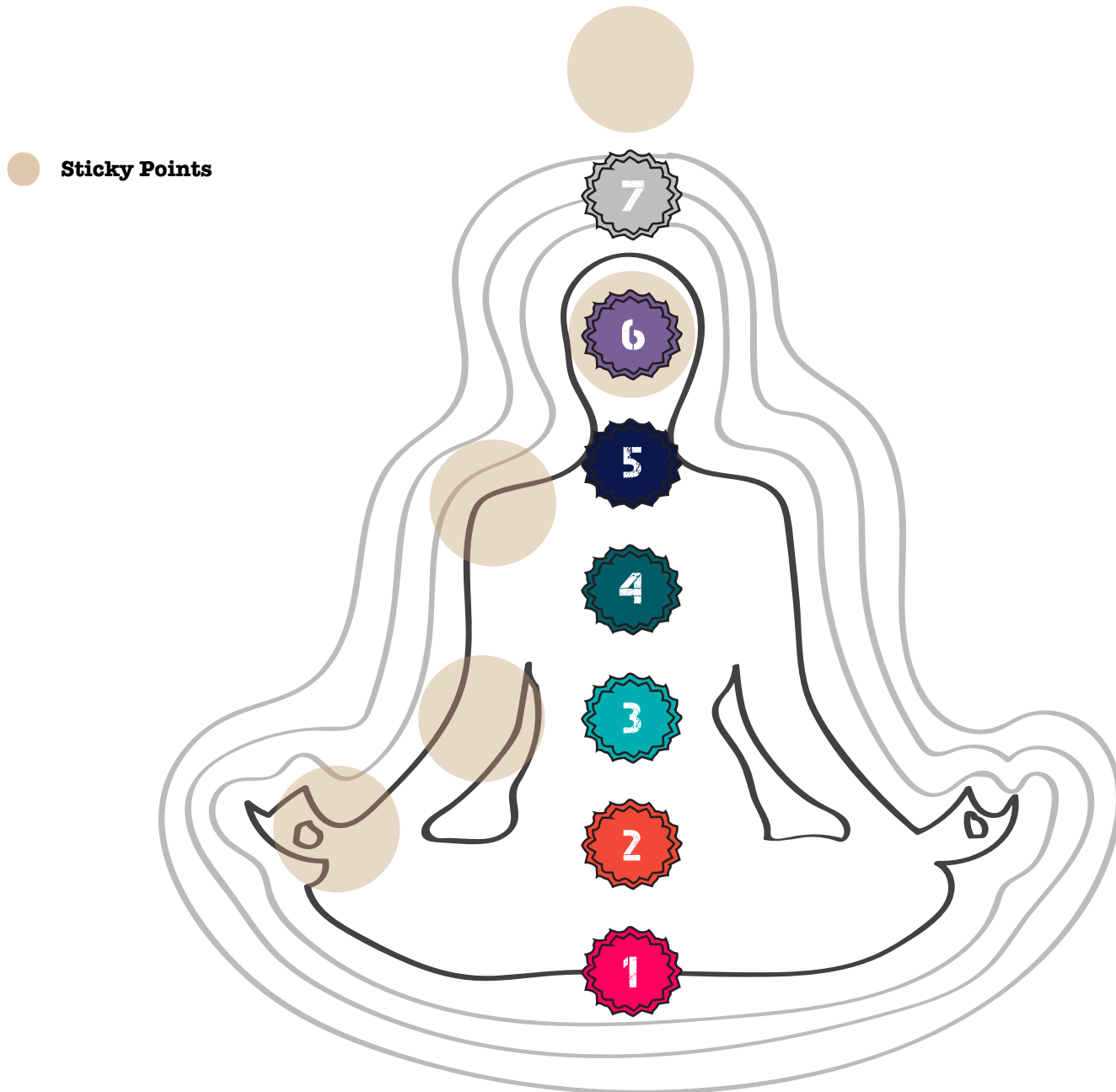


COMMON STICKY POINTS

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

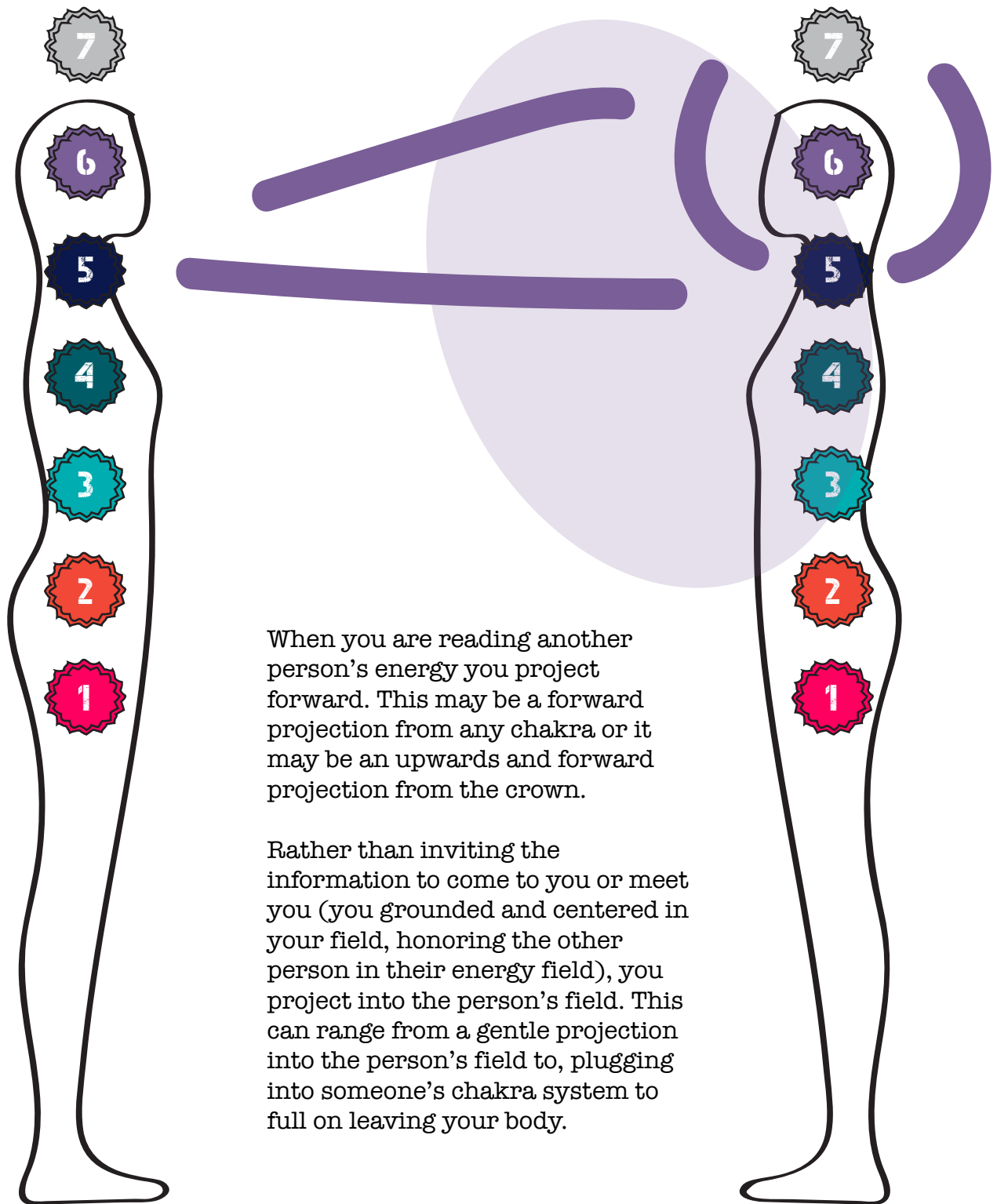
One of the last points of resistance, consciously invite your energy to flow here.
Bring your elbow into the side if it feels physically strained holding pendulum

Wrist

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

READING

Energetic Anatomy

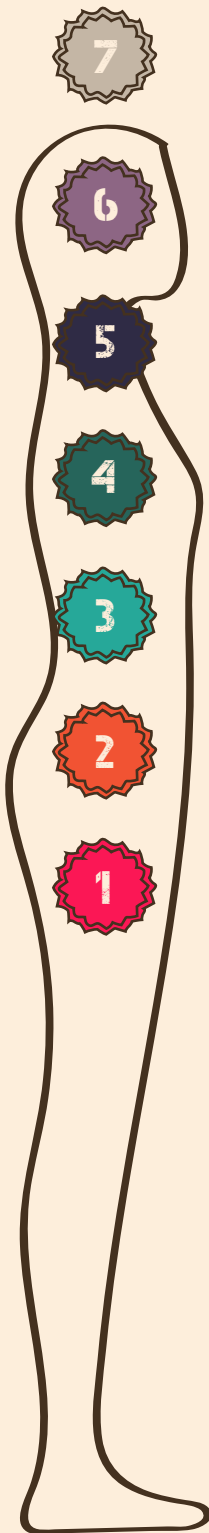


When you are reading another person's energy you project forward. This may be a forward projection from any chakra or it may be an upwards and forward projection from the crown.

Rather than inviting the information to come to you or meet you (you grounded and centered in your field, honoring the other person in their energy field), you project into the person's field. This can range from a gentle projection into the person's field to, plugging into someone's chakra system to full on leaving your body.

PERCEIVING

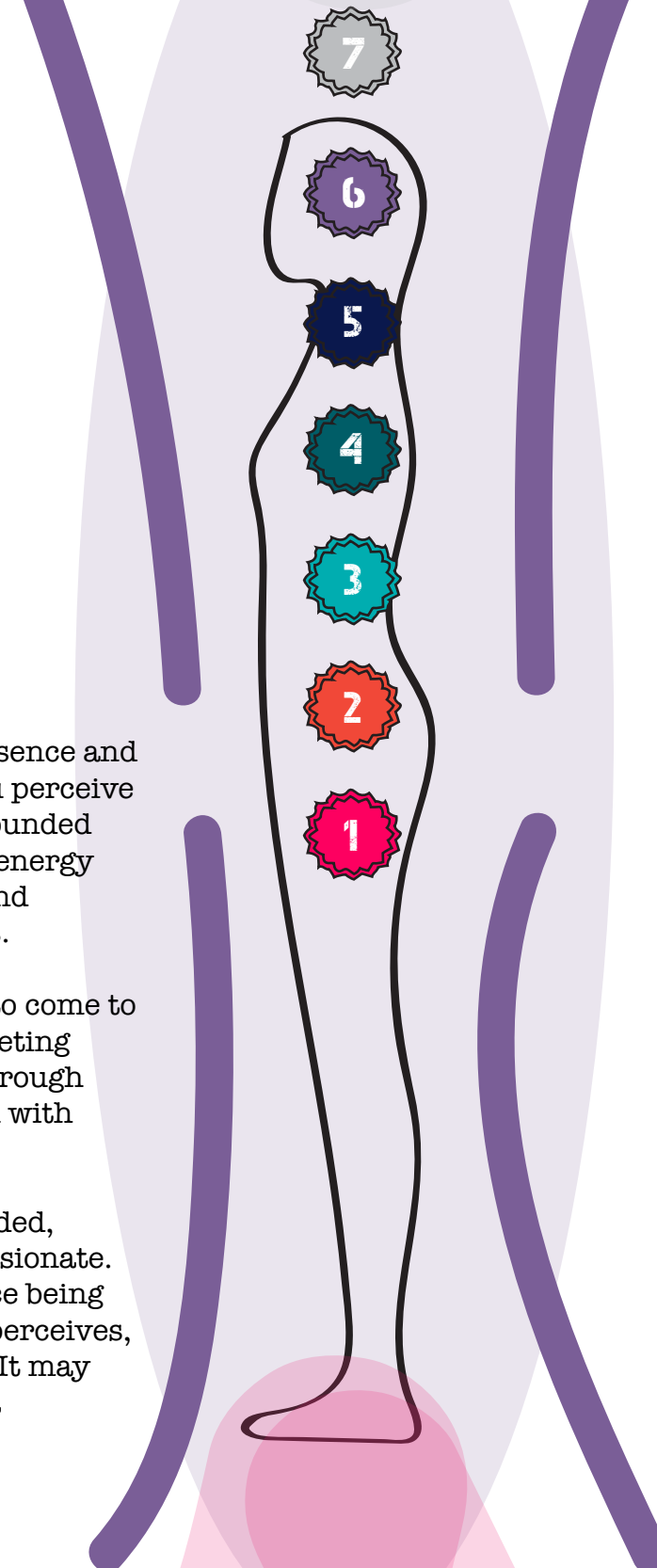
Energetic Anatomy



Perceiving implies presence and observation. When you perceive energy you remain grounded and clear in your own energy field to connect with and observe other energies.

You invite the energy to come to you either through meeting your energy field or through your direct connection with Spirit.

Perceiving feels grounded, connected and compassionate. You can sense the space being held by a person that perceives, it is all encompassing. It may feel like being held in a supportive bubble.



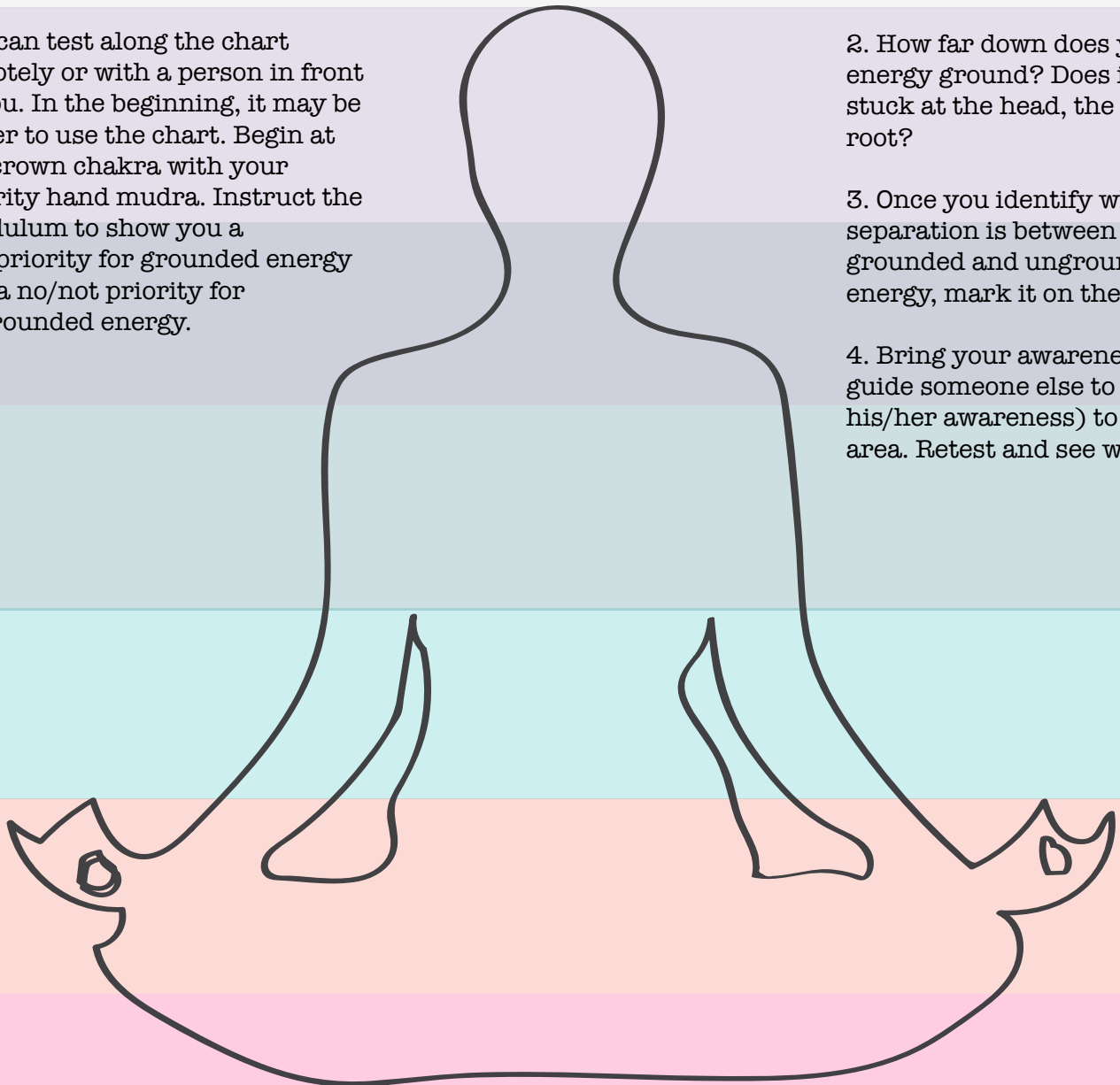
ARE YOU GROUNDED FOR REAL?

Instructions

Test from the top down

1. Use your pendulum along the chart and prioritize
2. How far down does your energy ground? Does it get stuck at the head, the hips, the root?
3. Once you identify where the separation is between grounded and ungrounded energy, mark it on the chart.
4. Bring your awareness (or guide someone else to bring his/her awareness) to this area. Retest and see what

You can test along the chart remotely or with a person in front of you. In the beginning, it may be easier to use the chart. Begin at the crown chakra with your priority hand mudra. Instruct the pendulum to show you a yes/priority for grounded energy and a no/not priority for ungrounded energy.



Grounding

IDENTIFYING STUCK SPOTS



PRIORITIZING ENERGIES

A Blind Test

Instructions

Test for the top 5 or 10 prioritizing energies for yourself. Use your pendulum and go over the numbers. Refer to the Prioritizing Energies Identification Guide to connect with your corresponding energy.

1	31	61	91	
2	32	62	92	
3	33	63	93	
4	34	64	94	
5	35	65	95	
6	36	66	96	
7	37	67	97	
8	38	68	98	
9	39	69	99	
10	40	70	100	
11	41	71	101	1121
12	42	72	102	122
13	43	73	103	123
14	44	74	104	124
15	45	75	105	125
16	46	76	106	126
17	47	77	107	127
18	48	78	108	128
19	49	79	109	129
20	50	80	110	130
21	51	81	111	131
22	52	82	112	132
23	53	83	113	133
24	54	84	114	134
25	55	85	115	135
26	56	86	116	136
27	57	87	117	137
28	58	88	118	138
29	59	89	119	139
30	60	90	120	140

PRIORITIZING ENERGIES

Identification Guide

- | | | | |
|--------------------------|--------------------|-------------------|---------------------------|
| 1. Humiliation | 36. Potential | 72. Connected | 108. Gratitude |
| 2. Inhibition | 37. Resentment | 73. Fear | 109. Generosity |
| 3. Denial | 38. Blame | 74. Insecurity | 108. Passion |
| 4. Clear | 39. Manipulation | 75. Guilt | 109. Selfish |
| 5. Expression | 40. Forgiveness | 76. Safety | 110. Jealousy |
| 6. Freedom | 41. Responsibility | 77. Security | 111. Truth |
| 7. Grief | 42. Loyalty | 78. Assurance | 112. Communication |
| 8. Sadness | 43. Anxiety | 79. Abundance | 113. Choice |
| 9. Detached | 44. Stress | 80. Grounded | 114. Listen |
| 10. Happiness | 45. Not belonging | 81. Tribe | 115. Surrender |
| 11. Fulfillment | 46. Harmony | 82. Body | 116. Dishonest |
| 12. Connected | 47. Relaxed | 83. Food | 117. Withholding |
| 13. Shock | 48. Belonging | 84. Lack | 118. Trapped |
| 14. Betrayal | 49. Loneliness | 85. Trust | 119. No voice |
| 15. Depression | 50. Abandonment | 86. Emotional | 120. Intuition |
| 16. Joy | 51. Neglect | 87. Prosperous | 121. Wisdom |
| 17. Compassion | 52. Support | 88. Creative | 122. Innovation |
| 18. Love | 53. Care | 89. Enjoyment | 123. Clarity |
| 19. Worry | 54. Nourished | 90. Boundaries | 124. Insight |
| 20. Analytical | 55. Critical | 91. Weak | 125. Dream |
| 21. Dwelling | 56. Controlling | 92. Uptight | 126. Psychic noise |
| 22. Calm | 57. Compulsive | 93. Relationships | 127. Spacey |
| 23. Present | 58. Release | 94. Money | 128. Forgetful |
| 24. Focused | 59. Open | 95. Inspiration | 129. Purpose |
| 25. Self punish-
ment | 60. Unattached | 96. Confidence | 130. Faith |
| 26. Dependent | 61. Shame | 97. Relaxed | 131. Spirit |
| 27. Inadequate | 62. Helpless | 98. Empowered | 132. Peace |
| 28. Independence | 63. Resignation | 99. Ambitious | 133. Connected |
| 29. Capable | 64. Acceptance | 100. Authentic | 134. Potential |
| 30. Self worth | 65. Empowered | 101. Discouraged | 135. Confusion |
| 31. Anger | 66. Enthusiasm | 102. Entangled | 136. Disconnected |
| 32. Frustration | 67. Closed off | 103. Imbalanced | 137. Indifferent |
| 33. Self sabotage | 68. Violated | 104. Drained | 138. Lack of
direction |
| 34. Patience | 69. Trauma | 105. Hesitant | 139. Stuck in ego |
| 35. Ease | 70. Intimate | 106. Anxious | 140. Disillusioned |
| | 71. Protected | 107. Unsure | |

ENERGY LEAKS

Identification Guide



Leaks tend to occur most often with energetic wear and tear. They can also occur from more acute and extreme energetic exchanges or experiences. For the purposes of this exercise, practice first on yourself and then on others.

Instructions

Use your priority hand mudra for each steps in the exercise.

1. Clearly instruct the pendulum to show you how many energy leaks are presenting in the energy field.
2. Go over the chart with your pendulum and identify general location of the first leak. Where is it? What about the others?
3. Is this leak connected with a person, place, thought or emotion? You can inquire more from here.
4. Test the spectrum for severity of leak, minimal to severe.
5. What do you gather about leak based on location, what it is connected with and severity?

ENERGY LEAKS

Identification Guide

