye
Energy projects forward at third eye and doesn't relax into back of head
Intellect tries to grasp at energy, experienced outside of front of head

Shoulders

Holding your breath
Tightness in shoulder and neck
Moving forward and up at this part of the body
Tightness in chest

Elbow

One of the last points of resistance, consciously invite your energy to flow here.
Bring your elbow into the side if it feels physically strained holding pendulum

Wrist

Relax at wrist as much as possible
Invite energy to flow openly