











Energy Centers/Energy Bodies

Use this tool to help you distinguish the role of the Energy Bodies and the implications to your Energy Centers. Review the examples of “Open” or “Blocked” Energy Centers and determine which Energy Body you are currently tuned into.

Energy Body:	 Spiritual	 Mental	 Emotional	 Physical
<p>Crown OPEN:</p> <p>A strong knowing of your own divinity, understanding life as a physical experience of Spiritual Being.</p> <p>BLOCKED:</p> <p>Higher Guidance is not clear and sense of separation from Oneness.</p>	<p>Passionate about knowing and exploring the depth of your spiritual journey.</p> <p>Hard to put your thoughts together about what this life is all about. Struggle to find beliefs and/or guiding principles.</p>	<p>Sense and feel your connection to the Source. Easily moved by beauty of Life.</p> <p>Easily confused by spiritual concepts. Unable to see beauty in anything that does not appear to be good.</p>	<p>A solid sense of knowing your life is guided by higher purpose and Divine Being.</p> <p>Impatient with spiritual practices, question personal belief system.</p>	
<p>Third Eye OPEN:</p> <p>Ability to slow down the energetic mind and allow a connection to Divine guidance.</p> <p>BLOCKED:</p> <p>Mind is racing and easily distracted during prayer or meditation.</p>	<p>Intuition and other senses are active and you trust and rely on them.</p> <p>Intuitive guidance is not trusted. Look for confirmation outside yourself.</p>	<p>Quickly able to align your emotions and thoughts and find what feels right in the moment.</p> <p>Struggle to find the connection between what you are feeling and what you are thinking.</p>	<p>Signals from your body alert you to shifts occurring around you, instinctual knowing.</p> <p>Decision making is challenging, over-evaluating options with little instinctual input.</p>	
<p>Throat OPEN:</p> <p>Ease in describing who you are and your beliefs to others, a strong sense of self.</p> <p>BLOCKED:</p> <p>Difficulty putting your personal beliefs into words, easily swayed to another's view of God/Universe/Oneness.</p>	<p>Able to express who you are and have a sense of self-confidence when you speak.</p> <p>Words are used to convince others that you are who they think you are.</p>	<p>Able to describe the emotional impact of a situation while experiencing it.</p> <p>Unable to express how you feel, willing to avoid expressing yourself if it avoids conflict or disharmony.</p>	<p>Self confidence, and alignment of who you are internally and externally.</p> <p>Insecure about your appearance and how others perceive you. Concern that others don't see who you are.</p>	

Energy Body:	 Spiritual	 Mental	 Emotional	 Physical
Heart OPEN:	Feel your connection to the Divine. Feel a sense of being loved and valued exactly as you are.	Compassion for others is easy and you are supportive without getting lost in the situation.	Feeling loved and lovable. A strong sense of the expansiveness of unconditional love.	Ability to connect with others, easily express warmth through hugs, handshakes, etc.
BLOCKED:	Questioning your connection to Source and a feeling of being alone on your journey.	Searching for love from others with a check-off list of what it will look like and how you will know it is real.	Working hard to find love yet not trusting that it is available to you. Unconditional love seems like a fantasy.	Isolated, feelings of being an outsider. Easier to focus on getting tasks done than relating to others.
Solar Plexus OPEN:	Ease of access to expansive emotions and a willingness to explore the constricting emotions for the purpose of healing the energy bodies.	Supportive of yourself and others and honor the emotional situations of everyday life.	View your emotions as a source of strength and authenticity. A way to deepen intimacy with others.	Awareness of how various emotions affect the body. The body gives clear indications of what it needs.
BLOCKED:	Emotional fluency is difficult and emotions carry dramatic energy.	Limited range of acceptable emotions. Preconceived notion of how emotions are appropriately expressed.	The feeling of not being able to control when/where/what emotions are expressed or stagnant emotions.	Susceptible to cravings or activities that do not support personal care or health as a way of avoiding feeling emotions.
Reproduction OPEN:	Inspired, creative and enjoying life. See beauty all around you especially in Nature.	Creative energy is flowing with new ideas and concepts. Sense of sexual identity.	Fluid expression of creativity and awareness of what brings you joy. Passionate.	Connection to sexual energy as a creative resource. Aware of what brings physical pleasure.
BLOCKED:	A sense of duty or obligation to struggle or prove your loyalty/commitment to God.	Pleasure can wait until projects are done. Unwilling to think outside the box.	Feeling guilt or shame about the things that bring you pleasure, limited access creativity.	Sexuality is suppressed, difficult to experience pleasure, bored.
Root OPEN:	A strong knowing that everything you need is available to you and you are responsible for your own success.	A strong sense of knowing what is needed and how to get it. Know your own resourcefulness.	The feeling of being secure with yourself, and a strong connection to relationships in your life.	Solid on your feet, agile, able to dance with whatever comes up in the moment. Can-do attitude.
BLOCKED:	Desire to trust the Universe, however just can't see how a benevolent force is going to affect day-to-day circumstances.	Playing scenarios over and over in your mind as a way to cover all the bases because nothing feels secure.	Tendency to worry about how things will turn out. Fear feels like a constant companion.	Clumsy and/or accident prone. Do not feel stable. Sense that the rug could be pulled out from under you at any time.