



EMOTIONAL ENERGETIC RELEASE THERAPY

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Energy Centres



Back

ROOT Energy Centre

Stored in the base of the perineum

Affects the pathways to the prostate and uterus

The colour related to this Energy Centre is red

This Energy Centre represents your sense of safety, security, survival and stability. It helps us feel grounded and connects us to earth giving us a place for our lives to take root.



SACRAL Energy Centre

Located between the base of your spine and your navel.

Affects the pathways to the sexual glands, testicles or ovaries

The colour related to this Energy Centre is orange

It represents relationships, desires, pleasure, sexuality, pro-creation and creativity.



SOLAR PLEXUS Energy Centre

Stored just above the upper abdomen

Affects the pathways and organs to the stomach, spleen and pancreas

The colour related to this Energy Centre is yellow

The Solar Plexus is linked to personal power and personal confidence. Your sensitivity, ambition and ability to achieve are stored here.



HEART Energy Centre

Stored in the heart and houses the soul

It affects the heart, small intestine, pericardium and triple warmer pathways and affects the thymus gland

The colour related to this Energy Centre is green or pink

The heart is the centre of love, compassion, harmony and peace.



THROAT Energy Centre

Stored in the throat

Affects the pathway to the endocrine system, affecting the thyroid and parathyroid glands

The colour related to this Energy Centre is turquoise.

It is concerned with inner and outer hearing, communication, speaking your truth and the synthesising of ideas.



THIRD EYE Energy Centre

Stored in the centre of the forehead

Affects the pathways to the pineal gland, the hormones produced by this gland travel to various organs, glands and tissues in the endocrine system and communicate with them

The colour related to this Energy Centre is indigo

The Third Eye energy centre is related to intuition, wisdom, clarity and balance of oneself.



CROWN Energy Centre

Stored at the crown of the head

Affects pathways linked to the master gland (pituitary gland), the hormones produced by this gland travel to various organs, glands and tissues in the endocrine system and communicate with them

The colour related to this Energy Centre is violet

It is linked to pure consciousness, divine and universal energy.



**ENERGY
CENTRE**

(Home)

**EMPATHIC
EMOTION**

**POSITIVE
EMOTION**

**NEGATIVE
EMOTION**

**HEREDITARY
EMOTION**

**PRE-NATAL
EMOTIONS**

UNDERACTIVE

OVERACTIVE

Emotion Charts

Is the emotion Positive or Negative?

ROOT Energy Centre	SACRAL Energy Centre	SOLAR PLEXUS Energy Centre	HEART Energy Centre	THROAT Energy Centre	THIRD EYE Energy Centre	CROWN Energy Centre
POSITIVE	POSITIVE	POSITIVE	POSITIVE	POSITIVE	POSITIVE	POSITIVE
NEGATIVE	NEGATIVE	NEGATIVE	NEGATIVE	NEGATIVE	NEGATIVE	NEGATIVE

Negative Emotion Chart

ROOT Energy Centre	SACRAL Energy Centre	SOLAR PLEXUS Energy Centre	HEART Energy Centre	THROAT Energy Centre	THIRD EYE Energy Centre	CROWN Energy Centre
CRITICISM	JEALOUSY	ANXIETY	SELF BELIEF	GRIEF	UNBALANCED	JUDGEMENT
DREAD	SHAME	LOW SELF ESTEEM	HYSTERIA	REJECTION	DEPRESSED	FAILURE
HORROR	YEARNING	FAILURE	HEARTACHE	ANGER	STUBBORNESS	ENVY
CONFLICT	USELESS	POWERLESS	REGRET	GUILT	PANIC	DISCRIMINATION
FEAR	HUMILIATION	HELPLESSNESS	VULNERABILITY	SADNESS	GUILT	REJECTION
UNSAFE	WORTHLESS	LACK OF CONTROL	ABANDONMENT	TAKEN FOR GRANTED	CONTROL	SHAME
UNSUPPORTED	IRRITATED	DISGUST	BETRAYAL	FRUSTRATION	INDECISIVENESS	STUCK
INSECURE	PRIDE	HOPELESSNESS	INSECURITY	SORROW	LUST	WORRY
UNSTABLE	OVERWHELMED	WORRY	LOST	RESENTMENT	SHOCK	CLOSED

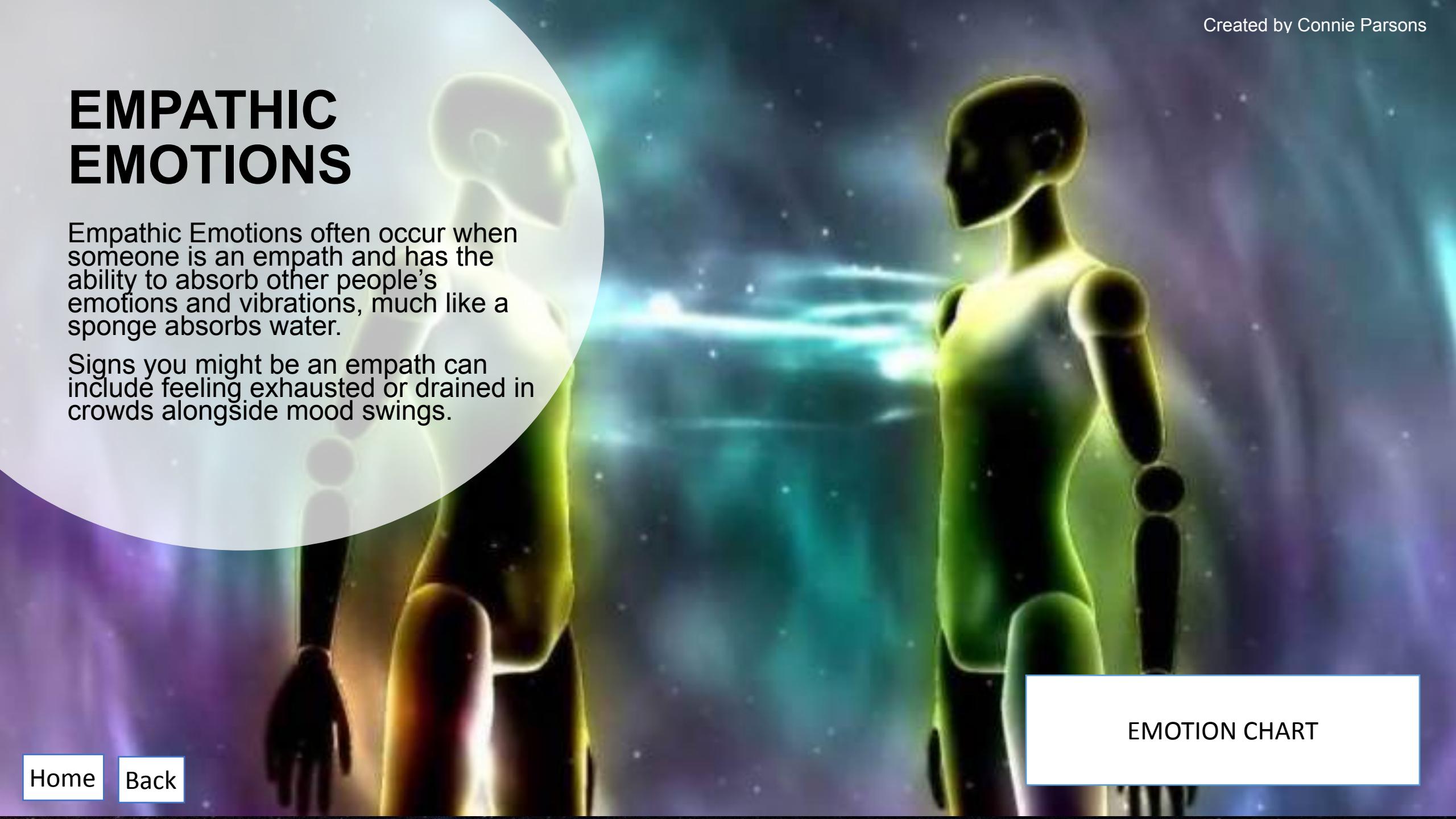
POSITIVE EMOTION CHART

Positive Emotion Chart

ROOT Energy Centre	SACRAL Energy Centre	SOLAR PLEXUS Energy Centre	HEART Energy Centre	THROAT Energy Centre	THIRD EYE Energy Centre	CROWN Energy Centre
HONOUR	RESPECT	CONFIDENCE	FORGIVENESS	ENCOURAGEMENT	RELAXED	CLARITY
SUPPORT	RECOGNITION	SUCCESS	JOY	PEACE	ENCOURAGEMENT	SATISFACTION
COMPASSION	INNOCENCE	FLEXIBILITY	LOVE	FREEDOM	HAPPINESS	FAITH

NEGATIVE EMOTION CHART

EMPATHIC EMOTIONS



Empathic Emotions often occur when someone is an empath and has the ability to absorb other people's emotions and vibrations, much like a sponge absorbs water.

Signs you might be an empath can include feeling exhausted or drained in crowds alongside mood swings.

EMOTION CHART

POSITIVE EMOTIONS

Within our positive emotions we can hold self-limitations connected to negative emotions.

It is by clearing negative emotions connected to positive emotions, which will allow the individual to strengthen their positivity, reduce blocks on desires, dreams and abundance in life.

Once any negative attachments are found and cleared connected to positive emotions, we will re-input the positive.



NEGATIVE

POSITIVE

POSITIVE EMOTION CHART

NEGATIVE EMOTIONS

Negatives emotions experienced both in the present and in the past create extra stress and tension within the physical body and the mind, it is by releasing that you can improve personal well-being.



NEGATIVE

POSITIVE

NEGATIVE EMOTION CHART

Hereditary

Hereditary emotions are inherited from parents, grandparents and past ancestors.

Hereditary emotions can perform like recessive genes, in that not all generations will inherit the same emotion.

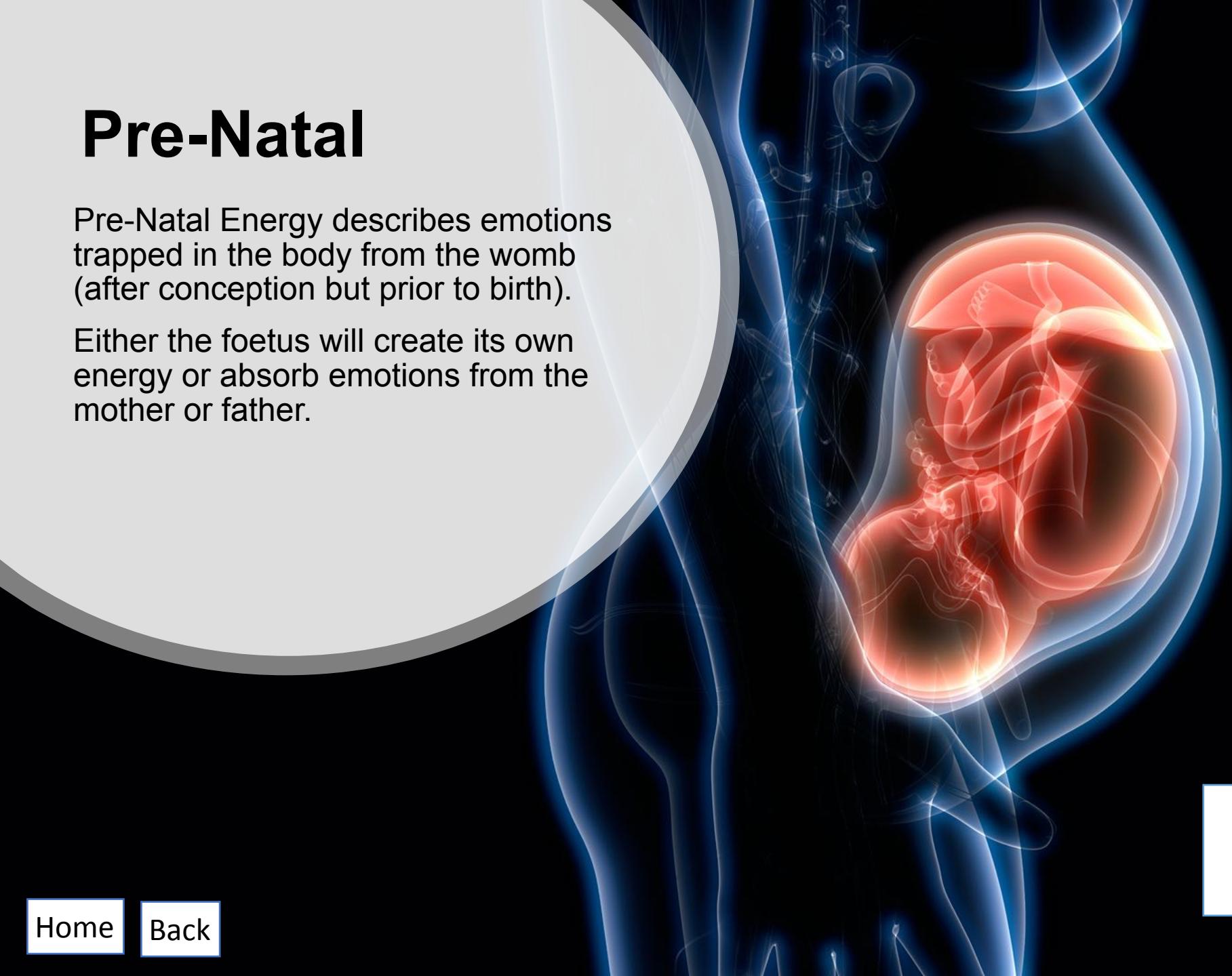


EMOTION CHART

Pre-Natal

Pre-Natal Energy describes emotions trapped in the body from the womb (after conception but prior to birth).

Either the foetus will create its own energy or absorb emotions from the mother or father.



EMOTION CHART

Overactive



ROOT ENERGY CENTRE	SACRAL ENERGY CENTRE	SOLAR PLEXUS ENERGY CENTRE	HEART ENERGY CENTRE	THROAT ENERGY CENTRE	THIRD EYE ENERGY CENTRE	CROWN ENERGY CENTRE
I am afraid	Disrespecting other's boundaries	I am controlling and domineering over my environment and others.	I always sacrifice myself for others	I am overly talkative	I am out of touch with reality	I am addicted to spirituality
I feel nervous	Need to blame myself and/or others	I am a perfectionist	I change myself to be loved by others	I am unable to listen to myself and others	I lack good judgement	I neglect my bodily needs
I am insecure	Holding onto past pain	I am overly critical of oneself or others.	I have to keep up appearances	I am highly critical	I am unable to focus	I have difficulty controlling my emotions
I feel ungrounded on earth	Overwhelmed with emotional stress	I misuse my power	I am suffocating and clingy in relationships	I am verbally abusive	I am prone to hallucination	I don't belong
I feel empty	I pretend nothing is wrong	Lack of generosity	I lack a sense of self in a relationship	I am condescending	Lack of reasoning and common sense	I feel completely isolated
I have negative family DNA patterns	I am attracted to drama and need drama to exist	I like pulling energy from others	I am willing to say yes to everything	I have a distorted perception	I am hard to deal with	Trapped inside my head
I am resistant to change	I feel moody	I demand my needs be met	I lack boundaries internally and externally	I am out of control	Resistant to discovering any other way	Confused between realities

Underactive

ROOT ENERGY CENTRE	SACRAL ENERGY CENTRE	SOLAR PLEXUS ENERGY CENTRE	HEART ENERGY CENTRE	THROAT ENERGY CENTRE	THIRD EYE ENERGY CENTRE	CROWN ENERGY CENTRE
I feel like a failure	I am not safe to show my differences	I always expect the worst	Afraid of love	If I speak the truth, I will create what I am afraid of	I am rigid in thinking	I am not worthy to connect with spirit
I am co-dependent on others	Self-punishment	I create crisis constantly to exist	I keep myself at a distance from others	Fear of being misunderstood	I am closed off to new ideas	I am unable to set or maintain goals
I feel unsafe	Selling myself short	Lack of clear direction	I am lonely	I am afraid to express what is best for me	I am too reliant on authority	Lacking direction or focus
I feel abandoned by my parents and others	My sexuality is bad	Lack of purpose and ambition	I am unable or unwilling to open up to others	Full of dread, suspicion and worry	Disconnected or distrustful inner voice	Unable to relax
I have no purpose	Keeping others at a distance	Unable to find efficient ways to realise ideas	I hold grudges	Shame and guilt over what's been said	I feel anxious	It is too hard
I feel empty	Emotionally unfulfilled	I lose sight of the full picture	I don't have the ability to protect myself emotionally	Disengaging myself from conversation	I cling to the past	My reality is too overwhelming
I am/feel misunderstood	Feeling disconnected	I am obsessive and lack self-control	I can't love myself or let love in	I am unable to express my needs	I am fearful of the future	I feel dysfunctional