

INTUITION IS TANGIBLE:

**CRACK YOUR BODY'S
ENERGETIC CODE**

By Alexis Saloutos, MS, CN

OUTLINE

WHAT WE'LL COVER

- Intuitive structure, context and language
- How the 7 chakras tangibly connect you with your intuition
- Identification of your primary intuitive center
- Physical body sensations and energetic impressions that support tangible intuitive connections
- Nutritional associations with each center
- Energetic relationships with frontal, sagittal and traverse anatomical planes
- Energetic sensitivity and chronic nutrition related issues
- How intuitive indicators direct individualized, body guided intuitive eating



ABOUT ME

- Certified Nutritionist, Masters in Nutrition from Bastyr University
- Founder of Chakredy® (quantum field of intelligence)
- Chakredy® provides an energetic framework to place lifelong intuitive impressions
- Train + certify practitioners in Chakredy® original teachings
- Have always sought energetic connections in health and healing
- Didn't know what I was searching for but knew it was beyond the food
- Struggled to communicate what I felt to be true (didn't have the language/context to articulate observations and experiences)

WHAT ARE THE CHAKRAS?

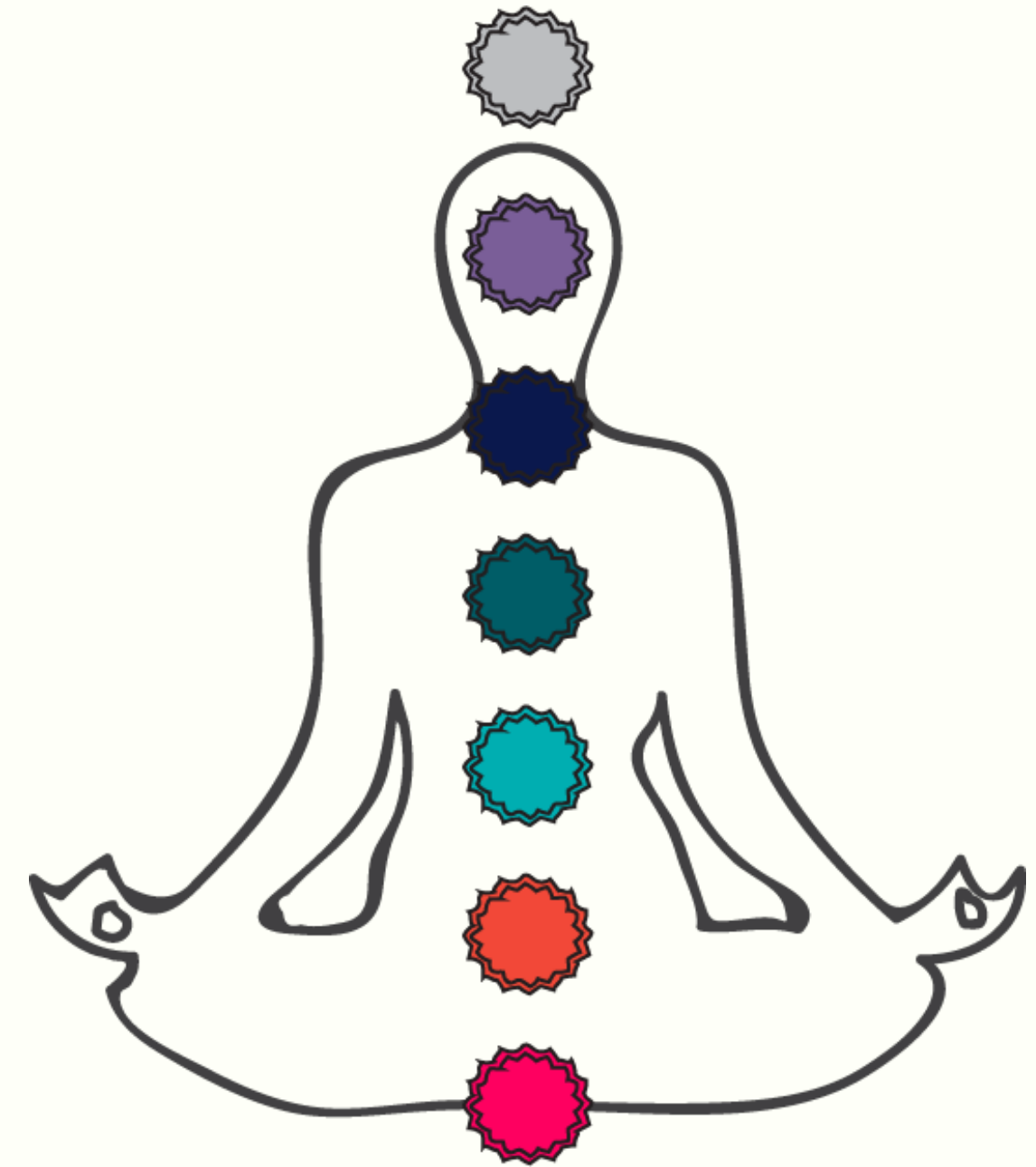
- 7 main energy centers
- Energy is fluid and fluctuates
- Bridge between seen + unseen/physical + energetic
- Communicate how we relate to our internal + external environment
- Powerful gateway into entire system
- Access point for physical, mental, emotional and spiritual information
- House organ energies
- Chakra specific intuitive information
- Chakra specific nourishment

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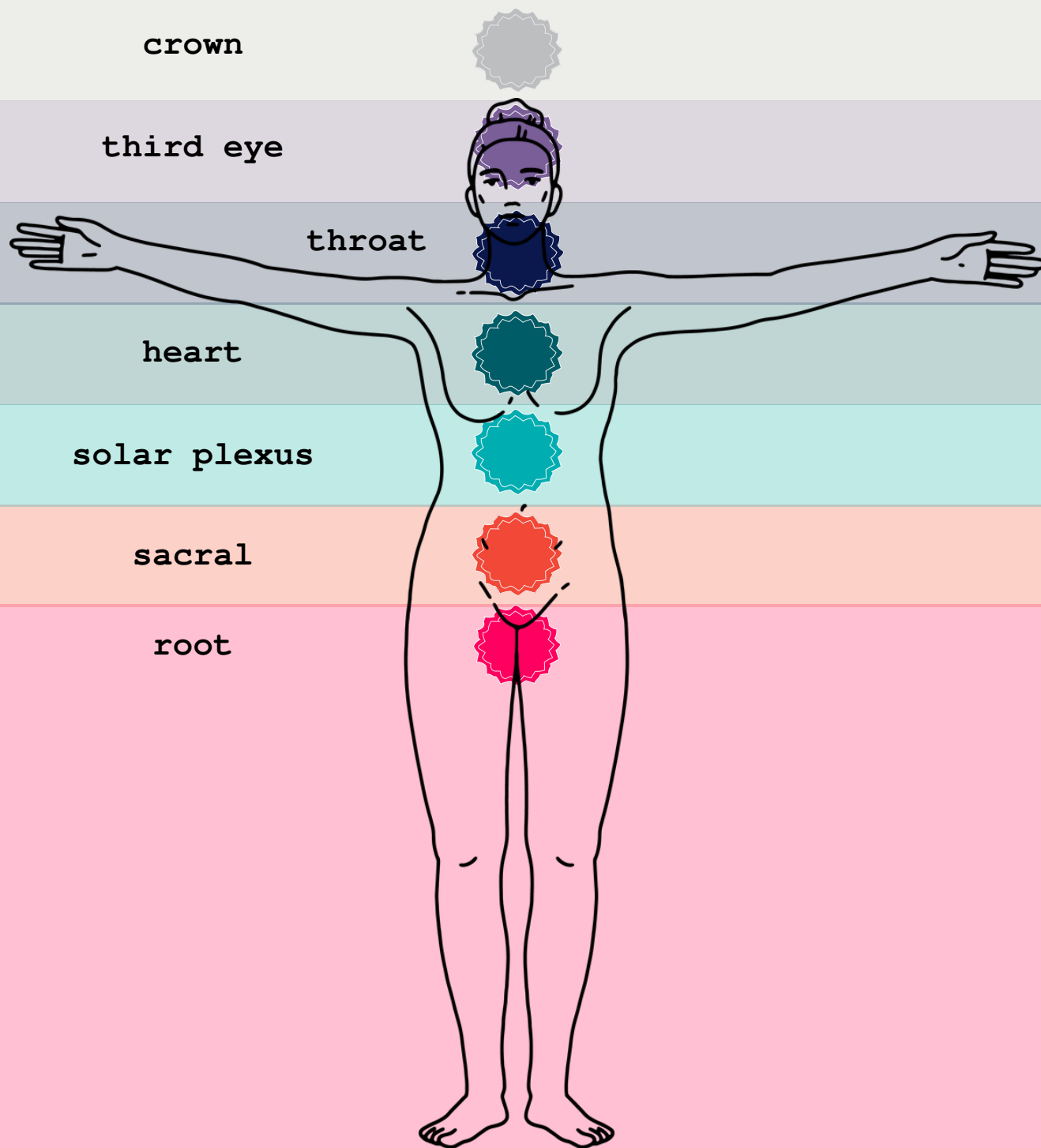


CHAKRA OVERVIEW

- Speedy synopsis
- General location
- Governing energies
- Organ relationships (we'll go more into this)
- Physical body relevance
- Intuition based connections
- Nourishment based relationships



THE ROOT



Root

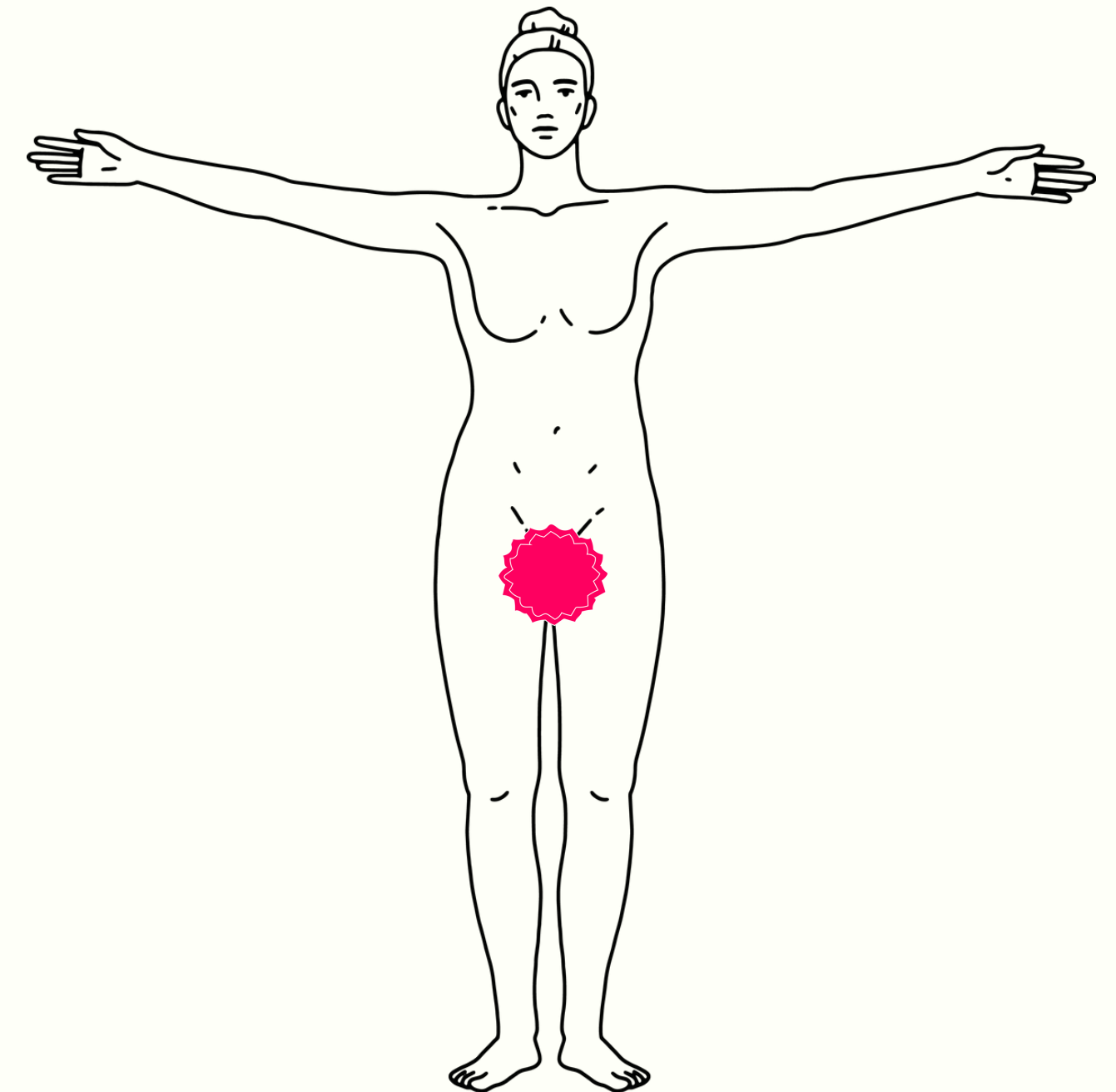
- Base of spine
- Grounding
- Relationship to physical world, body, food
- Generational imprinting/trauma
- Organ associations: Kidneys, adrenals
- Point of elimination and release

ROOT CHAKRA INTUITION

ROOT CHAKRA DOMINANT

When your dominant energy center tests as the root chakra, this suggests that you are skilled at connecting in with physical sensation and your body.

It may be easier for you to ground yourself down (into the earth) than connect yourself up (to Spirit). It also indicates that you may be more susceptible to sensing other people's physical pain. When you lead with root chakra intuition, you are dialed into sensation as the leading indicator of intuitive knowing.

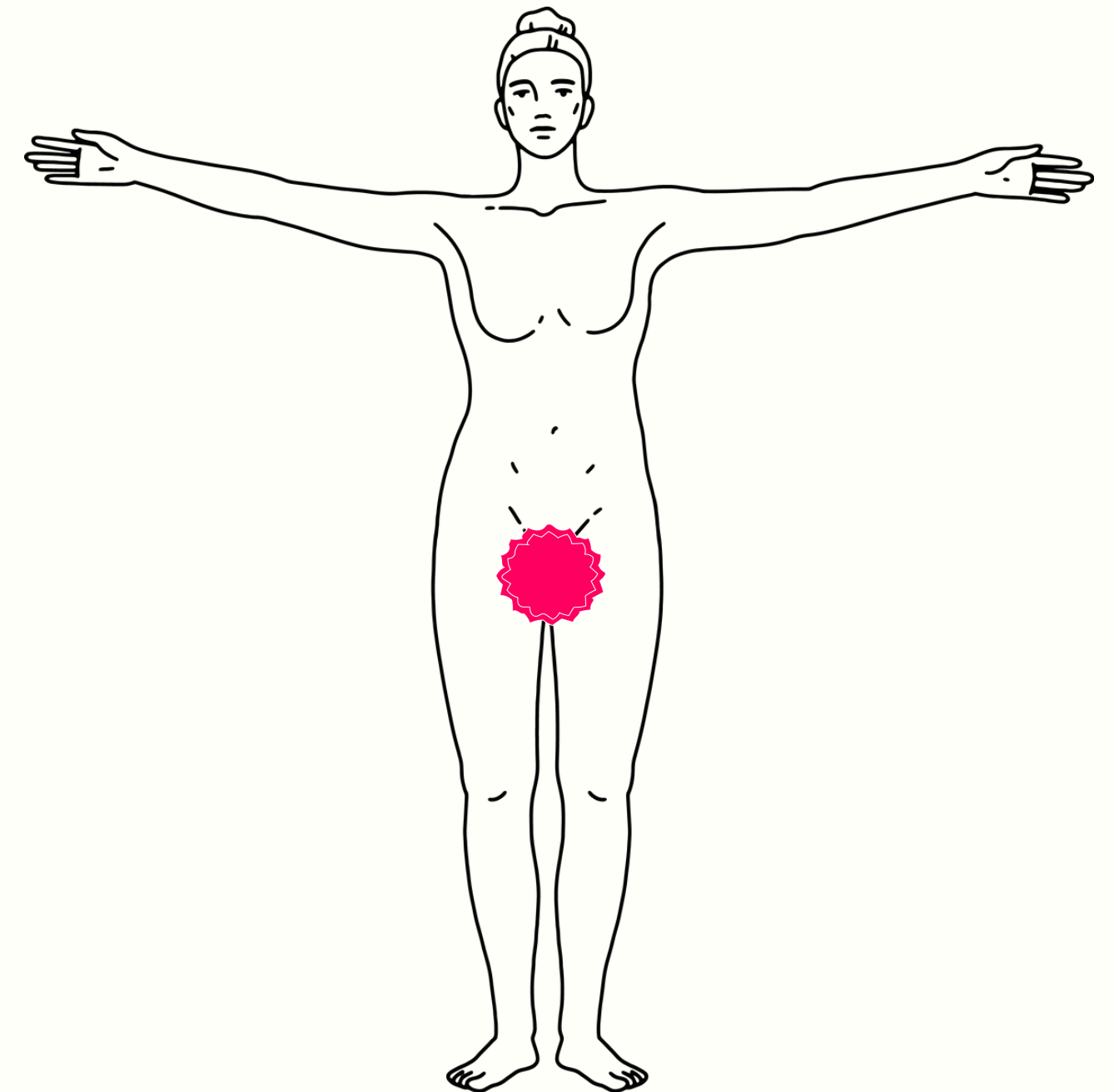


ROOT CHAKRA SENSATIONS

- Pain
- Tingling
- Temperature
- Goosebumps

NUTRITIONAL ASSOCIATIONS

- Sustenance
- Elimination
- Movement
- Ritual



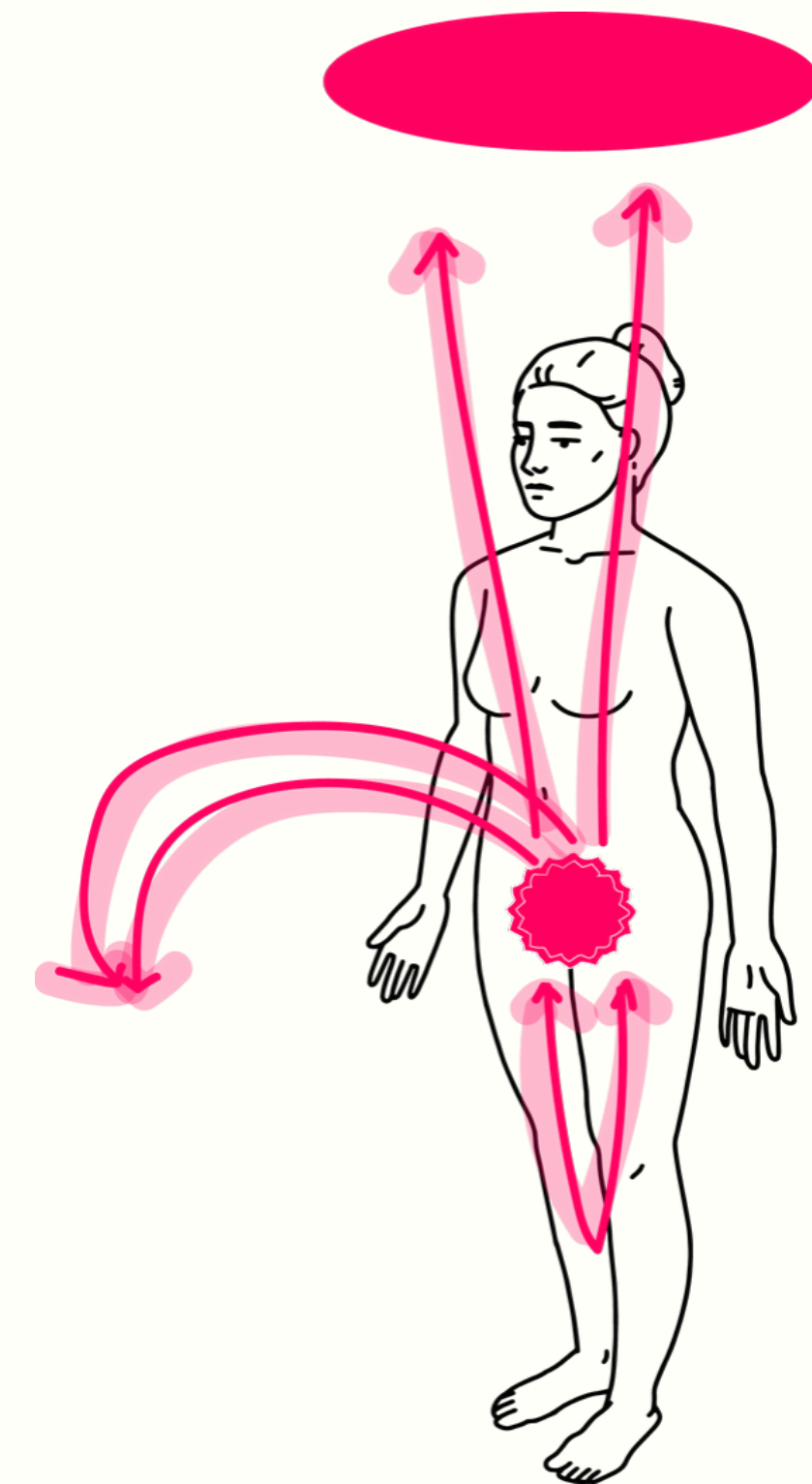
ROOT EXAMPLE ENERGETIC PRESENTATION

Energetic Qualities:

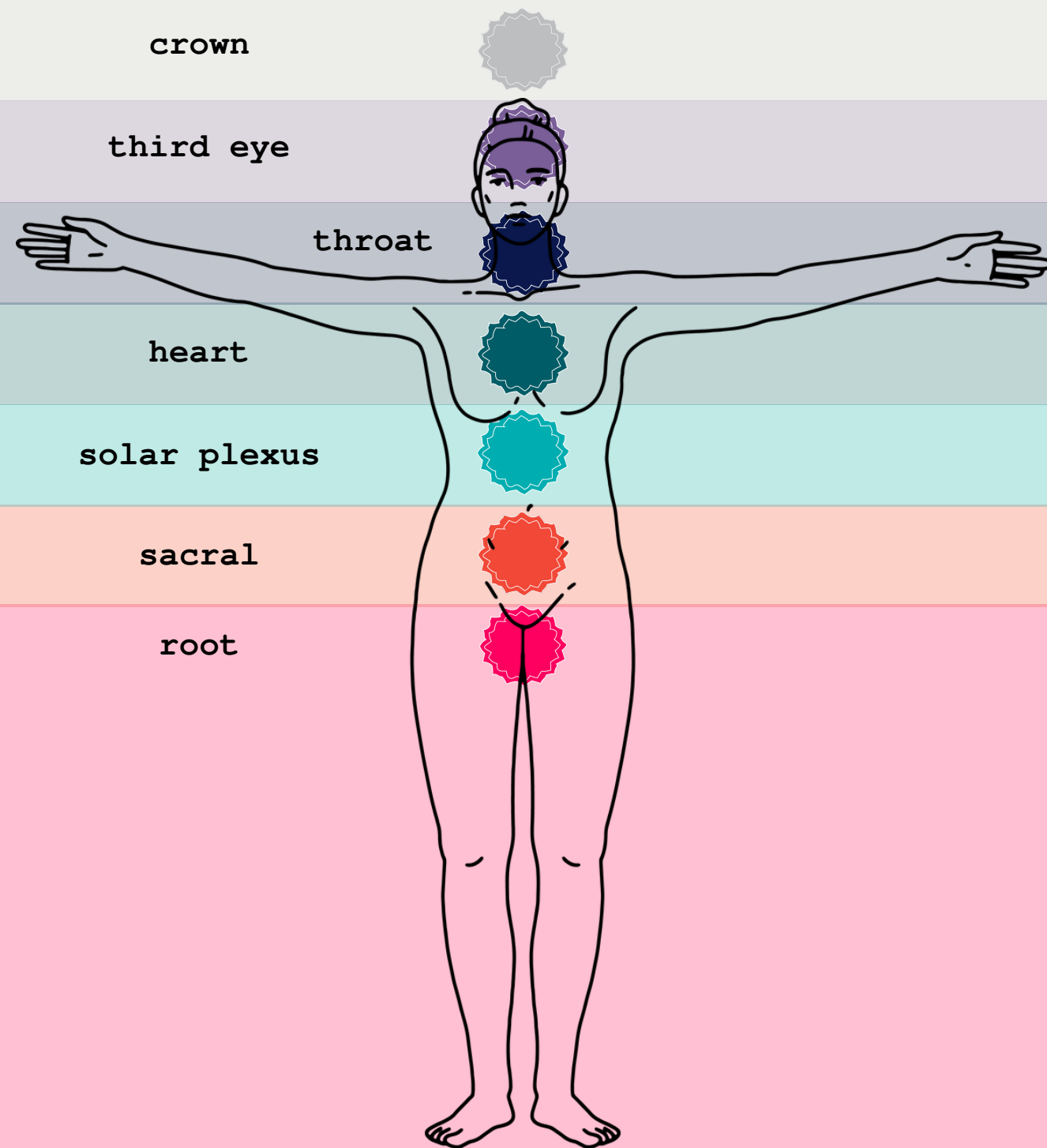
- Unrooting of lower energy
- Snapping up at the root
- Energy projects forward
- Graspy quality (often perceived by others unconsciously)
- Front projection tries to hook into some type of lifeline for safety (person, place, thing)
- Desire to pop out of body
- Intense fear or general unsafe feeling

Nourishment Connection:

- Future oriented
- Food does not feel safe
- Food creates fear
- Body does not feel safe to ground into



THE SACRAL



Sacral

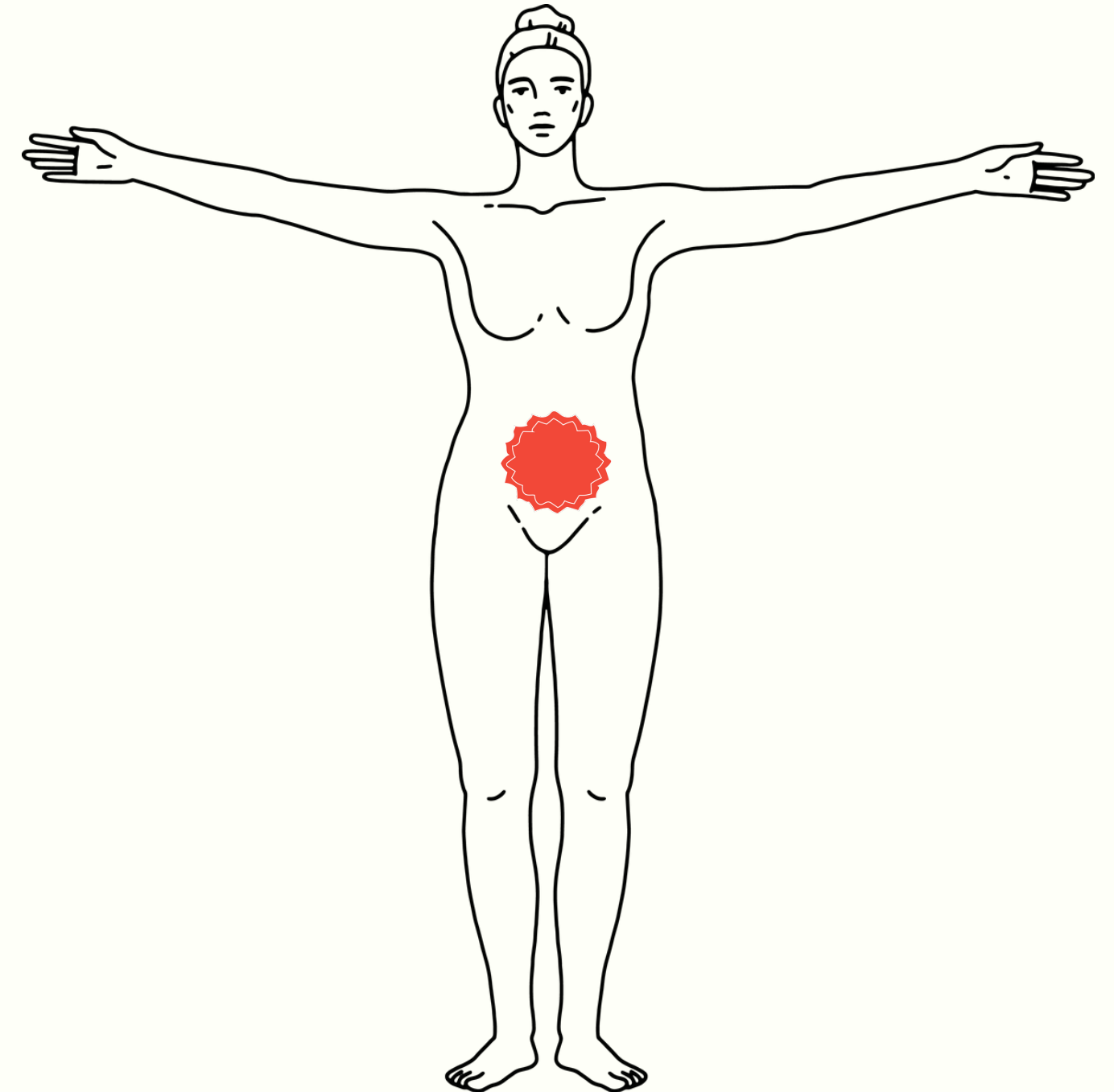
- Pelvic region/womb
- Boundaries
- Emotion
- Fluidity
- Creativity
- Relationships
- Organ association:
Bladder, reproductive
organs
Point of inception and
creation

SACRAL CHAKRA INTUITION

SACRAL CHAKRA DOMINANT

When you are sacral chakra dominant, you are dialed into emotion and energetic boundaries. Shifts in these two things can surface as one way that your intuition is speaking to you.

Pay attention to changes in your emotions and your personal boundaries as intuitive indicators. Know that it is rarer to be sacral chakra dominant. When you feel insecure and it doesn't make sense, this can be one way that your intuition is speaking to you.

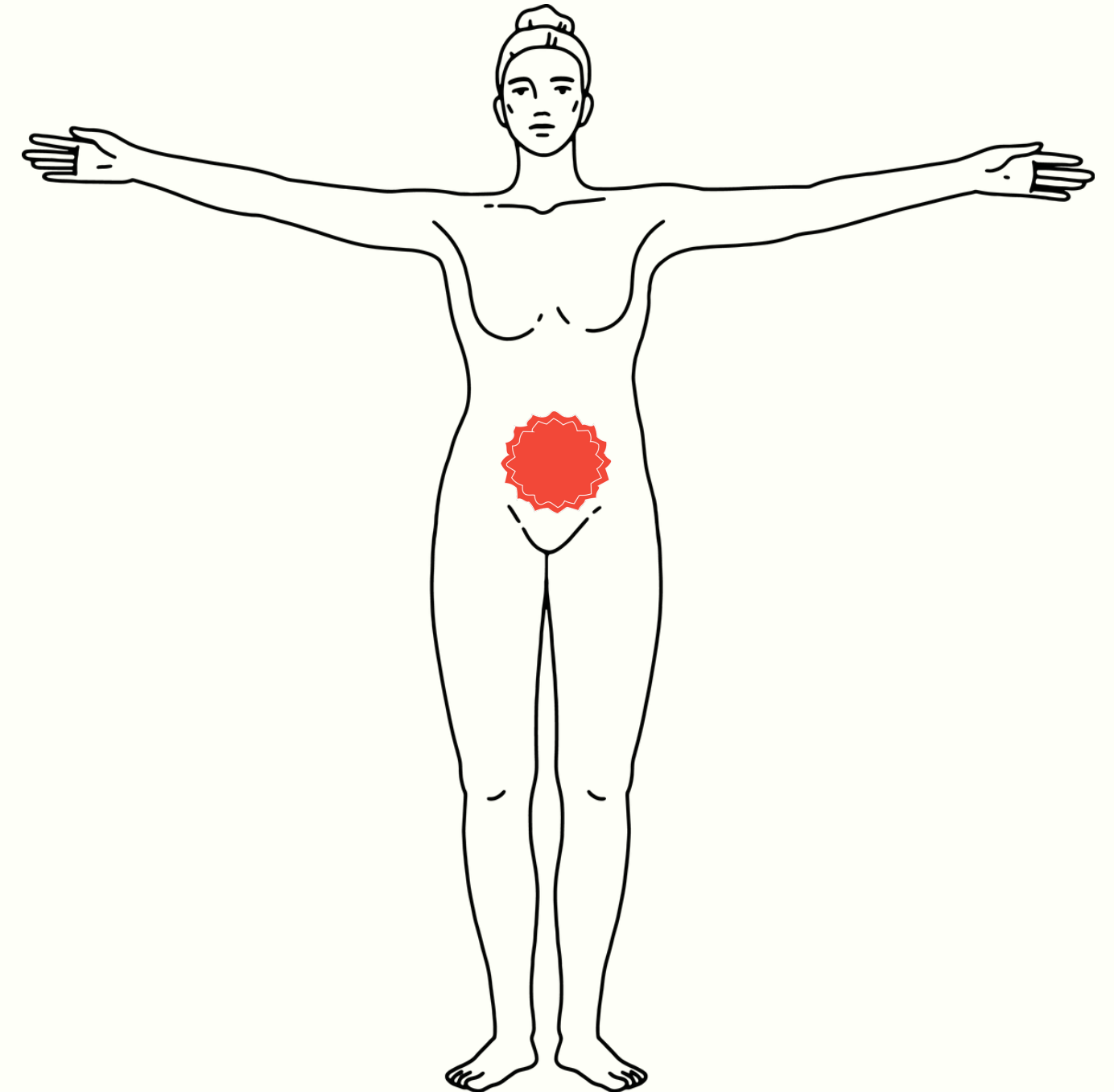


SACRAL CHAKRA SENSATIONS

- Poor Boundaries
- Lack of trust
- Sacral void (stored trauma and deep disconnect)
- Lack of flow in particular dynamic

NUTRITIONAL ASSOCIATIONS

- Relationships
- Pleasure
- Trust
- Emotion



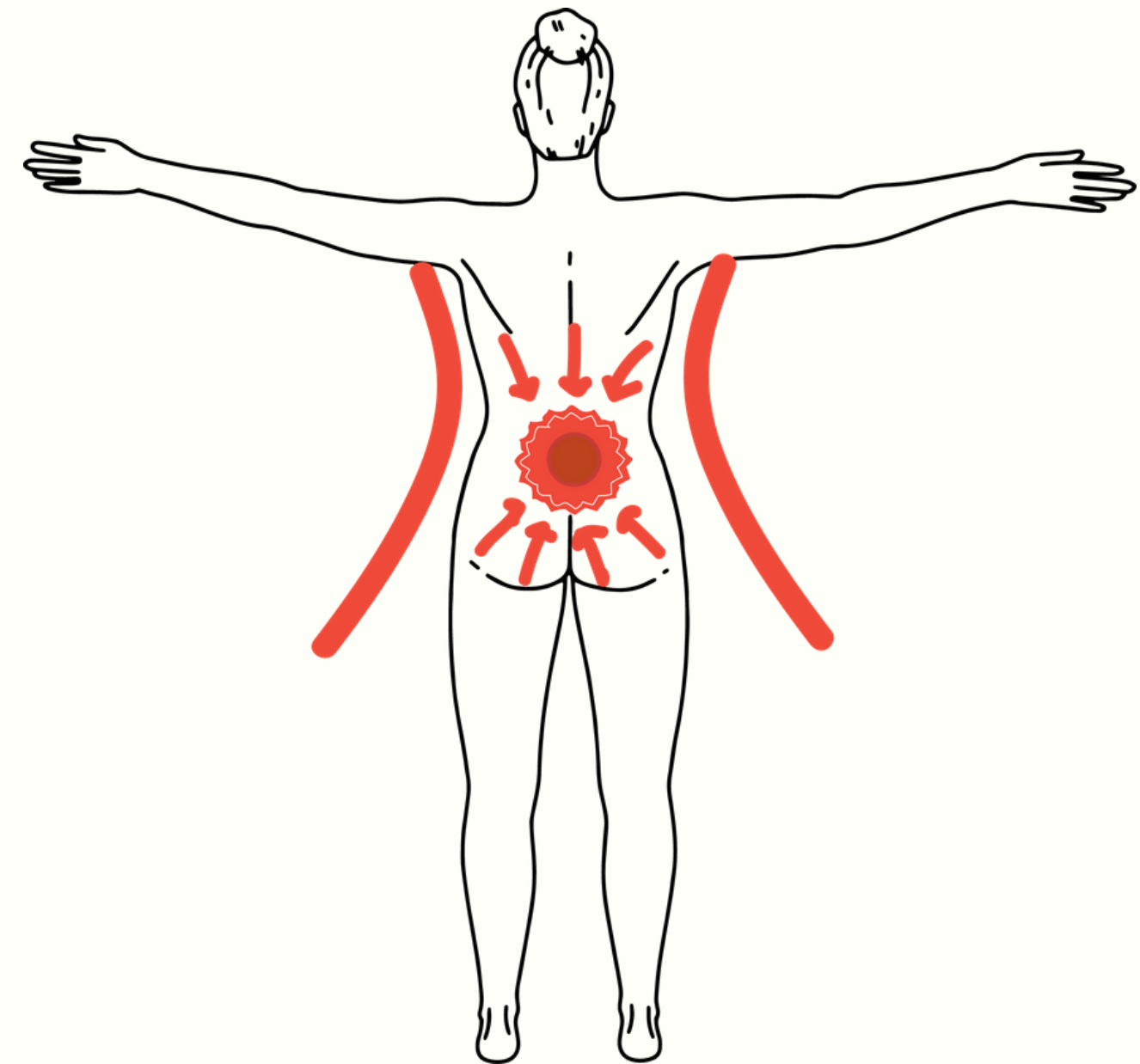
SACRAL EXAMPLE ENERGETIC PRESENTATION

Energetic Qualities:

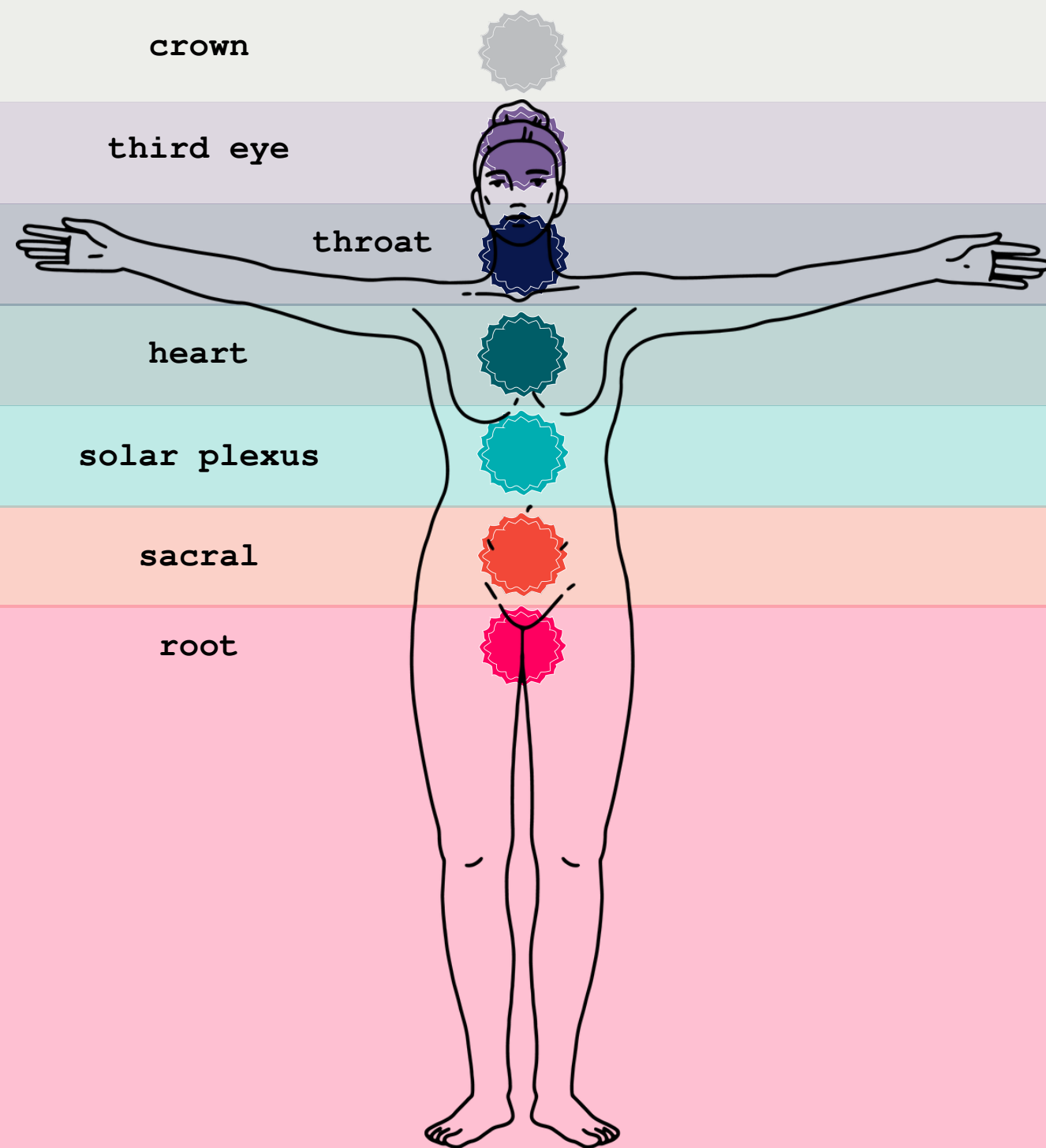
- Immediate pull back at sacral
- Gate-like shut down around front and sides of sacral
- Holding/gripping at back of sacral
- Condensing of energy into focused point at center
- Containment of creative energy
- Rigidity
- Lack of flow

Nourishment Connection:

- Clouded by influence, especially from partners, peers and friends
- Doubt your body's ability to guide you
- Not even sure food intuition exists
- Seek plans
- Dieting and strict exercise regimes to manage self doubt
- Tendency towards eating the same thing



THE SOLAR PLEXUS



Solar Plexus

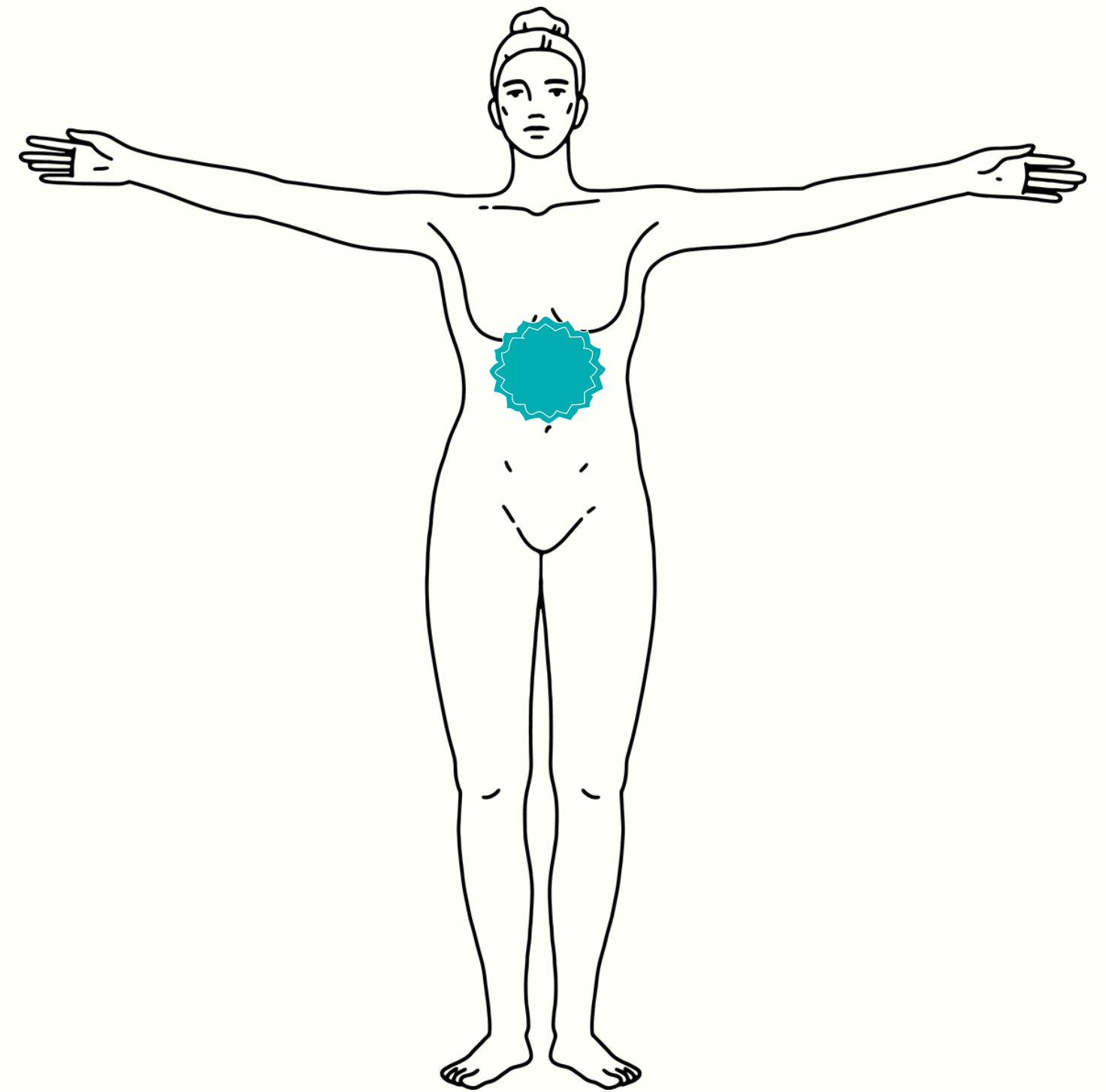
- Stomach
- Centering
- Sensitivity to environment and others
- Sense of self
- Organ association:
Spleen, pancreas, liver, gallbladder, stomach, small intestine, large intestine
- Point of processing, integration feeling/self

SOLAR PLEXUS CHAKRA INTUITION

SOLAR PLEXUS DOMINANT

When you test as solar plexus dominant, you likely perceive the world from your gut. This can be a vulnerability and a strength. You can walk into a room and immediately feel the energy of your environment and everyone in it (and if you don't know this is happening, it is critical you become aware of it!).

Anticipating the way others may feel or respond to situations can easily create anxiety for you. When you navigate the world through this lens, you are much more likely to internalize the energy of others. Learning to work with this sensitivity is important to your health.

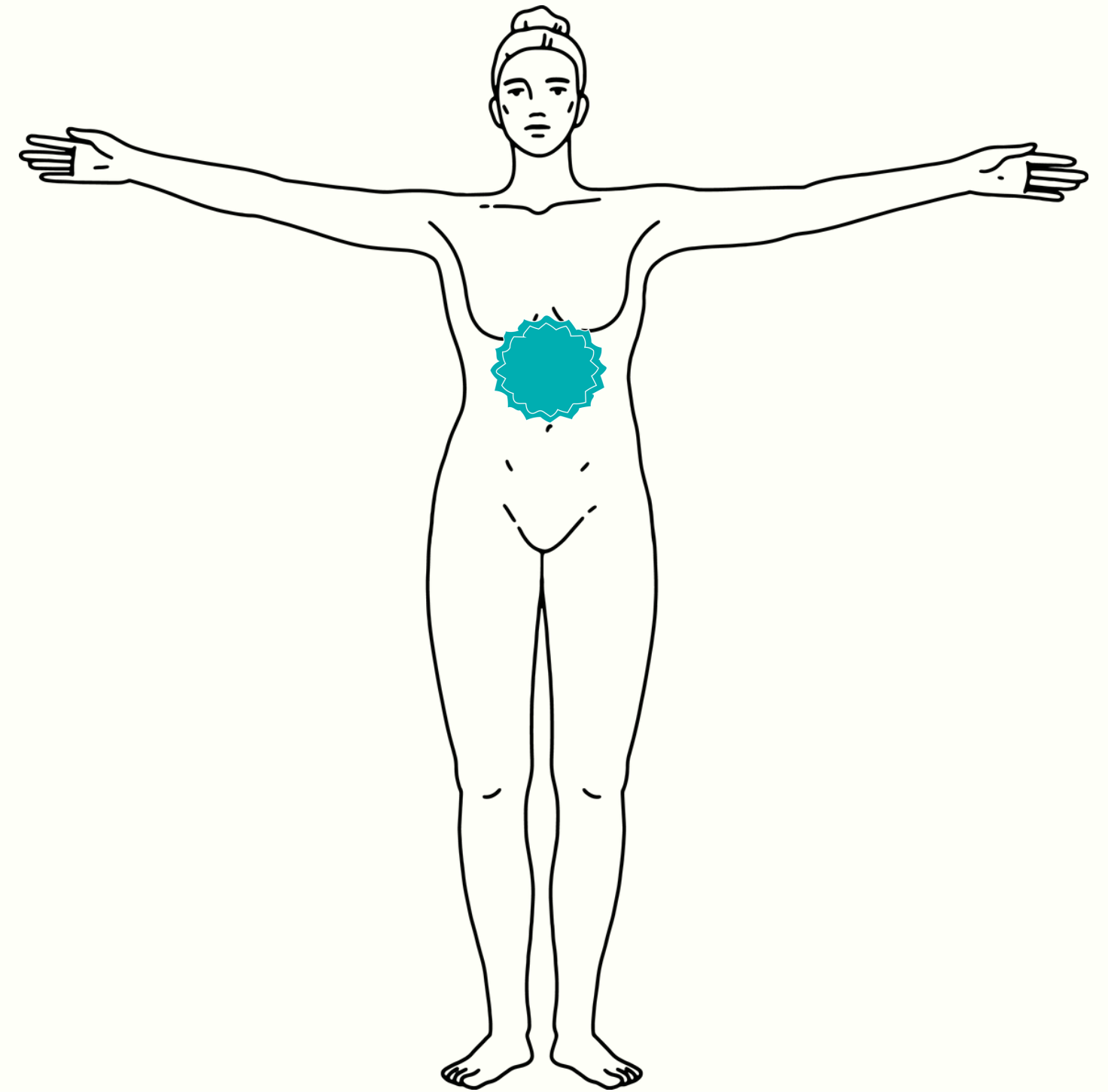


SOLAR PLEXUS CHAKRA SENSATIONS

- Stomach Tug
- Pit in the Stomach
- Stomach Flip
- Altered Breathing

NUTRITIONAL ASSOCIATIONS

- Sensitivity
- Sustainability
- Control
- Environment



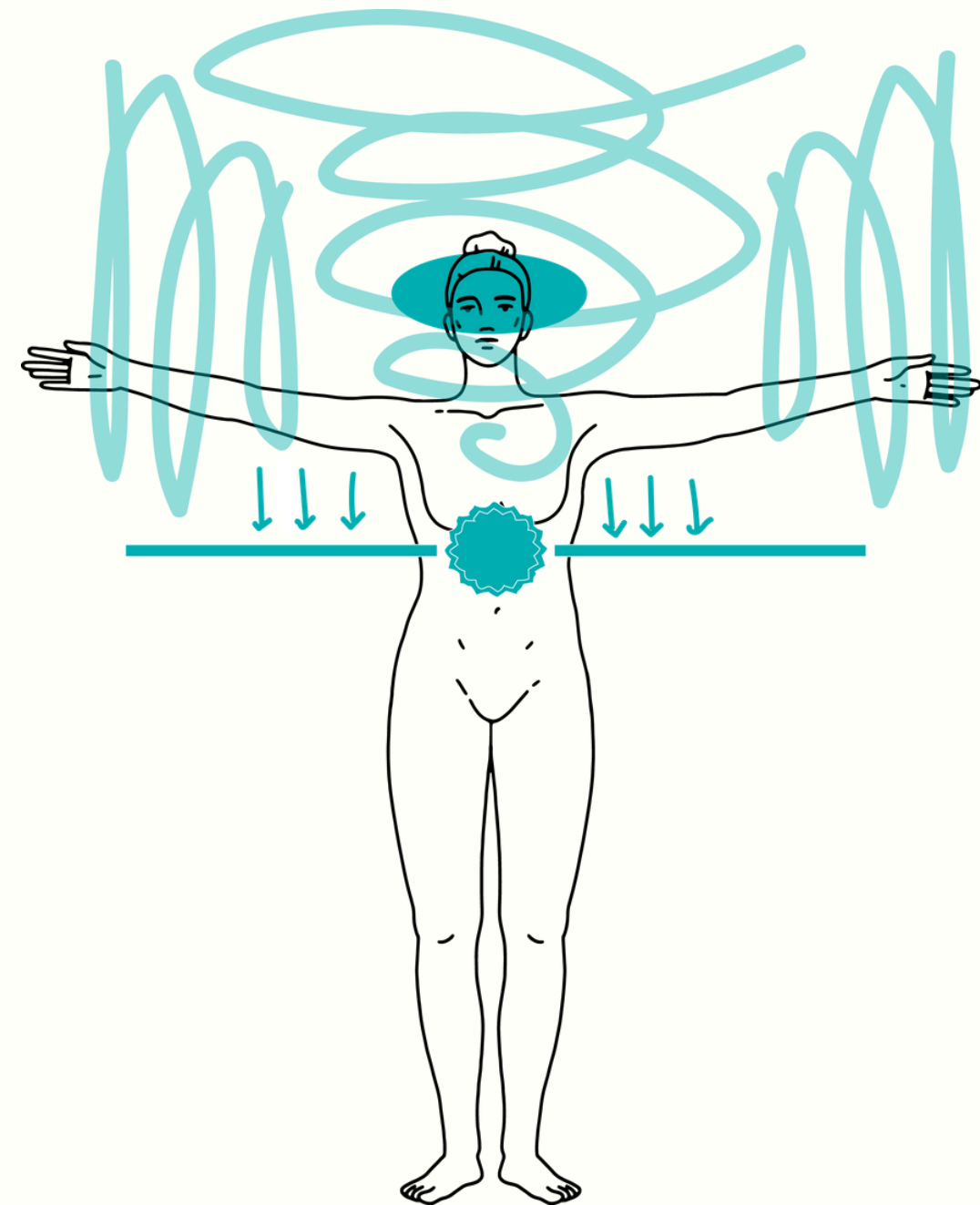
SOLAR PLEXUS EXAMPLE ENERGETIC PRESENTATION

Energetic Qualities:

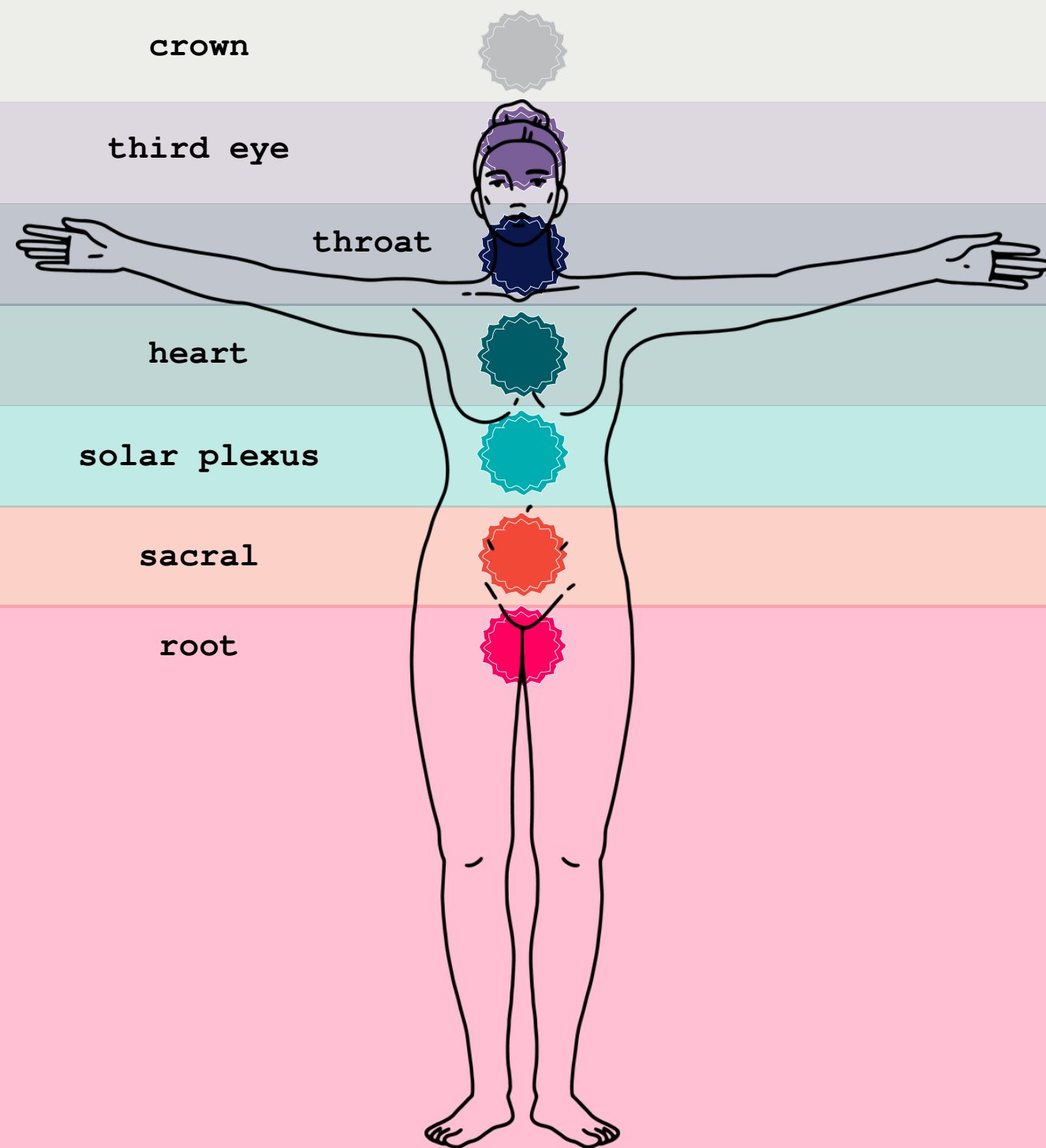
- Guarding of personal energy
- Tension and tightness at mid back
- Closed off to universal energy flow at back of solar plexus
- Attempt to manage energy by controlling personal energetic output but not allowing universal energy input equates to increased depletion

Nourishment Connection:

- Self sabotage through food
- Feel out of control at the gut level
- Ingesting sustenance feels risky and unpredictable
- Rebel against practices that require discipline and effort



THE HEART



Heart

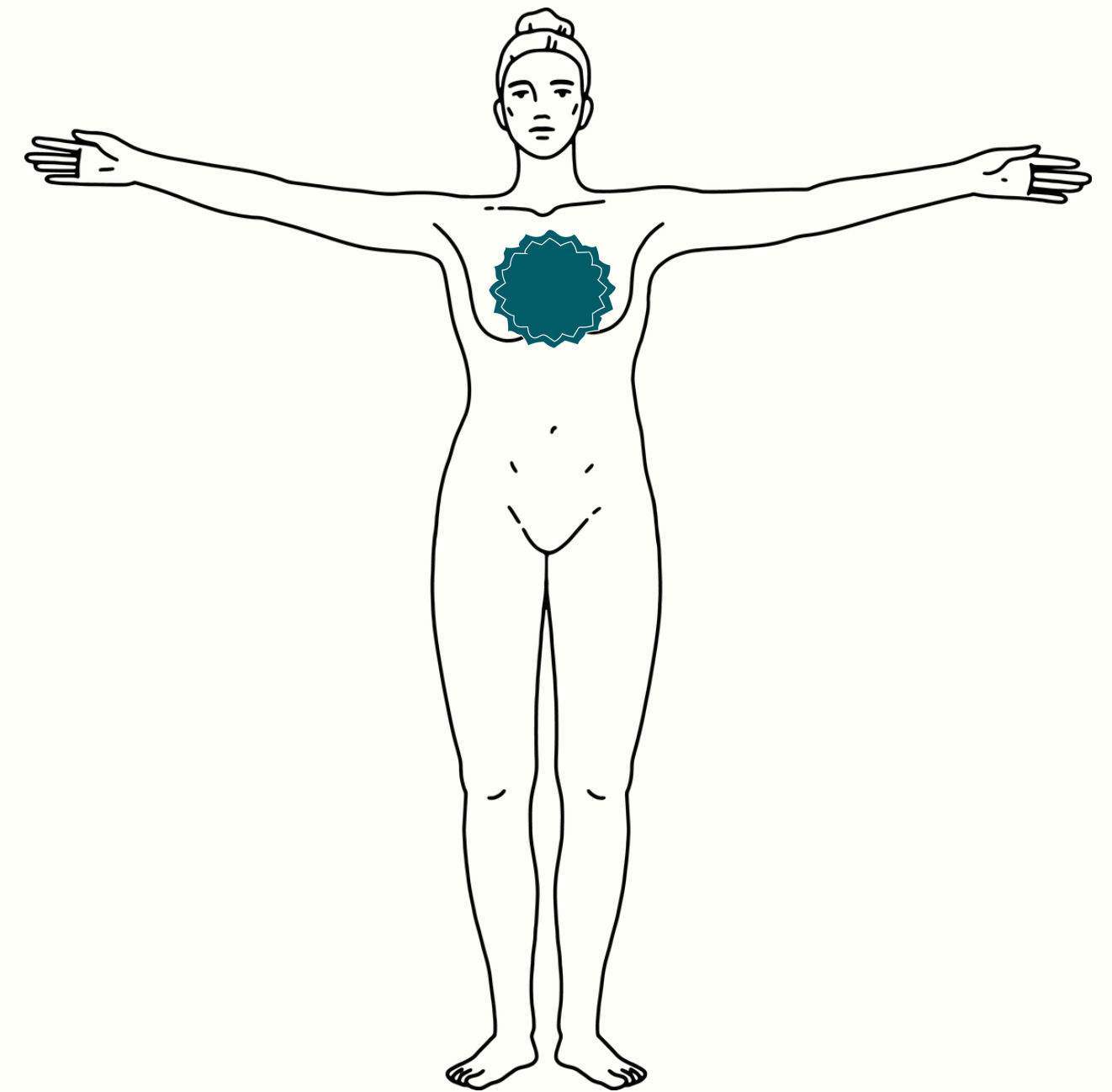
- Heart
- Love
- Compassion
- Center point of this chakra system
- Organ relationships:
Lungs, heart, thymus-
Point of union, feeling,
connection to others

HEART CHAKRA INTUITION

HEART CHAKRA DOMINANT

When you test as a heart chakra dominant, you lead with connection and seek the oneness between you and everything else. You deeply care about the feelings of others and easily give from your heart.

Your challenge is remain centered at the heart in compassion rather than nose dive into other people's energy as an empathetic reflex. When you respond with empathy over compassion from this center, it can be depleting. You will find any news of suffering too hard to manage. It will be easy to slip into depression because you can take on the weight of the world and the heaviness of collective consciousness so immediately. Learning to cultivate compassion is essential to your stability.

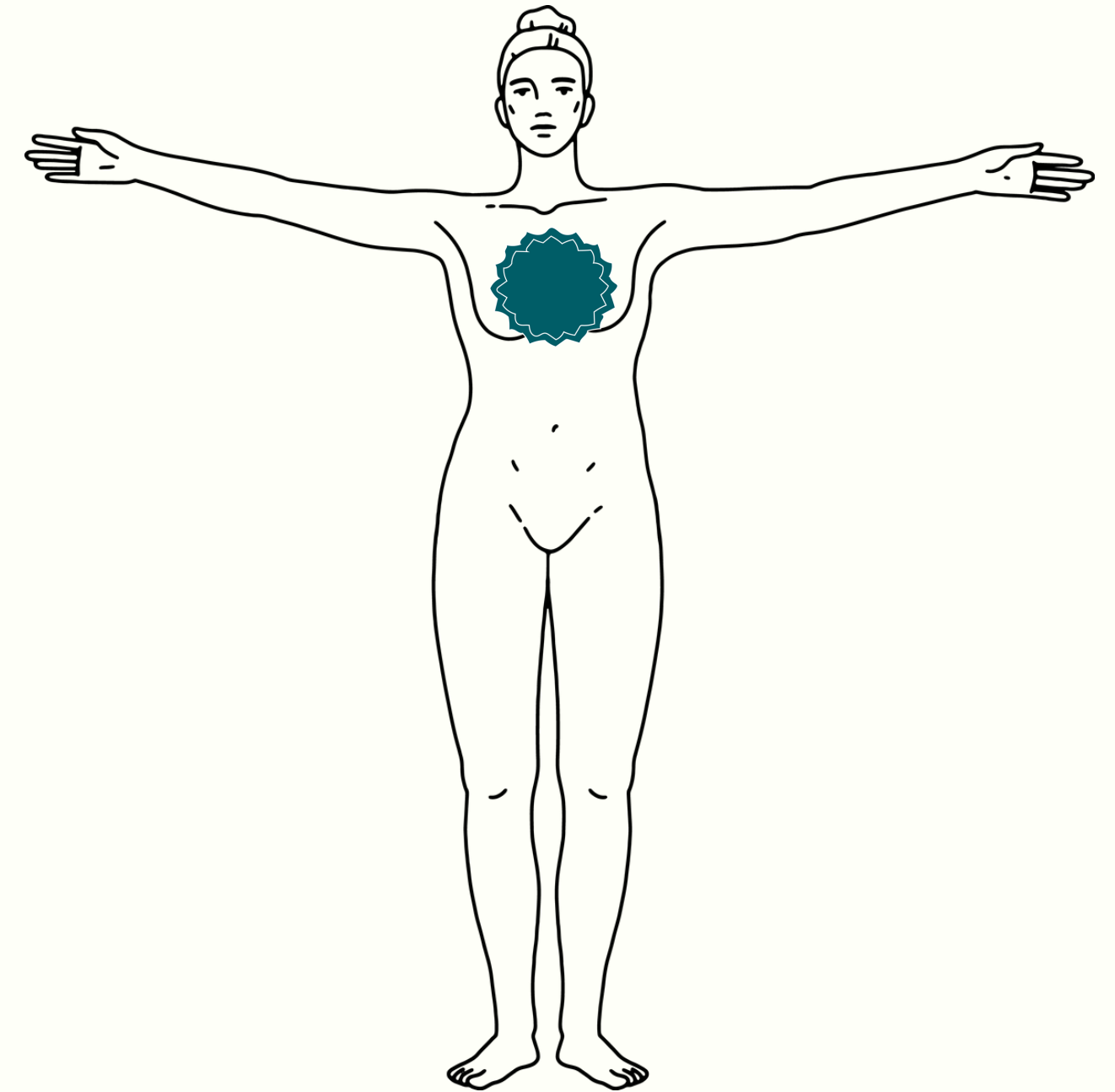


HEART CHAKRA SENSATIONS

- Heart Flutter
- Tightness at Chest
- Hooking into back of heart
- Give/receive does not happen at heart level

NUTRITIONAL ASSOCIATIONS

- Nurture
- Acceptance
- Release
- Kindness



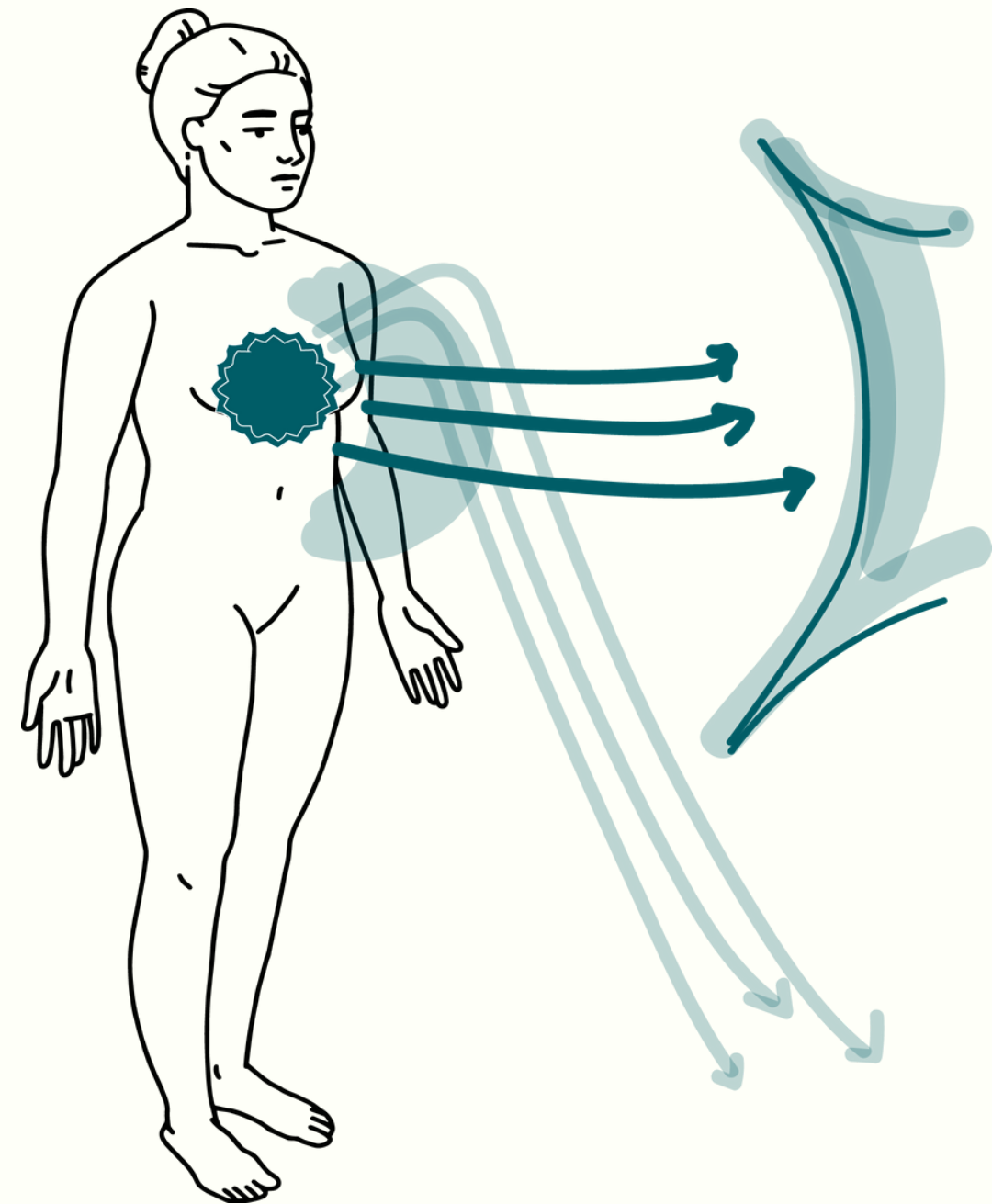
HEART EXAMPLE ENERGETIC PRESENTATION

Energetic Qualities:

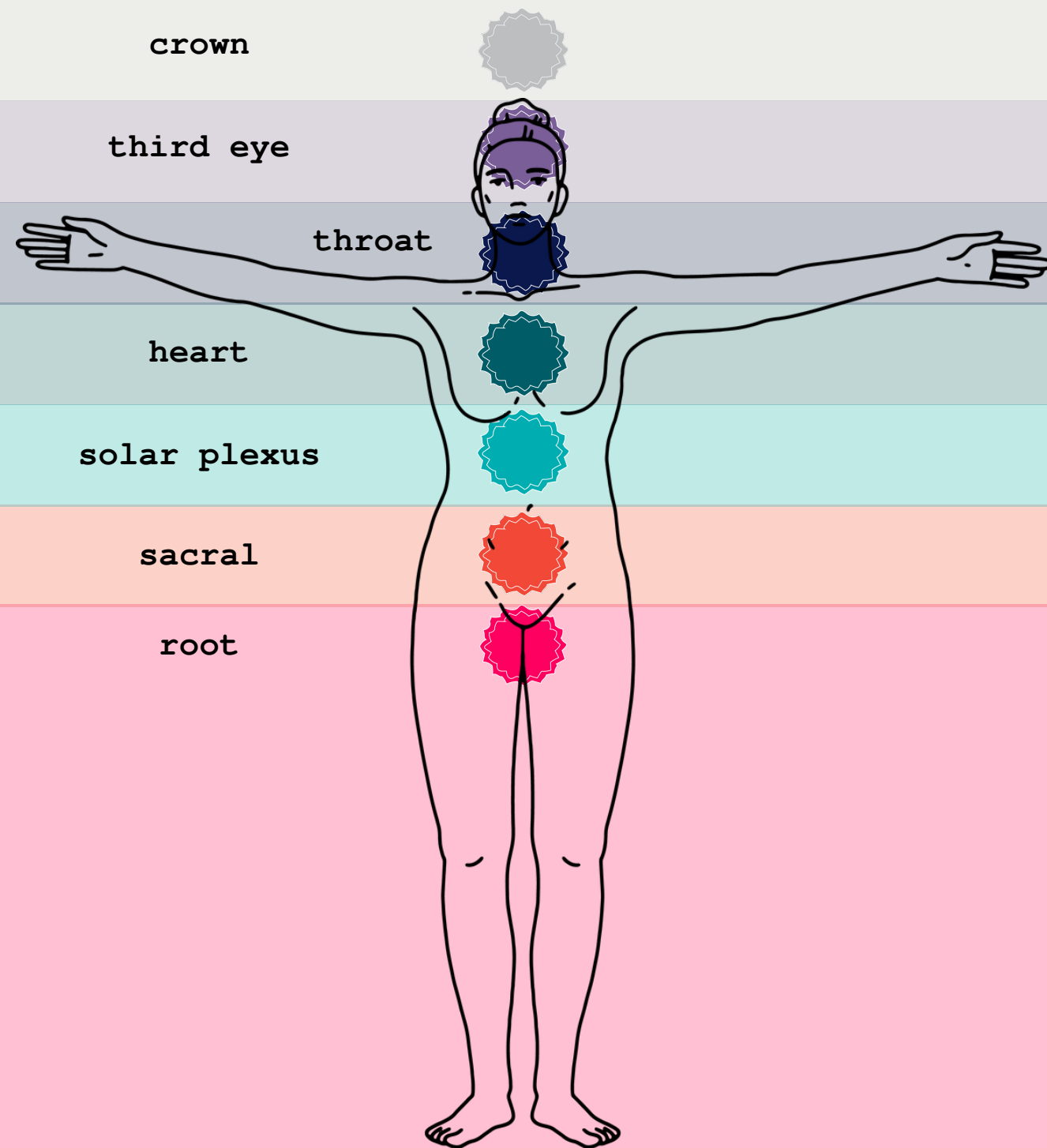
- Forward snapping at heart
- Tipped forward
- Pulled into other people's pain and struggle, vacuum like suction
- Nose dive down into lower vibrational energies
- Loss of control over empathetic response
- Challenging to come back to hear center
- Easily shift into empathetic overwhelm, depression and despair

Nourishment Connection:

- Over empathize with other people's food choices which interferes with your own
- Easily shift into depression about your physical body
- Spiral into despair after abrupt food based encounters with others
- Get easy sucked into other people's negative associations with food via empathetic response



THE THROAT



Throat

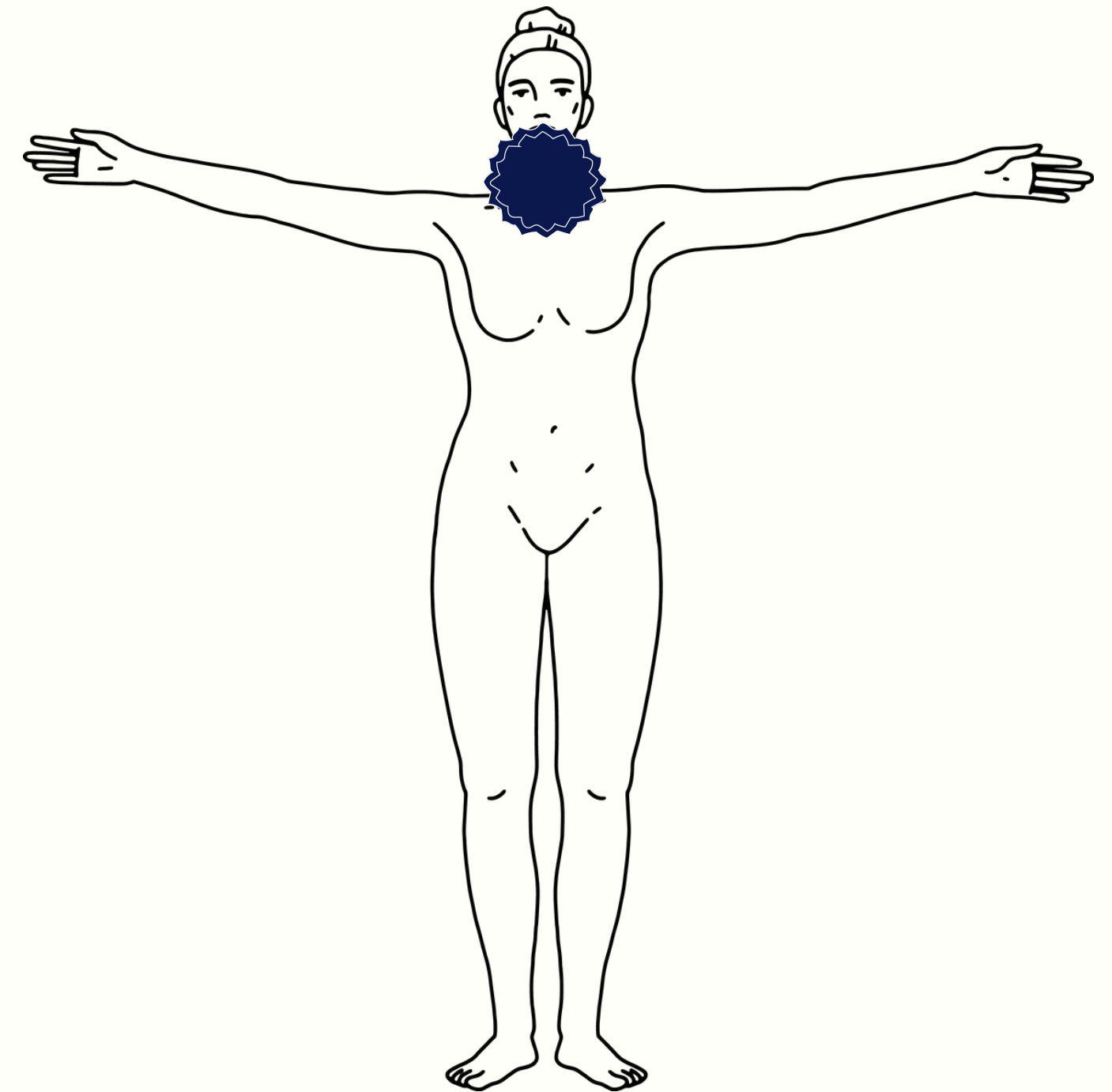
- Throat
- Communication
- Expression
- Voice (speaking AND listening)
- Organ relationships: Thyroid, tonsils
- Point of truth, language, portal, taking in life through breath

THROAT CHAKRA INTUITION

THROAT CHAKRA DOMINANT

This is a surprisingly intuitive and highly sensitive energy center. When you test as a throat chakra dominant, it is easy for others to see the truth in your response (which may be frustrating for you at times because you feel too transparent).

Your intuitive barometer may reveal itself in the form of voice fluctuations, censoring and shyness. If you begin to pay attention to your response to different people and environments, you will notice that the throat is speaking volumes about what you are really sensing all around.

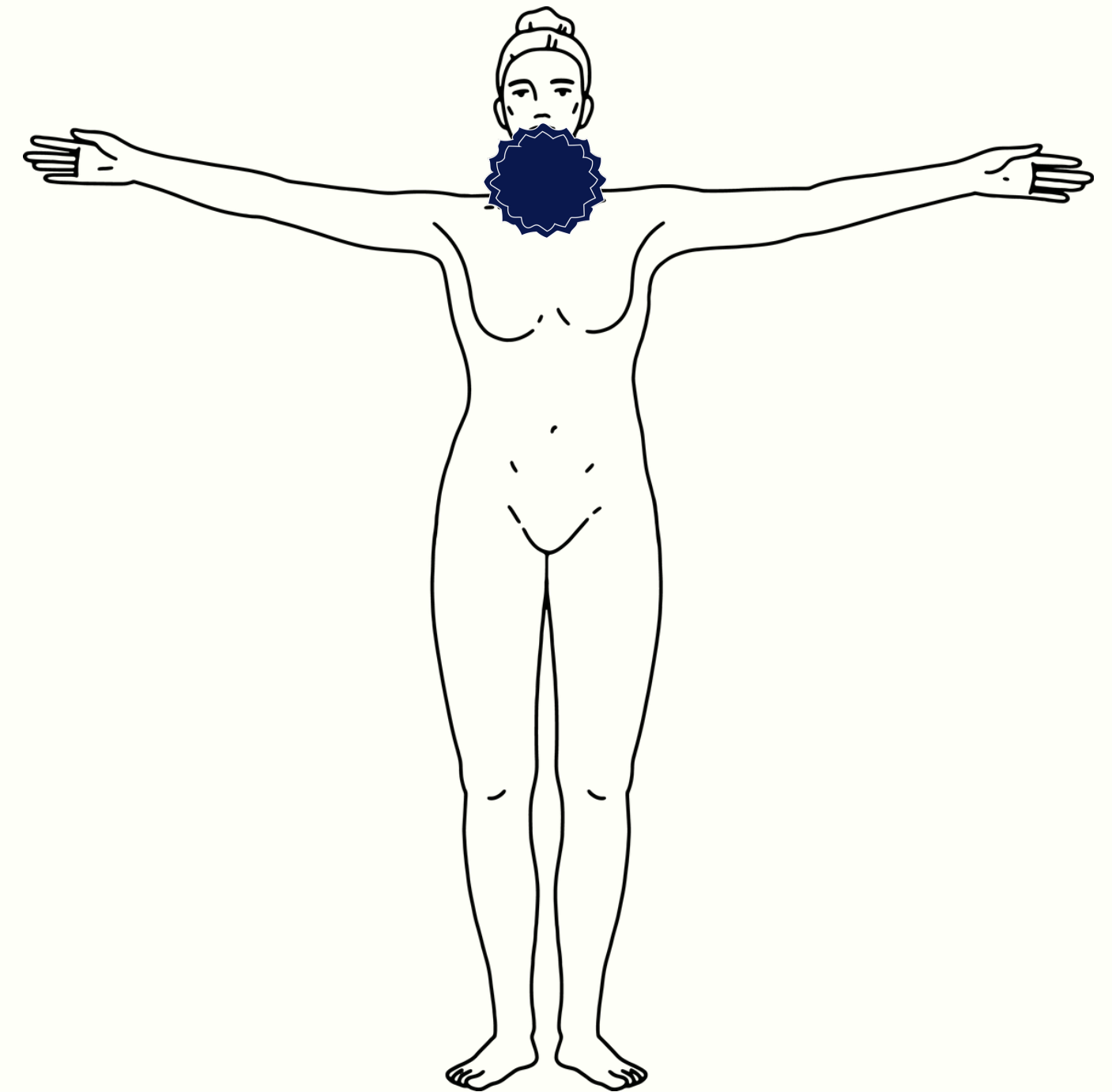


THROAT CHAKRA SENSATIONS

- Turning Red
- Lump, Stutter, Shyness
- Coughing
- Throat Flare/Swollen Throat

NUTRITIONAL ASSOCIATIONS

- Validation
- Expectations
- Choice
- Permission



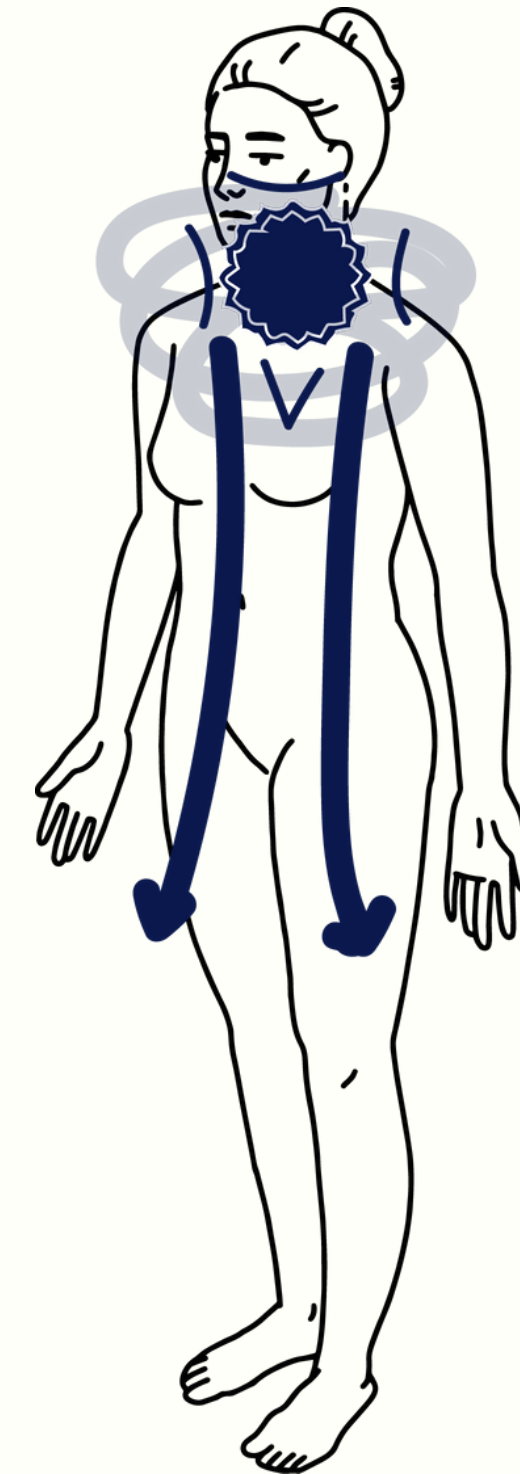
THROAT EXAMPLE ENERGETIC PRESENTATION

Energetic Qualities:

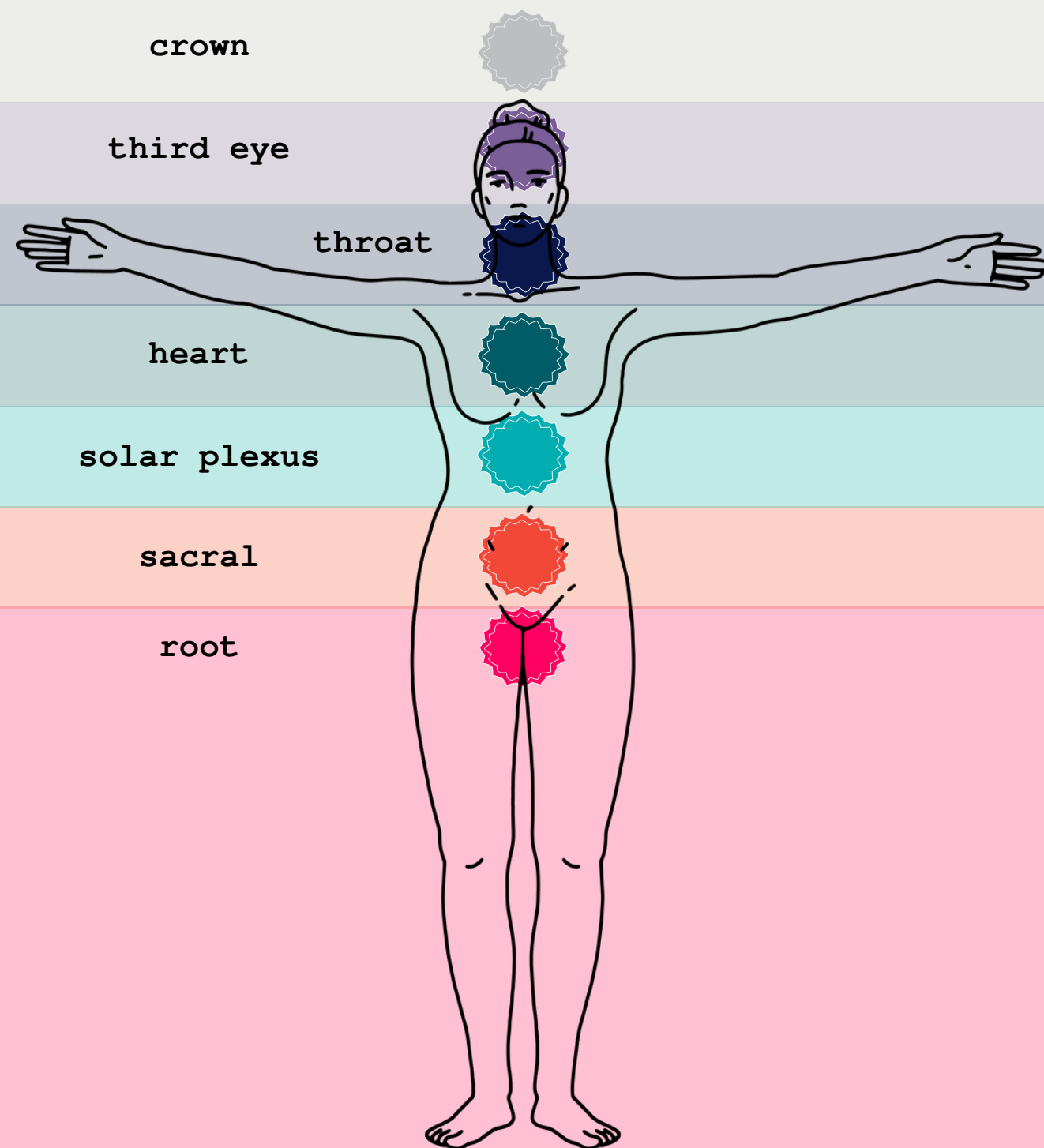
- Hard time speaking up, terrified of confrontation
- Fear of hurting people through what genuine expression and voice
- Feels like people can “see through” you
- Often feel like you don’t have something interesting to offer in conversation, come across as socially awkward
- Flowery language, long winded responses, difficulty getting to the point
- Seek validation from others

Nourishment Connection:

- Afraid to confront another person about their food judgements
- Seek validation about your physical body
- Crave validation for nutritional practices from others
- Struggle to speak up for yourself about the food practices most aligned for you
- Feel awkward in food focused social gatherings



THE THIRD EYE



Third Eye

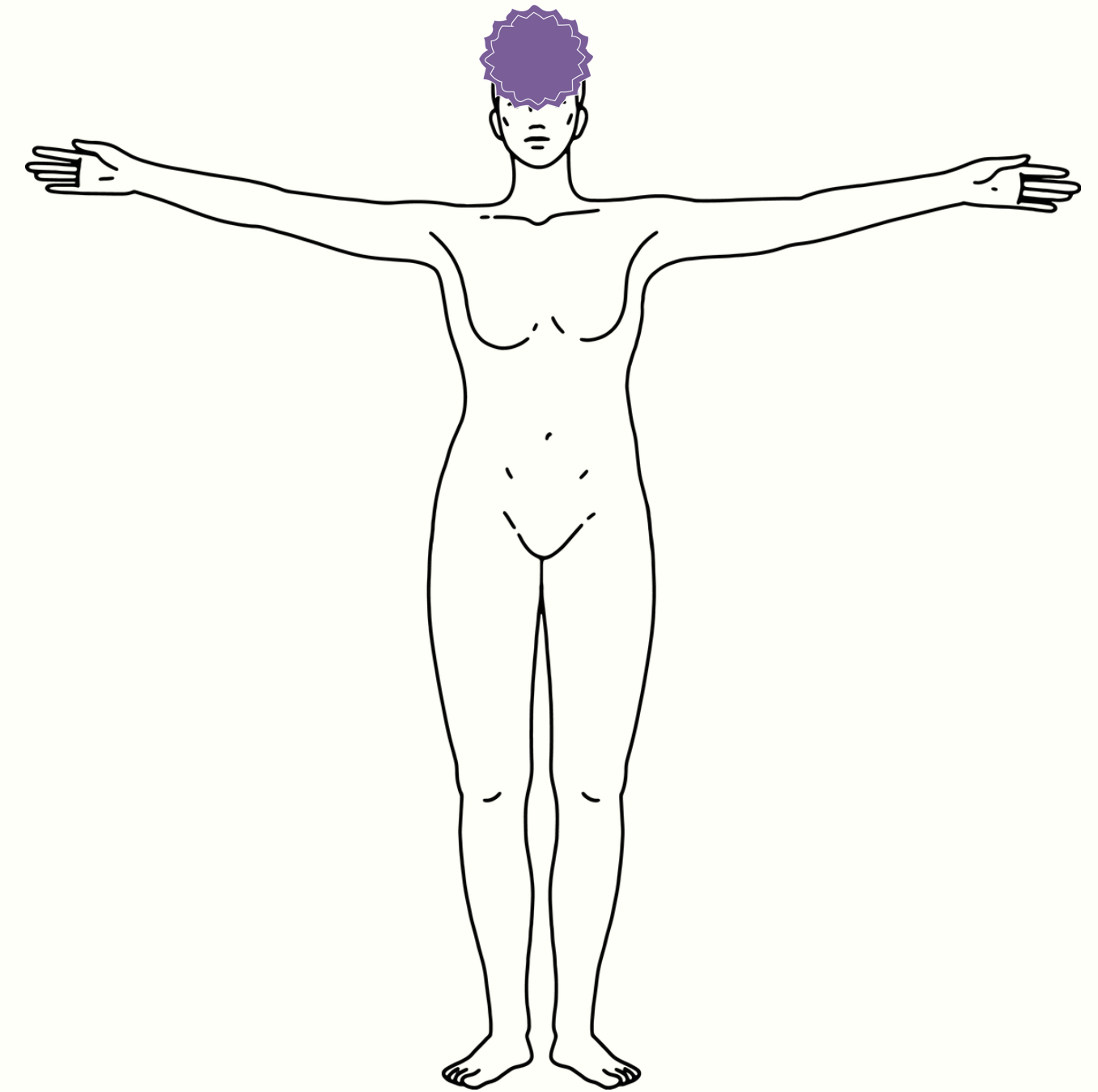
- Between the brows
- Intellect
- Intuition
- Dreams
- Discernment
- Organ relationships:
Pituitary, sinuses
- Point of sight (physical
and non physical/seen +
unseen) major area of
struggle

THIRD EYE CHAKRA INTUITION

THIRD EYE CHAKRA DOMINANT

Aka the psychic center. If you test as a third eye dominant then you likely receive intuitive information through the form of immediately knowing something to be true, seeing it visually in your mind's eye or getting auditory insight.

You may also be receiving tons of intuitive information through the dream world. It can be challenging to discern intuition from intellect when you ride heavily in both areas here. Learning to identify which one is speaking is key to your health and well being.

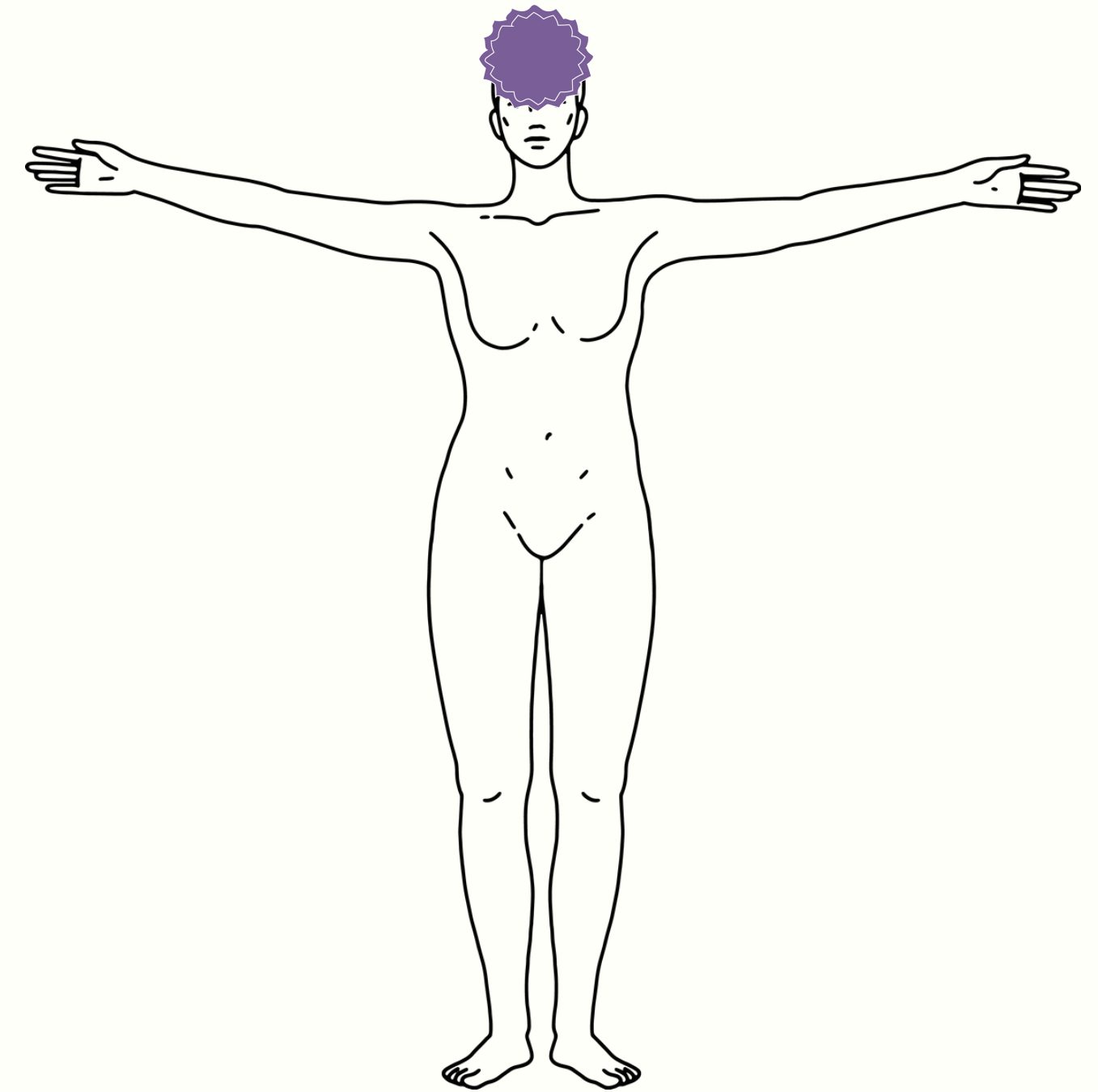


THIRD EYE CHAKRA SENSATIONS

- Tinnitus/Ear Ringing
- Headaches
- Mood Swings
- Dreams

NUTRITIONAL ASSOCIATIONS

- Belief
- Judgement
- Identification
- Self Talk



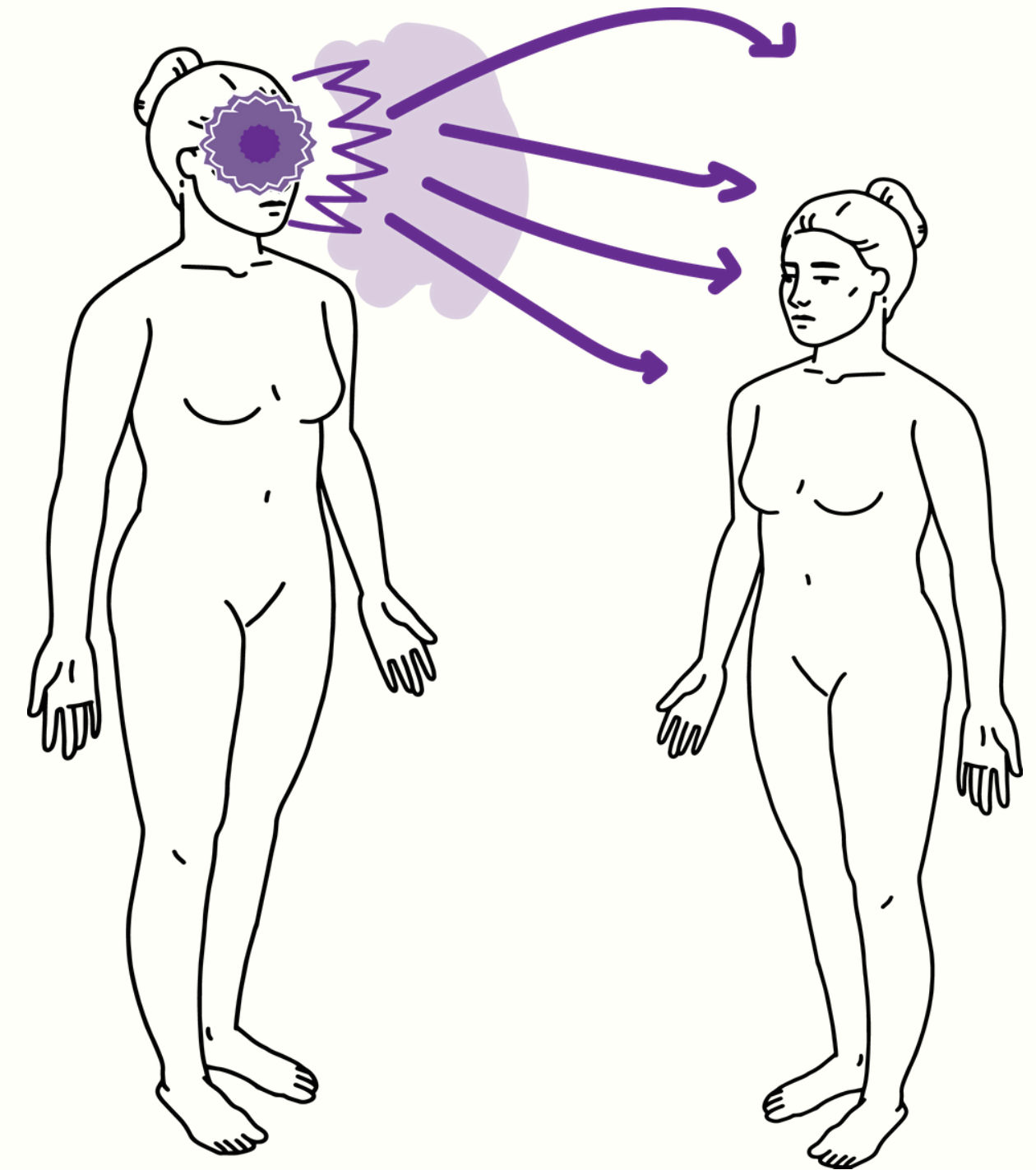
THIRD EYE EXAMPLE ENERGETIC PRESENTATION

Energetic Qualities:

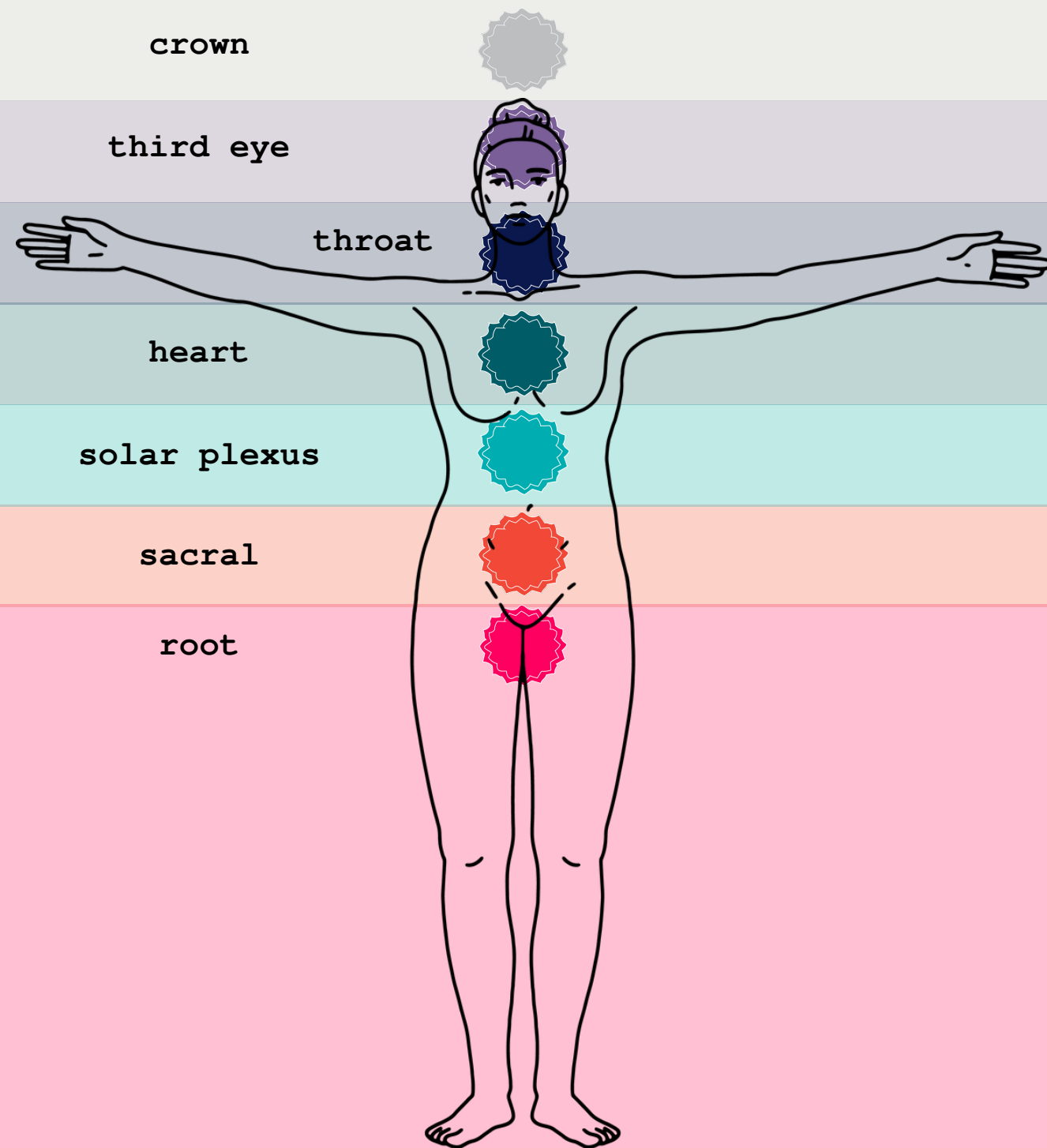
- Fixed energy between eyebrows
- Buzzing at third eye
- Forward projection from head, the “third eye pounce”
- Default into “reading” other people’s energy
- So heavily weighted forward, no space for intuition to come through
- Mind interjects and interferes immediately with intuitive impressions

Nourishment Connection:

- Obsessed about food choices
- Mentally project your food beliefs onto others
- Fixated on exercise, often the only thing that will get you out of your head



THE CROWN



Crown

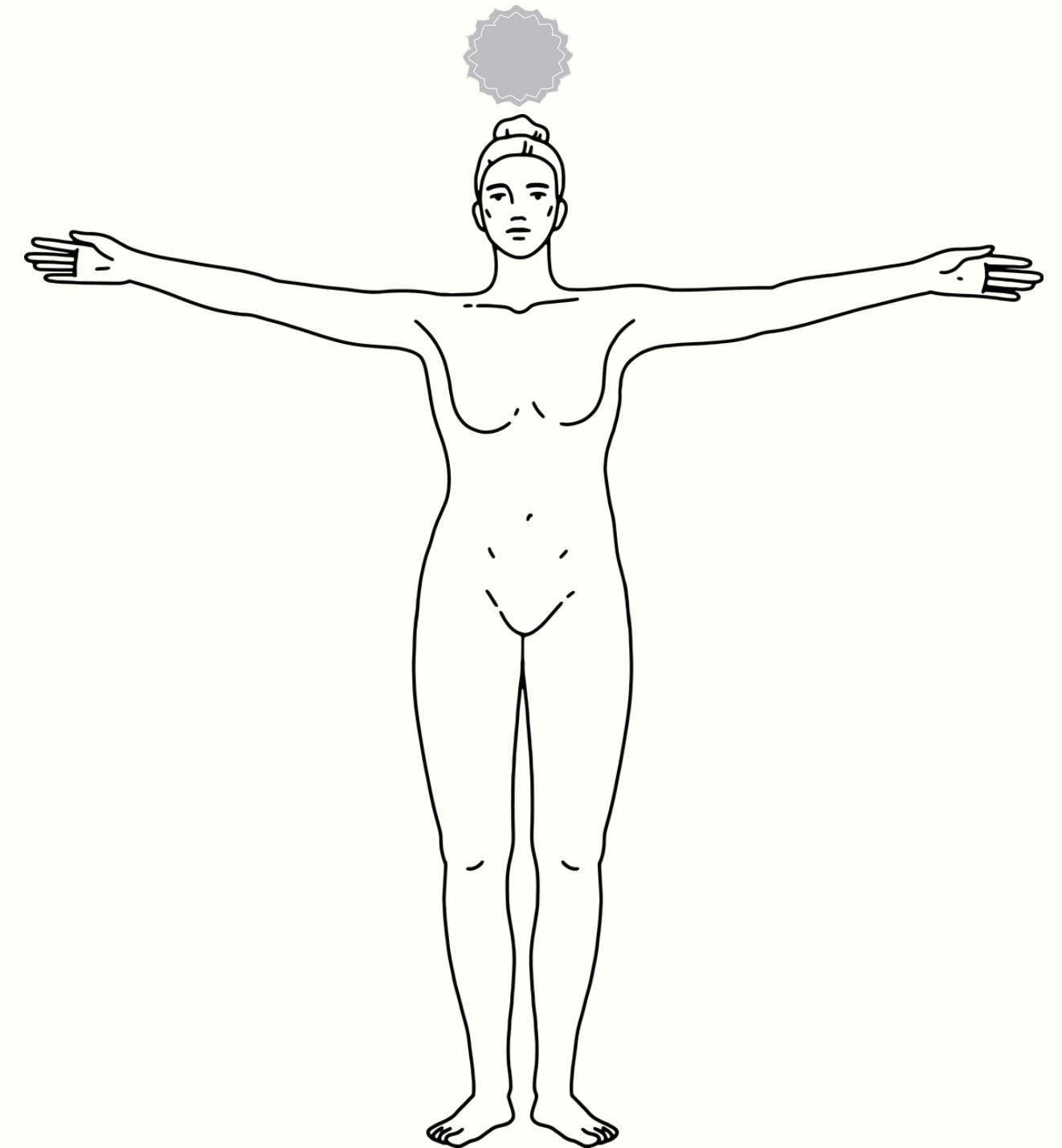
- Crown of head/above head
- Purpose
- Guidance
- Connection
- Faith
- Organ relationships:
Pineal, hypothalamus-
Point of direct
connection-source

CROWN CHAKRA INTUITION

CROWN CHAKRA DOMINANT

The language of signs and synchronicity may be a strong form in which your intuition speaks. One key indicator for crown chakra dominants is that they receive many intuitive confirmations through chills, surges at the crown and goosebumps.

A crown chakra dominant is able to see the light in everything and may have a hard time identifying or working with shadow energy. It is important to acknowledge the spectrum in order to support healthy discernment. This may be an area to intentionally explore and develop your intuitive muscle around.

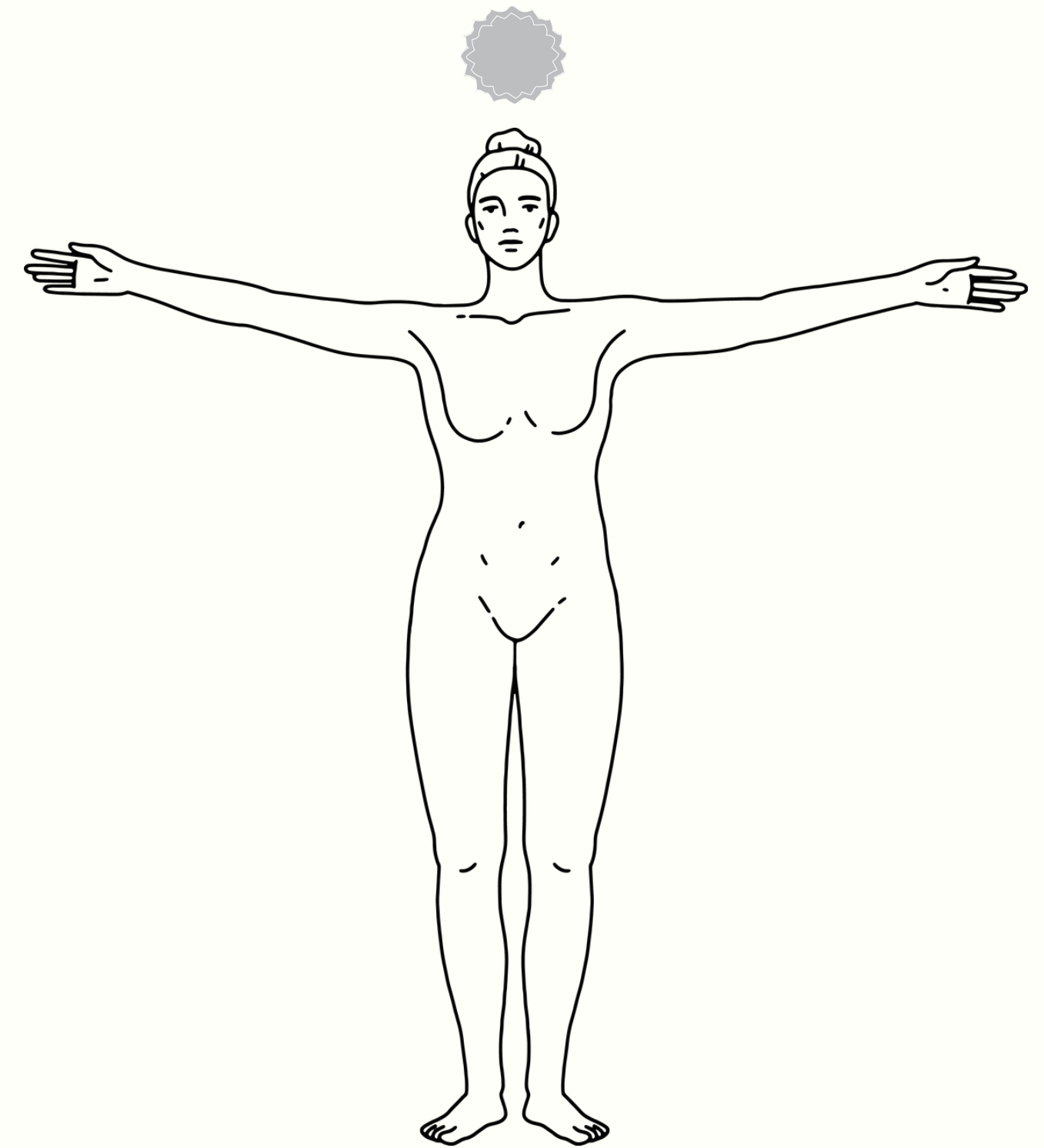


CROWN CHAKRA SENSATIONS

- Stillness
- Chills/Goosebumps
- Crown Surges
- Synchronicity

NUTRITIONAL ASSOCIATIONS

- Resistance
- Connection
- Habituation
- Ego Dominance



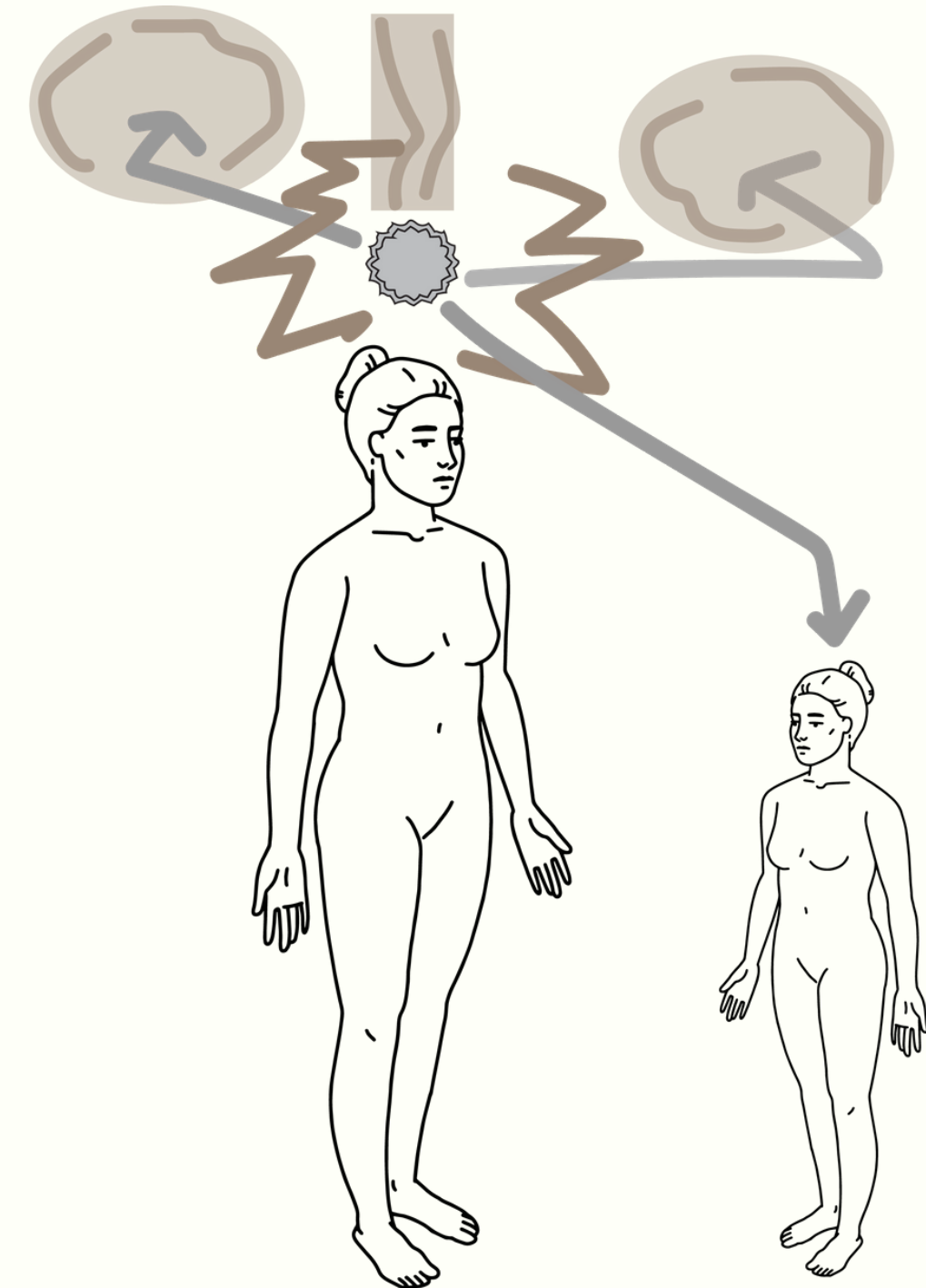
CROWN EXAMPLE ENERGETIC PRESENTATION

Energetic Qualities:

- Indirect communication, muddled crown chakra
- Feels in control of life experiences and outcomes
- Not getting your way = rage
- Blames the universe when expectations are not met
- Believes in own ability to “fix” people
- Has all the answers, IS the guru (extreme = playing God)
- Attacks other people’s clear channel to access information

Nourishment Connection:

- The food and body guru
- Believes in own ability to cure people of all their physical ailments through particular diet
- Major demonization of food
- Does not encourage self directed guidance
- Driven to convert others to your practices



ANATOMICAL PLANES

- 3 Planes: Frontal, Transverse, Sagittal
- Each plane communicates energetic relationships
- Directional aspects at each of the 7 centers
- Sensation + directional aspects
- Provides clear structure for intuitive development

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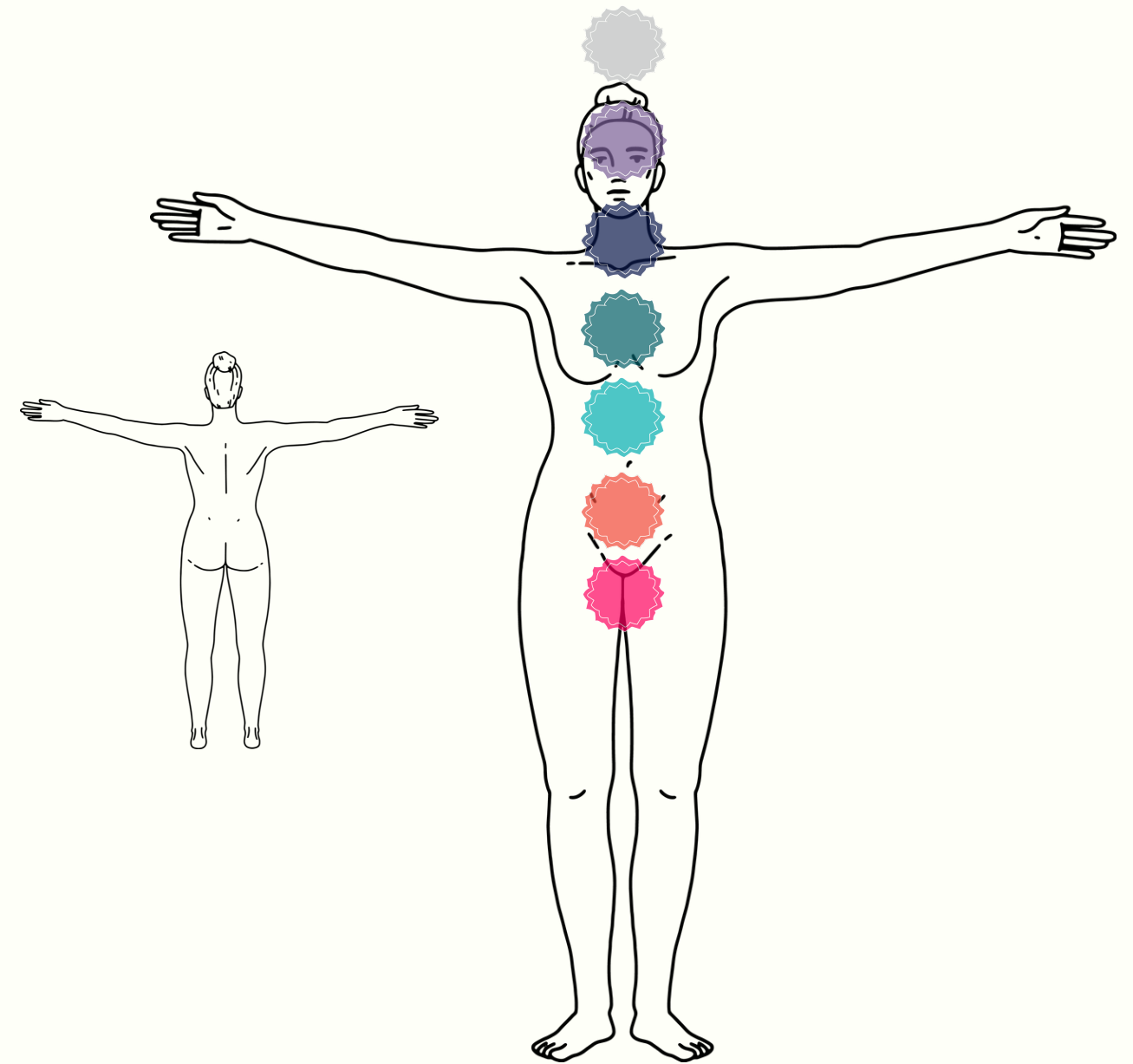


FRONTAL PLANE

Divides body into front/back

Front: Projection

Back: Retraction

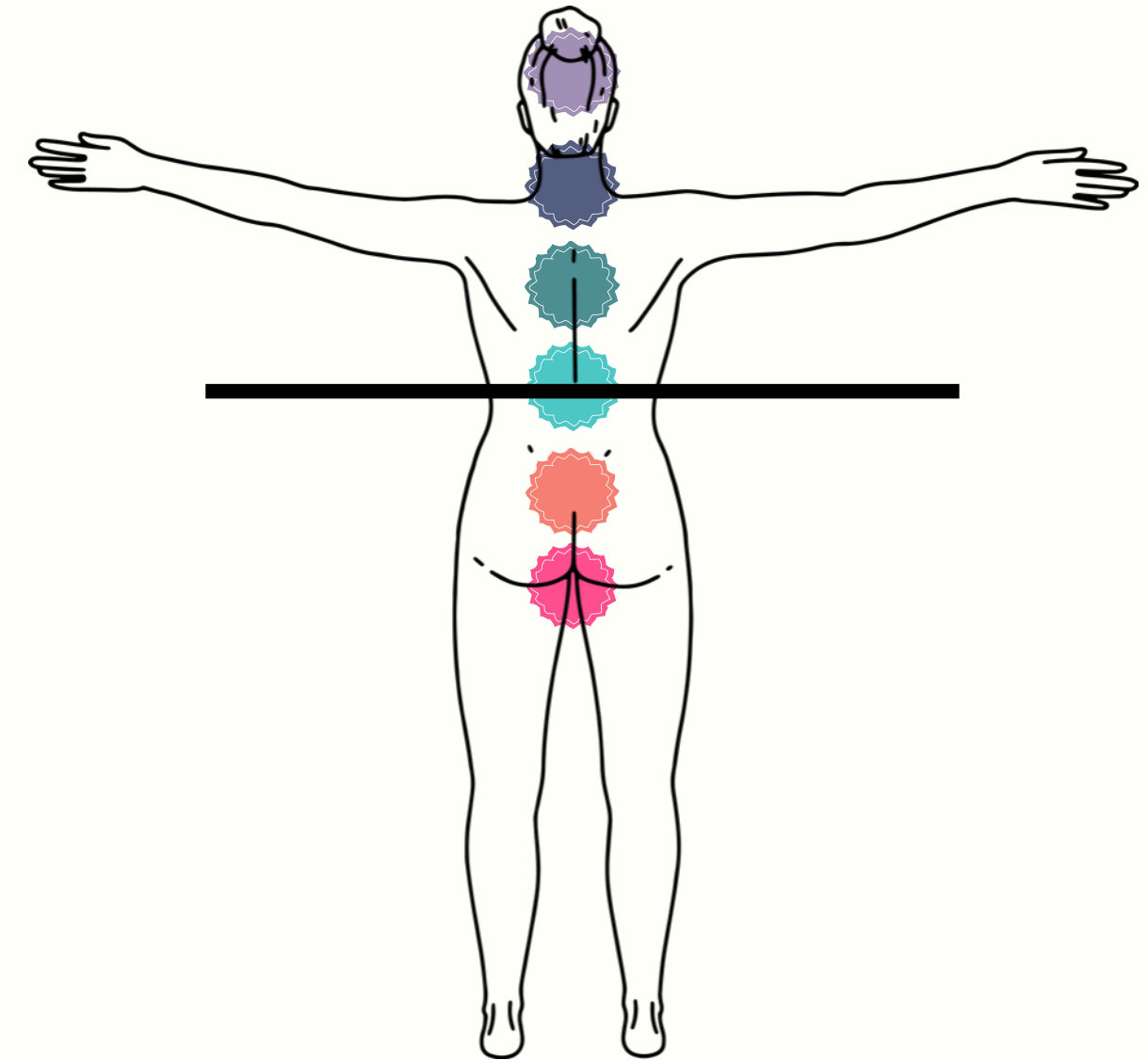


TRANSVERSE PLANE

Divides body into top/bottom

Top: Disconnected

Bottom: Suppression

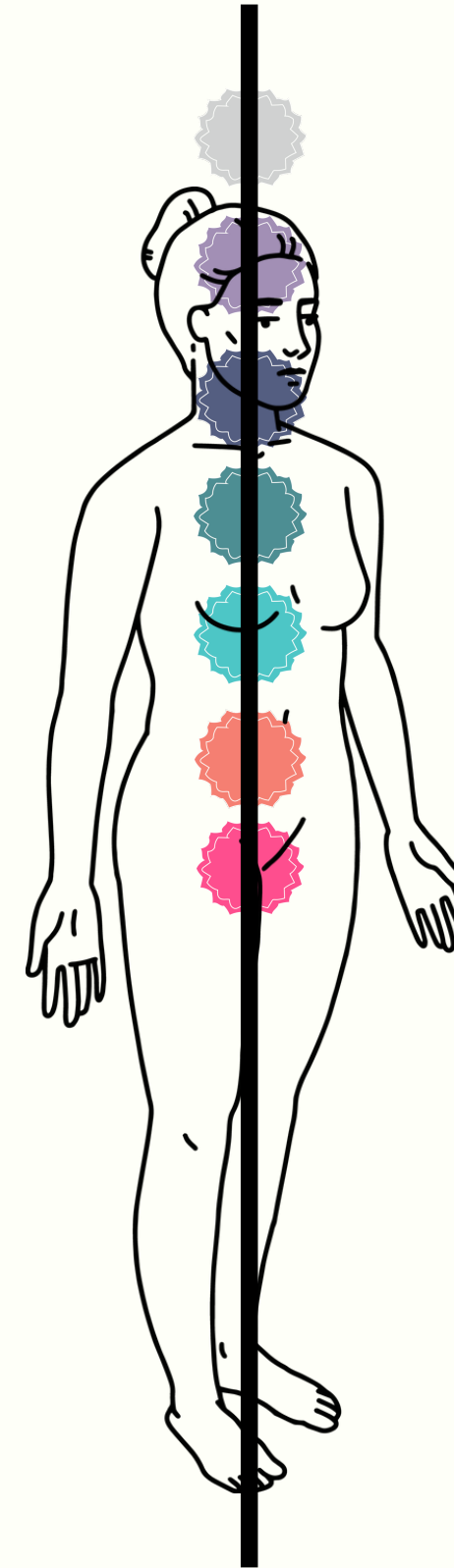


SAGITTAL PLANE

Divides body into left/right

Left: Weak

Right: Forced





WHY ARE THE CHAKRAS RELEVANT TO HEALING

AREAS OF CONGESTION IN THE PHYSICAL BODY

What are some physical issues or disease processes that you can associate with each center?



ENERGETIC SENSITIVITY + CHRONIC NUTRITIONAL ISSUES

Where is sensation?
What area of body is issue associated with?
Which chakra governs this area?
Energetic impressions at this chakra level
provide access point for healing



INDIVIDUALIZED, BODY GUIDED INTUITIVE EATING

How do you support intuitive eating
practice based on the individual?
Think primary intuitive chakra
Dominant center is often area of struggle
Lead with dominant center
Help others connect in with sensation here

WHAT IS YOUR PRIMARY INTUITIVE CHAKRA?

First, what do you sense?

Take the Intuitive Type Quiz for fun:
chakredy.com



THANK
YOU!!!

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QUIZ

Questions 1-4



WHICH CHAKRA IS GUT
SENSITIVITY
ASSOCIATED WITH?

- a. Root**
- b. Crown**
- c. Solar Plexus**
- d. Third Eye**



WHICH ANATOMICAL
PLANE DIVIDES THE
BODY INTO LEFT AND
RIGHT?

- a. Frontal**
- b. Transverse**
- c. Sagittal**



WHICH PRESENTATION
IS CONNECTED WITH
THE ROOT CHAKRA?

- a. Survival Mode**
- b. Spiritual Bypassing**
- c. Mental Fixation**
- d. Internalizing**



WHICH INTUITIVE
INDICATOR IS
ASSOCIATED WITH THE
SACRAL?

- a. Boundaries**
- b. Sore throat**
- c. Chills**
- d. Stomach flip**

QUIZ

Questions 5-7



WHAT IS THE MOST
TANGIBLE WAY TO
CONNECT WITH YOUR
INTUITION

- a. Body based
sensation**
- b. Thoughts**
- c. Professional
guidance**



EVERY CHAKRA IS
INTUITIVE

- a. True**
- b. False**



THE FOOD + BODY
GURU IS CONNECTED
WITH WHICH CHAKRA
ACCORDING TO THIS
FRAMEWORK?

- a. Sacral**
- b. Crown**
- c. Root**
- d. Heart**