

Understanding Your Energy Flow

Primary Point of Perception:

There are two Primary Points of Perception that people naturally will access information from...

One is Masculine and the other is Feminine. The Primary Point of Perception is the person's point of view from which they access and perceive in order to work with the energy flow.

Masculine: Masculine way of perceiving, extending yourself outwardly, retrieving it and recalling. Goes out to connect, gathers information, researches, and dives deep into a concept or subject.

Feminine: Allows energy to come to them, they receive energy and information. Feminine way of perceiving is to **receive and restate**. They keep their self inwardly focused and stay centered at the heart.

Preferred Sensory System:

Your chosen & preferred way to sense energy and flow it through your container/aura/chakras for accessing information (light energy).

Clairaudient: Clear Hearing... Clairaudient throat chakra energy runs horizontally.

Clairsentient: Clear Feeling... Clairsentient power center chakra energy runs horizontally.

Clairknostic: Clear Knowing... Clairknostic crown chakra energy runs vertically.

Clairvoyant: Clear Sight... Clairvoyance is the third eye. Chakra energy runs vertically.

Energy Flow:

There are two ways of flowing energy through your main meridians... The two primary Intuitive meridians are like columns that run Vertically and Horizontally.

Vertical:

Those who run vertically, download energy and information, then sends it out as a transmission (working indirectly) to the World... supporting those whose energy flows horizontally. They have highly Attuned Awareness in the subtle realms and a high vibrational frequency rate of resonance. They are Highly Sensitive to dense energies. You have a beam from the crown chakra moving through your body and out of your root chakra.

Horizontal:

Those who run horizontally, flow energy and information out to the World while being in the World. They allow the verticals to have purpose and support getting their energy out. Necessary to support the Global shift... as you are “working in the trenches”, you are meant to work directly with people. You have a beam from the front of your body, moving through the heart chakra, to the back of the body.

Misdirected Energy:

Many times you will have a habit of misdirecting energy. This shows up in your system as a diversion of your energy flow. For **example:** Your energy could be crossed... instead of vertical and horizontal, it can be flipped or simply leaking out of your system...

Special Gifts:

Animal Communication: Animals will send you symbols, pictures and images so you can understand their disturbances.

Angels: Celestial beings who act as intermediaries between heaven and [Earth](#). They are Messengers. Other roles of angels include protecting and guiding human beings.

You can call on Angels to support humans going through turmoil, to support a cause or to clear energy.

Elementals... Spirits of nature, nature's consciousness expressed through spryte's, nymph's, devas, tree people, faeries.

An **Elemental** is a spirit embodying one of the five elements of antiquity: Earth (solid), Water (liquid), Wind (gas), Fire (heat), Aether (quintessence). Elementals are referred to by various names. In the English European tradition these include Fairies, Elves, Devas, Brownies, Leprechauns, Gnomes, Sprites, Pixies, Banshees, Goblins, Dryads, Mermaids, Trolls, Dragons, Griffins, and numerous others.

These nature spirits are governed by the Archangels. Like Angels, Elementals have a recognizable appearance consistently depicted by the archetypal language of art and literature.

For example, it is easy to determine if a drawing is an Angel or a winged elemental. Angels have feathered bird-like wings and the winged Elementals have wings that look like a butterfly.

You Channel energy frequencies to support Global issues...

Express a transmission and mediate between the human realm and the nature realm.

Mediumship: The practice of certain people—known as mediums—to mediate communication between spirits that have crossed over and other human beings.

Blockages/Patterns:

We may have accumulated energy that has created blockages throughout our existence. This energy blockage could be due to something that you did (holding on) or some experience in your past, past life or through your blueprint (genealogical lineage... your Maternal (mother's family line) your Paternal (father's family line) Just ask!

Past:

In the Womb: How many months?

Years of age: How old was I?

Past Life: How many lives ago?

Genealogical: How many generations ago?

Maternal:

Paternal:

Anchored Awareness:

Front: You are a Future Projector... living too much into the future. Must bring your awareness back behind your eyes.

Back: You are a Past Projector... living too much in the past. You must bring your awareness forward and in front of and leaning against the spine.

Scattered/Explosive: This is a form of Protection... when something happened, you scattered your energy so you couldn't be fully captured or trapped. Also, your energy was sent out to push others away.

Up & Out: You are reaching for something outside of yourself... the idea that the Divine is "out there" or you must go out to get ahead, to achieve, to create and to succeed.

Grounded Awareness:

Too Light/Flimsy: In the ethers, head in the clouds, spacey

Too Heavy: Relying on Survival mechanisms, not tuned into higher sensory acuity

Too Rigid: Stuck in your ways

Locked in: Not flexible or able to travel with your astral body.

Entities:

Karmic in nature... feels dark, heavy, dull and/or itchy, tingly. You may act out of character... feel an emotion that doesn't match your circumstances.

Yours: An accumulation of your thought forms, beliefs, patterns.

Another's: An accumulation of another's thought forms, beliefs, patterns or holding ancestral paradigms.