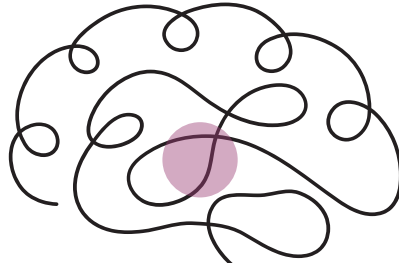


# Survival to Empowered Presence

## Energetic Anchor Points

Breath awareness into these centers and send  
the energy up and down this central channel

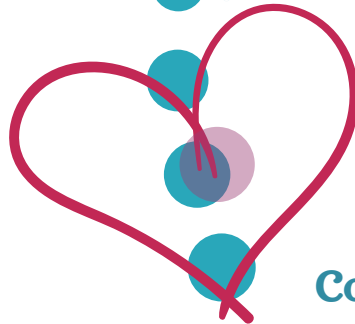
**Intuitive vision:**  
**Clarity**  
**Curiosity**



**Communication  
Center**  
**Connection**  
**Expression**



**Heart Center:**  
**Compassion; Abundance;**  
**Unconditional Love**



**The Root Center;**  
**Grounded, Calm.**  
**Confidence**

