

PRIORITIES

Taking Your Top 10

We have discovered the power of prioritizing. Whatever area you are applying pendulum work to, it can provide clarity. Let's say that your background is in nutrition and you are working with someone who has a thyroid issue. Think of 10 ways that you could support this person. What would those various routes of support entail?

1. Write down these 10 approaches to support.
2. Take your pendulum and go over the chart. Ask the energy to prioritize each of these approaches in order.
3. What insight do you gain from priority ranking these 10 solutions?

We can bridge the intellect and the intuition by honoring each. Allow the intuitive information to come through the back of the third eye chakra at the head. Notice what you instantly know or hear or see. As this impression moves through the back or the sides of the head, then allow the intellect to capture it and begin processing potential connections.



THE ENERGY

From Front to Back

The front of the energy is connected with doing, action, what we put out into the world. The back of the energy is connected with being, allowing and receiving.

We can take this a step further and look at specific areas of the front of the energy and what they connect in with.

A specific energy has been connected with each chakra for this exercise. Prioritize a specific chakra, then write down 3 things that come through for you around this specific chakra energy in relationship to the more forward and back energies. You can apply this exercise to yourself or another person.

1. First test the front of the energy

2. Test the back of the energy

Chakra 1: Manifestation

Chakra 2: Creativity

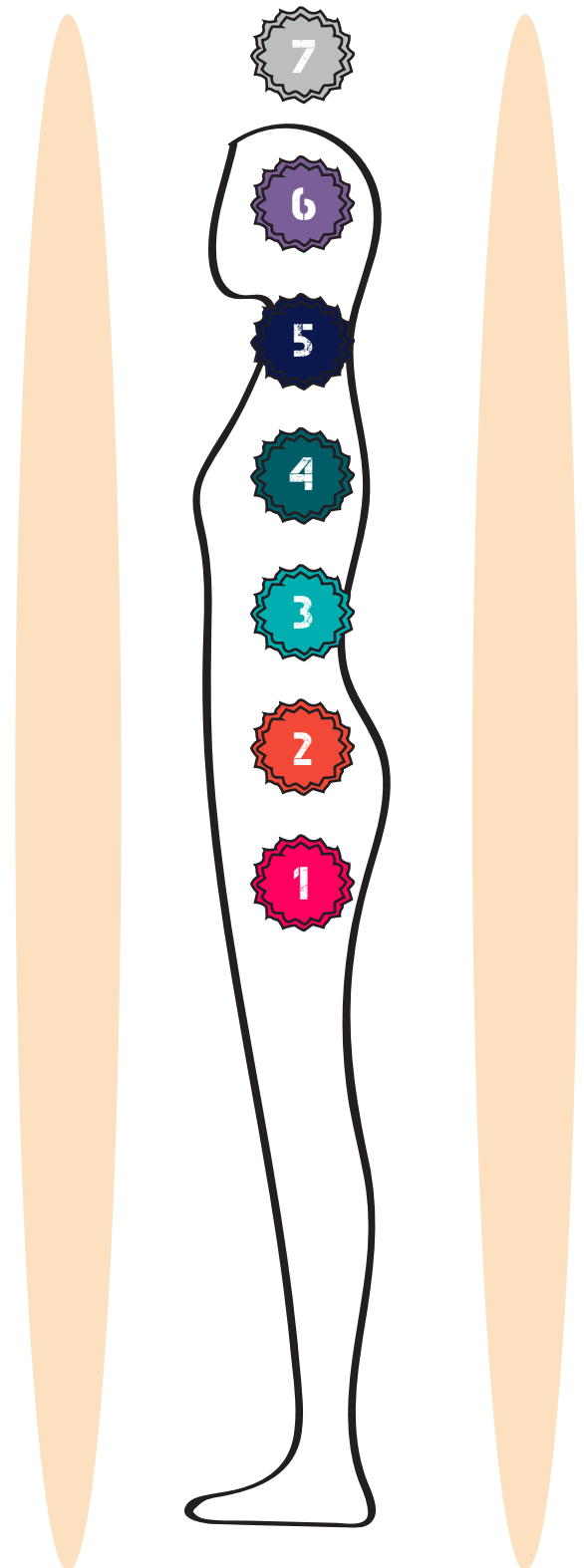
Chakra 3: Worth

Chakra 4: Openness

Chakra 5: Truth

Chakra 6: Focus

Chakra 7: Purpose



MANIFESTATION

1-1 Root-Thyroid



Manifestation

Manifestation occurs when energy is pulled from the ethers down into physical form. The energy follows a pattern of moving through the crown chakra, all the way down through the root. Once the energy moves through the root chakra it is able to be experienced in the physical realm. The thyroid anchors the deep emotional energy of the throat chakra.

Priority Pathway

To shift stuck energy between this priority pathway, place one hand over the root and one hand over the thyroid. Bring your awareness to the space between these two points. Invite any intuitive information to surface in the form of a symbol, color, word or sensation. Breathe this information in.

thyroid

Activation Symbol

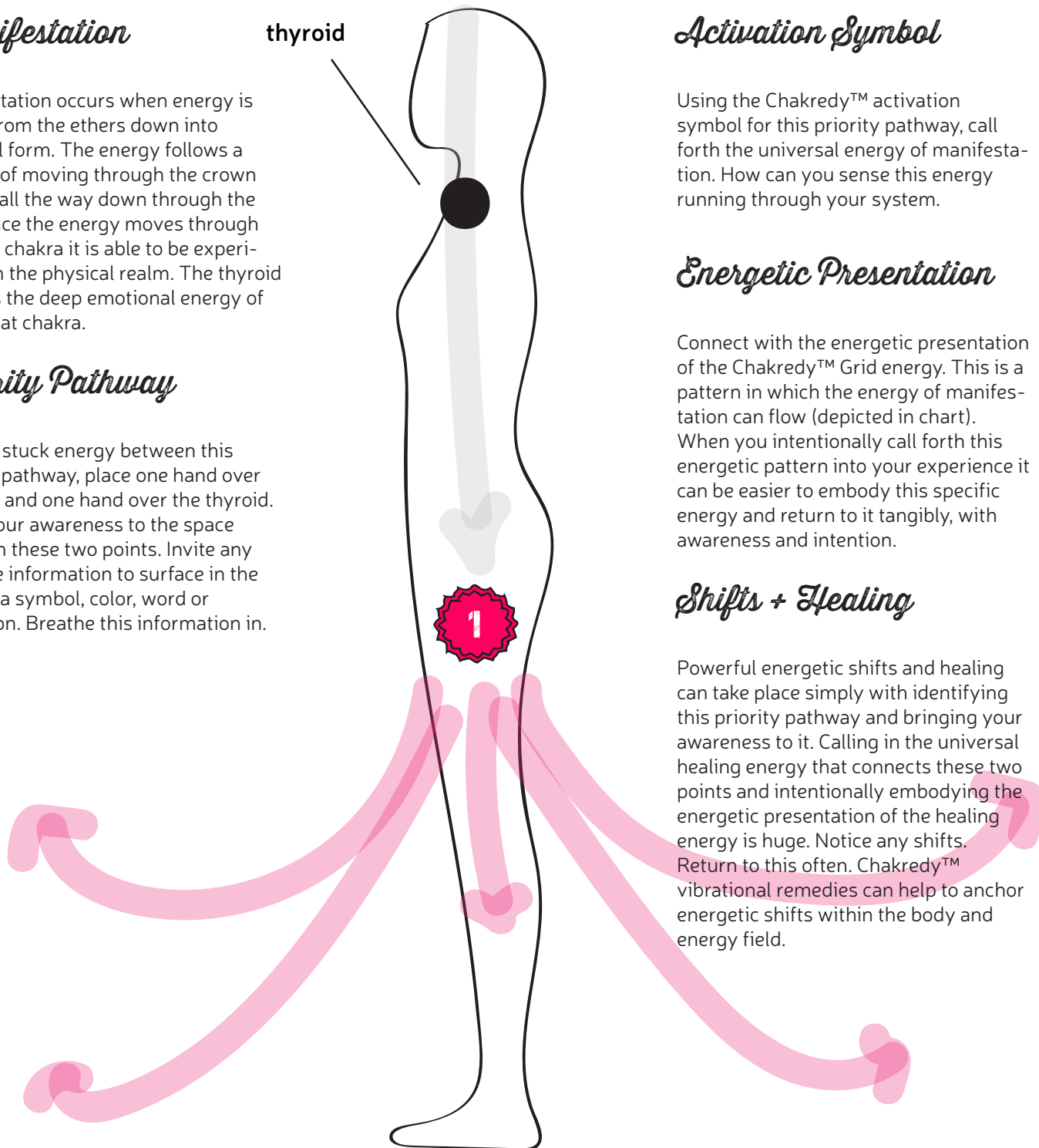
Using the Chakredy™ activation symbol for this priority pathway, call forth the universal energy of manifestation. How can you sense this energy running through your system.

Energetic Presentation

Connect with the energetic presentation of the Chakredy™ Grid energy. This is a pattern in which the energy of manifestation can flow (depicted in chart). When you intentionally call forth this energetic pattern into your experience it can be easier to embody this specific energy and return to it tangibly, with awareness and intention.

Shifts + Healing

Powerful energetic shifts and healing can take place simply with identifying this priority pathway and bringing your awareness to it. Calling in the universal healing energy that connects these two points and intentionally embodying the energetic presentation of the healing energy is huge. Notice any shifts. Return to this often. Chakredy™ vibrational remedies can help to anchor energetic shifts within the body and energy field.



CREATIVITY

2-1 Sacral-Thyroid

Creativity

The sacral chakra is an energetic container for creativity. When creativity flows, it swirls beyond the boundaries of the container and moves down through the root and up through the crown. The energy of creativity is wild and free. The sacral holds the creative container and the thyroid anchors the deeps sense of freedom.

Priority Pathway

To shift stuck energy between this priority pathway, place one hand over the sacral and one hand over the thyroid. Bring your awareness to the space between these two points. Invite any intuitive information to surface in the form of a symbol, color, word or sensation. Breathe this information in.

thyroid

Activation Symbol

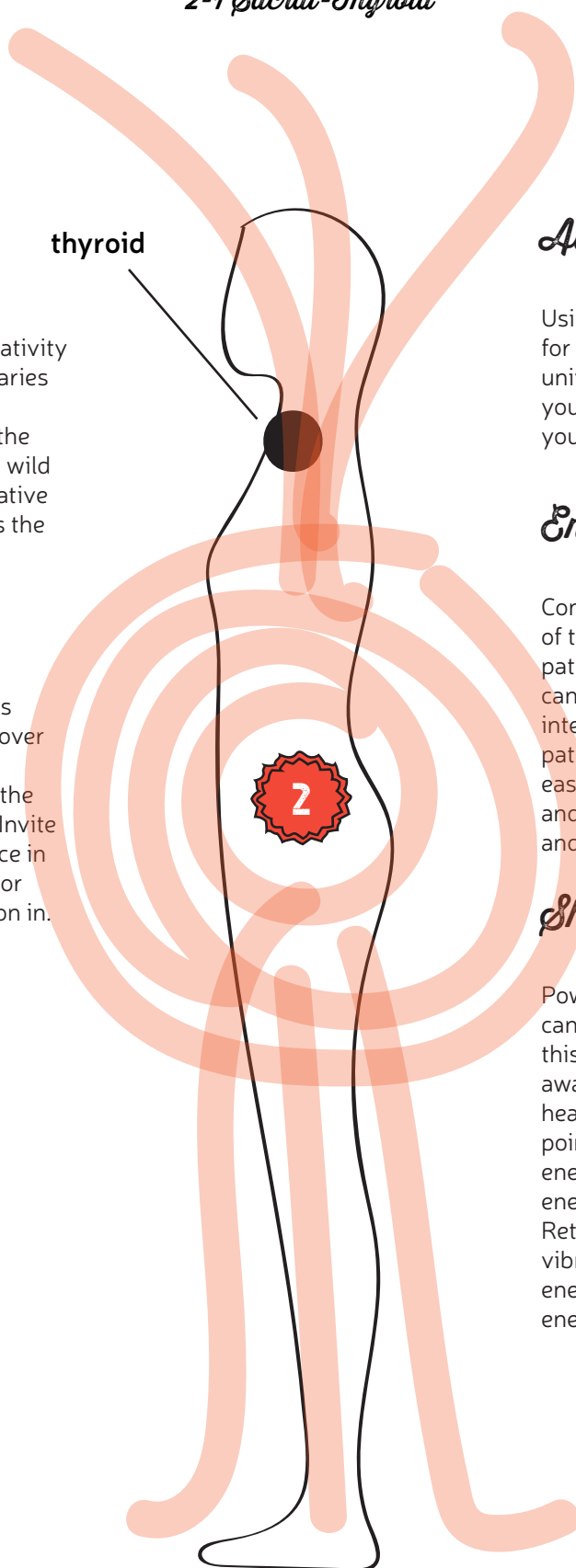
Using the Chakredy® activation symbol for this priority pathway, call forth the universal energy of creativity. How can you sense this energy running through your system?

Energetic Presentation

Connect with the energetic presentation of the Chakredy® Grid energy. This is a pattern in which the energy of creativity can flow (depicted in chart). When you intentionally call forth this energetic pattern into your experience it can be easier to embody this specific energy and return to it tangibly, with awareness and intention.

Shifts + Healing

Powerful energetic shifts and healing can take place simply with identifying this priority pathway and bringing your awareness to it. Calling in the universal healing energy that connects these two points and intentionally embodying the energetic presentation of the healing energy is huge. Notice any shifts. Return to this often. Chakredy® vibrational remedies can help to anchor energetic shifts within the body and energy field.



WORTH

3-5 Solar Plexus-Pancreas

Worth

Worth is the energetic basket that holds and maintains the integrity of the solar plexus. It helps to create clear energetic layers and boundaries within our entire energy field. Worth encompasses the solar plexus and beams outward from the deepest part of this center. Worth is the food of the solar plexus, the light that comes from within. The pancreas anchors this energy in the body.

Priority Pathway

To shift stuck energy between this priority pathway, place one hand over the solar plexus and one hand over the pancreas. Bring your awareness to the space between these two points. Invite any intuitive information to surface in the form of a symbol, color, word or sensation. Breathe this information in.

pancreas

Activation Symbol

Using the Chakredy® activation symbol for this priority pathway, call forth the universal energy of worth. How can you sense this energy running through your system.

Energetic Presentation

Connect with the energetic presentation of the Chakredy® Grid energy. This is a pattern in which the energy of worth can flow (depicted in chart). When you intentionally call forth this energetic pattern into your experience it can be easier to embody this specific energy and return to it tangibly, with awareness and intention.

Shifts + Healing

Powerful energetic shifts and healing can take place simply with identifying this priority pathway and bringing your awareness to it. Calling in the universal healing energy that connects these two points and intentionally embodying the energetic presentation of the healing energy is huge. Notice any shifts. Return to this often. Chakredy™ vibrational remedies can help to anchor energetic shifts within the body and energy field.

OPENNESS

4-1 Heart-Thyroid

Openness

Openness is a continuous movement from the deepest point of the heart chakra out. The energy moves and opens in the front, in the back and up through the throat, anchoring the healing energy in the deepest aspect of the throat chakra, the thyroid. Openness creates space within the heart center that allows for the deepest of giving and the deepest of receiving.

Priority Pathway

To shift stuck energy between this priority pathway, place one hand over the heart and one hand over the thyroid. Bring your awareness to the space between these two points. Invite any intuitive information to surface in the form of a symbol, color, word or sensation. Breathe this information in.

thyroid

Activation Symbol

Using the Chakredy® activation symbol for this priority pathway, call forth the universal energy of openness. How can you sense this energy running through your system.

Energetic Presentation

Connect with the energetic presentation of the Chakredy® Grid energy. This is a pattern in which the energy of openness can flow (depicted in chart). When you intentionally call forth this energetic pattern into your experience it can be easier to embody this specific energy and return to it tangibly, with awareness and intention.

Shifts + Healing

Powerful energetic shifts and healing can take place simply with identifying this priority pathway and bringing your awareness to it. Calling in the universal healing energy that connects these two points and intentionally embodying the energetic presentation of the healing energy is huge. Notice any shifts. Return to this often. Chakredy® vibrational remedies can help to anchor energetic shifts within the body and energy field.

TRUTH

5-5 Throat-Pancreas

Truth

Truth creates an alignment that originates from the throat chakra. It radiates out from the throat and anchors into the energy of worth at the pancreas. Truth runs like a solid line through the entire energy system, encouraging alignment at all energy centers. It flows out to support resonance within the energy field.

Priority Pathway

To shift stuck energy between this priority pathway, place one hand over the throat and one hand over the pancreas. Bring your awareness to the space between these two points. Invite any intuitive information to surface in the form of a symbol, color, word or sensation. Breathe this information in.

pancreas

Activation Symbol

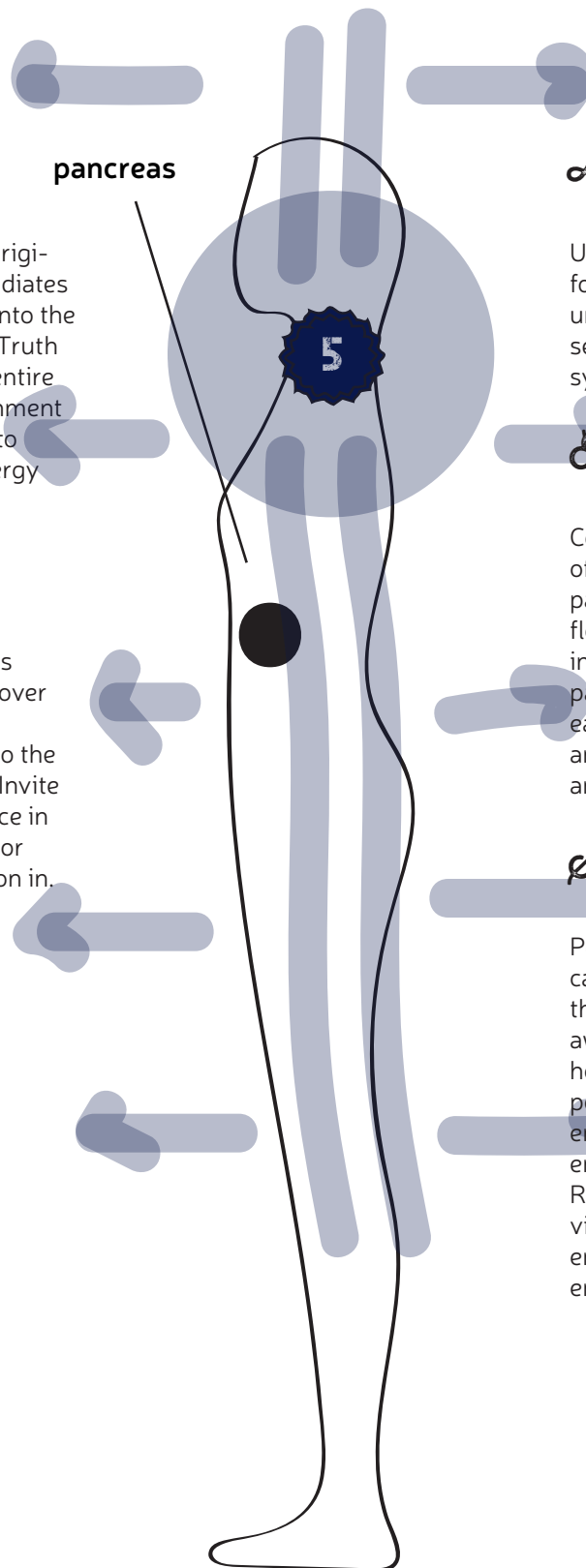
Using the Chakredy® activation symbol for this priority pathway, call forth the universal energy of truth. How can you sense this energy running through your system.

Energetic Presentation

Connect with the energetic presentation of the Chakredy® Grid energy. This is a pattern in which the energy of truth can flow (depicted in chart). When you intentionally call forth this energetic pattern into your experience it can be easier to embody this specific energy and return to it tangibly, with awareness and intention.

Shifts + Healing

Powerful energetic shifts and healing can take place simply with identifying this priority pathway and bringing your awareness to it. Calling in the universal healing energy that connects these two points and intentionally embodying the energetic presentation of the healing energy is huge. Notice any shifts. Return to this often. Chakredy™ vibrational remedies can help to anchor energetic shifts within the body and energy field.



FOCUS

6-4 Third Eye-Spleen

Focus

When the energy gets focused there is
When the energy gets focused, first it magnifies at the third eye, expanding in all direction. Then there is a tightening that happens within the field. A narrow and firm channel forms, allowing open flow and connection within the entire chakra system. This focused energy anchors into the spleen, impacting all layers, especially the mental field.

Activation Symbol

Using the Chakredy® activation symbol for this priority pathway, call forth the universal energy of focus. How can you sense this energy running through your system.

Energetic Presentation

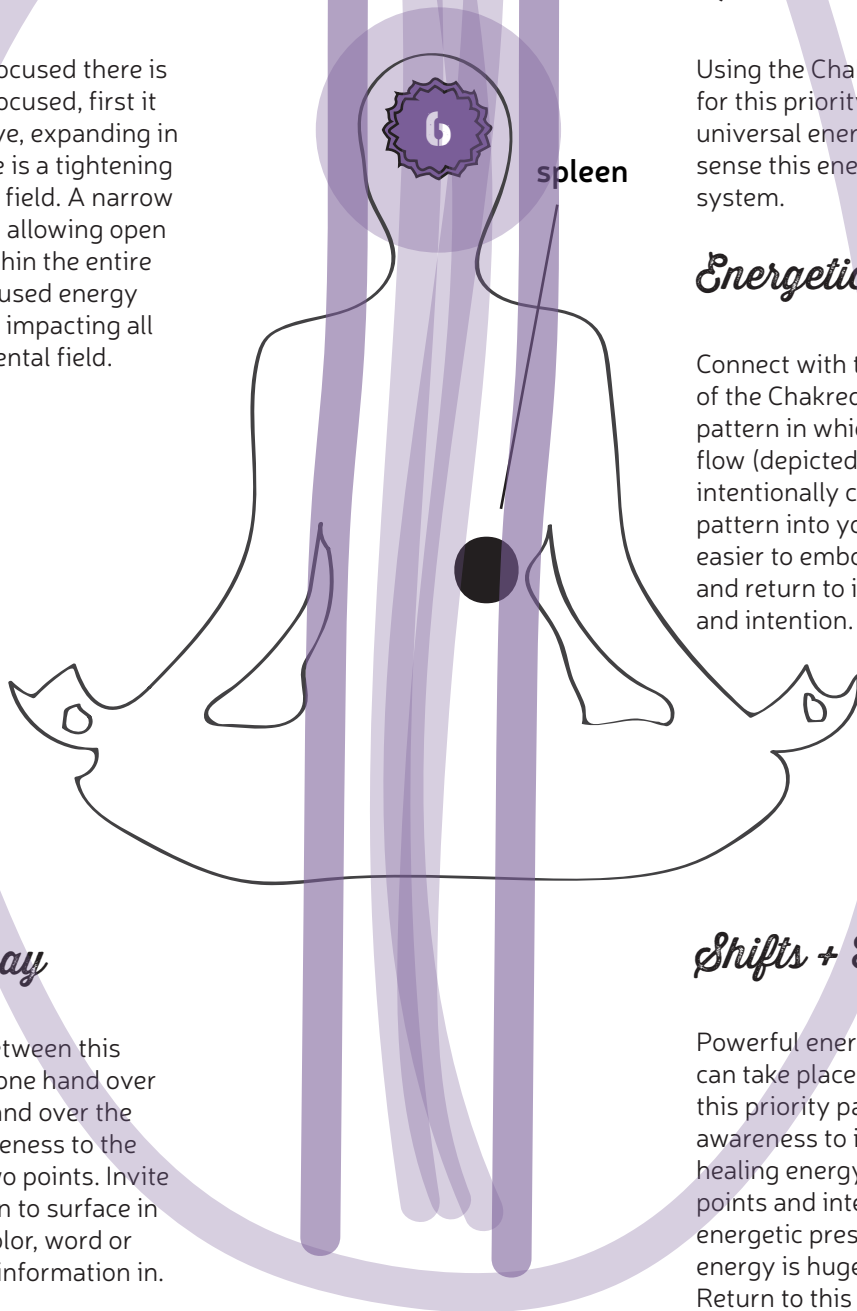
Connect with the energetic presentation of the Chakredy® Grid energy. This is a pattern in which the energy of focus can flow (depicted in chart). When you intentionally call forth this energetic pattern into your experience it can be easier to embody this specific energy and return to it tangibly, with awareness and intention.

Priority Pathway

To shift stuck energy between this priority pathway, place one hand over the third eye and one hand over the spleen. Bring your awareness to the space between these two points. Invite any intuitive information to surface in the form of a symbol, color, word or sensation. Breathe this information in.

Shifts + Healing

Powerful energetic shifts and healing can take place simply with identifying this priority pathway and bringing your awareness to it. Calling in the universal healing energy that connects these two points and intentionally embodying the energetic presentation of the healing energy is huge. Notice any shifts. Return to this often. Chakredy™ vibrational remedies can help to anchor energetic shifts within the body and energy field.



PURPOSE

7-5 Crown-Pancreas

Purpose

Purpose brings the energy of connection through the crown chakra, down into the solar plexus as it loops around and anchors into the pancreas. The energy of purpose, which is strong and unwavering creates a direct pathway between the crown and solar plexus, like an open channel. When the space is established for divine purpose to flow down, it can be integrated at the solar plexus and more easily brought through and embodied in the human experience. This is critical pathway where divine inspiration/downloads/channeling is brought through the ethers into form.

Priority Pathway

To shift stuck energy between this priority pathway, place one hand over the crown and one hand over the pancreas. Bring your awareness to the space between these two points. Invite any intuitive information to surface in the form of a symbol, color, word or sensation. Breathe this information in.

pancreas



Activation Symbol

Using the Chakredy® activation symbol for this priority pathway, call forth the universal energy of purpose. How can you sense this energy running through your system.

Energetic Presentation

Connect with the energetic presentation of the Chakredy® Grid energy. This is a pattern in which the energy of purpose can flow (depicted in chart). When you intentionally call forth this energetic pattern into your experience it can be easier to embody this specific energy and return to it tangibly, with awareness and intention.

Shifts + Healing

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