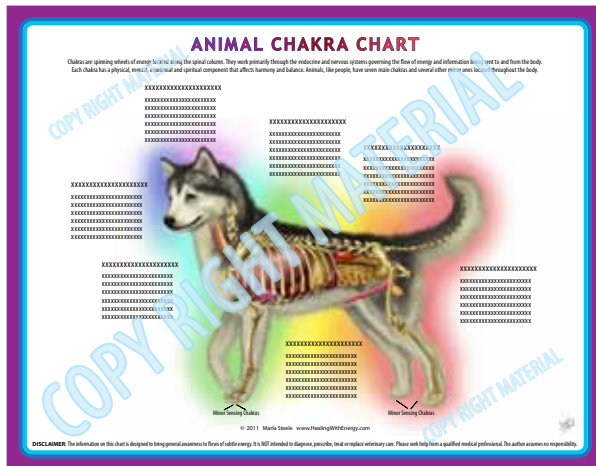


# ENERGY FLOW CHART FOR ANIMALS

## 1. Animal Chakras



Sanskrit Name, Sound, Mantra, Crystals, Themes

## 2. Chakra Reference Table

CHAKRAS ELEMENTS & CRYSTALS	LOCATION & ASSOCIATIONS	CHAKRA FUNCTION	INDICATIONS OF IMBALANCE	AFFIRMATIONS & ESSENCES
<b>7<sup>th</sup> Crown</b> Consciousness Amethyst Partner: 1st Root@Base	Top of head	Universal consciousness, spiritual connection, enlightenment	Headaches, migraines, dizziness, vertigo, insomnia, depression, anxiety, fear, lack of faith, lack of spirituality	"I am connected to the universe" "I am a spiritual being"
<b>6<sup>th</sup> Brow/3<sup>rd</sup> Eye</b> Light Lapis Lazuli Partner: 6 <sup>th</sup> Solar Plexus	Brow	Intuition, inner vision, insight, imagination, psychic abilities	Blurred vision, eye strain, migraines, depression, anxiety, fear, lack of faith, lack of spirituality	"I see clearly" "I have inner vision"
<b>5<sup>th</sup> Throat</b> Ether Turquoise Partner: 3rd Solar Plexus	Throat	Communication, self-expression, truth, honesty, clarity	Throat pain, hoarseness, difficulty speaking, lack of communication, dishonesty, fear, lack of faith, lack of spirituality	"I speak my truth" "I am clear and honest"
<b>4<sup>th</sup> Heart</b> Air Emerald Centers: Upper & Lower	Chest	Love, compassion, empathy, forgiveness, harmony	Heart pain, chest pain, difficulty loving, lack of compassion, fear, lack of faith, lack of spirituality	"I love and am loved" "I am compassionate"
<b>3<sup>rd</sup> Solar Plexus</b> Fire Citrine Partner: 5th Throat	Upper chest	Personal power, confidence, self-esteem, vitality	Lack of confidence, self-doubt, low self-esteem, fear, lack of faith, lack of spirituality	"I am confident and powerful" "I have self-esteem"
<b>2<sup>nd</sup> Sacral/Navel</b> Water Orange Calcite Partner: 6 <sup>th</sup> Brow	Lower abdomen	Emotions, creativity, passion, sensuality	Emotional instability, lack of passion, fear, lack of faith, lack of spirituality	"I feel my emotions" "I am creative and passionate"
<b>1<sup>st</sup> Root</b> Earth Red Jasper Partner: 7 <sup>th</sup> Crown	Base of spine	Survival, grounding, stability, security	Lack of grounding, instability, fear, lack of faith, lack of spirituality	"I am grounded and stable" "I feel secure and safe"

Location, Function, Indications, Affirmations, Essences

## 3. 5-Element Reference Table

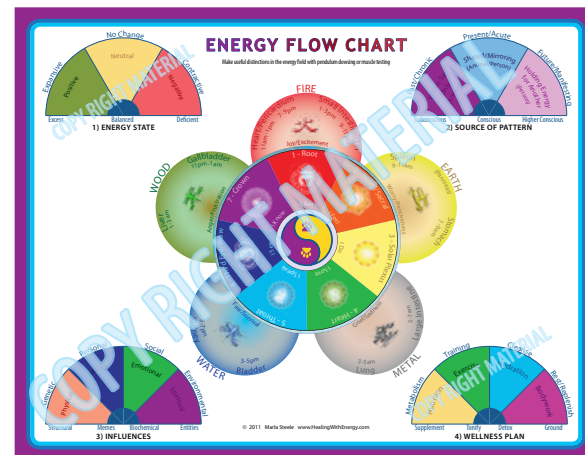
FIVE ELEMENTS MERIDIANS FUNCTION	STAGE SEASON CHAKRA	SENSE FLUID BODY PARTS	ODOR FLAVOR SOUND	ELEMENTS IN HARMONY	ELEMENTS OUT OF BALANCE
<b>WOOD</b> Liver/Gall Bladder Detoxification	Spring	Touch	Wood: Pine, Cedar Flavor: Bitter Sound: Woosh	Wood, Fire	Water, Earth, Metal
<b>FIRE</b> Heart/Pericardium Sun, Intestine/Small Intestine Circulation, Endocrine Heat, Metab.	Summer	Seeing	Fire: Sun, Fire Flavor: Sour Sound: Tsss	Fire, Wood	Water, Earth, Metal
<b>EARTH</b> Spleen (Pancreas) Stomach, Digestion	Autumn	Smell	Earth: Soil, Earth Flavor: Sweet Sound: Grrrr	Earth, Metal	Water, Fire, Wood
<b>METAL</b> Lungs/Large Intestine Inspiration, Respiration, Elimination	Winter	Hearing	Metal: Iron, Steel Flavor: Pungent Sound: Ding	Metal, Wood	Water, Fire, Earth
<b>WATER</b> Kidney/Bladder Urinary, Central, Reproduction	Winter	Taste	Water: Rain, Ocean Flavor: Salty Sound: Drip	Water, Earth	Fire, Wood, Metal

**ENERGY FLOW CHART: ASSESSING SUBTLE BODY ENERGY WITH PENDULUM DOWSING OR MUSCLE TESTING**

Preparation: Chakra and chakra energy...  
Example Questions for Energy Flow: Start with the pendulum over the "Fire" symbol...  
Example Questions for Energy Flow: Start with the pendulum over the "Fire" symbol...  
Example Questions for Energy Flow: Start with the pendulum over the "Fire" symbol...

Associations, Elements in Harmony, Elements out of Balance

## 4. Pendulum Dowsing/Muscle Testing



Track & Clear Energy Patterns, Create Wellness Plan