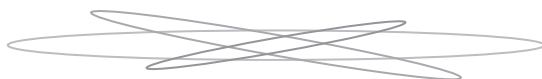


THE ENERGY CODES



The 7-Step System to Awaken Your Spirit,
Heal Your Body, and Live Your Best Life

DR. SUE MORTER

Foreword by Jill Bolte Taylor, PhD



TAILS

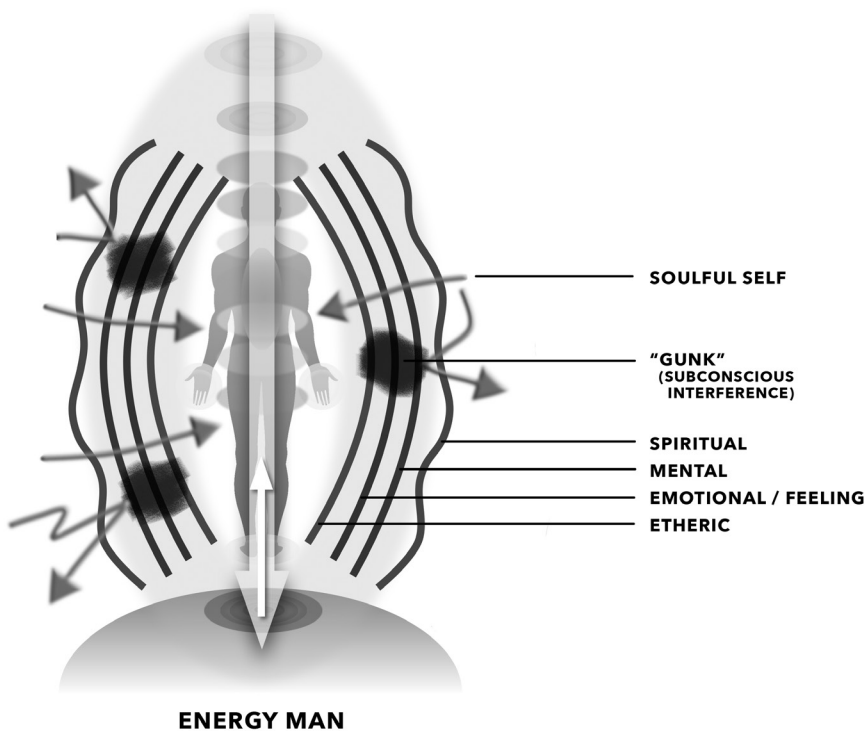
HEADS

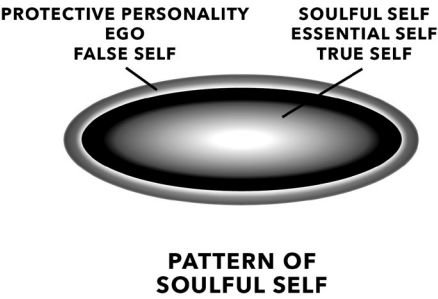
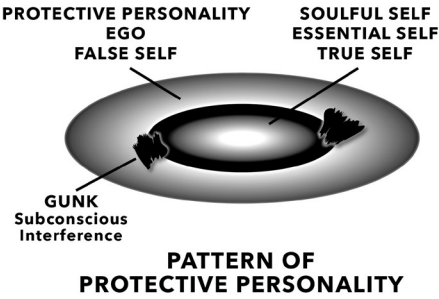
FRONT SIDE

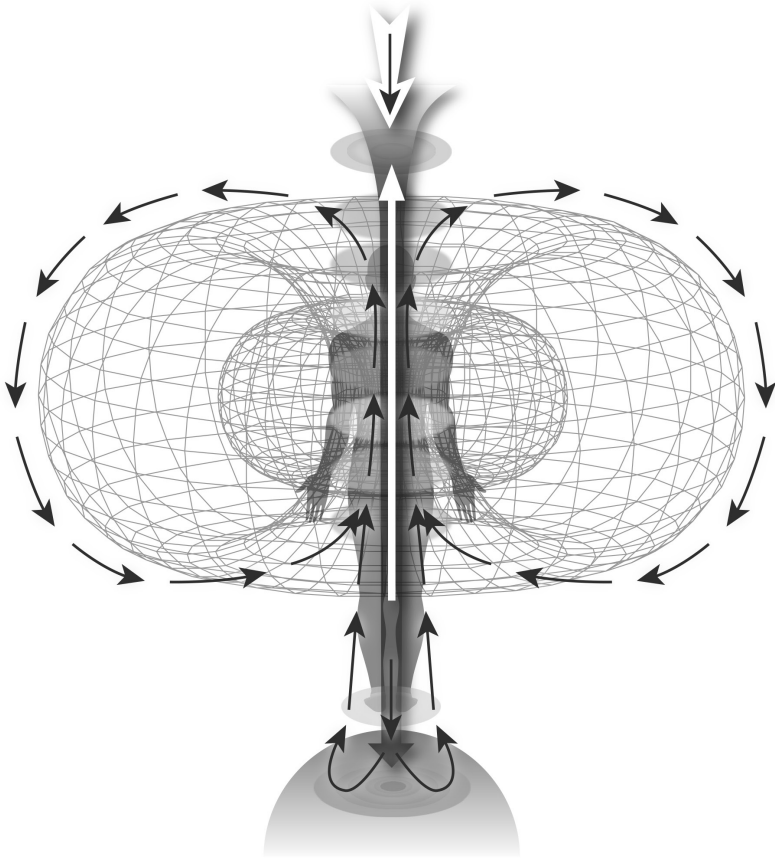
BACK SIDE

Creative Genius / Creatorship

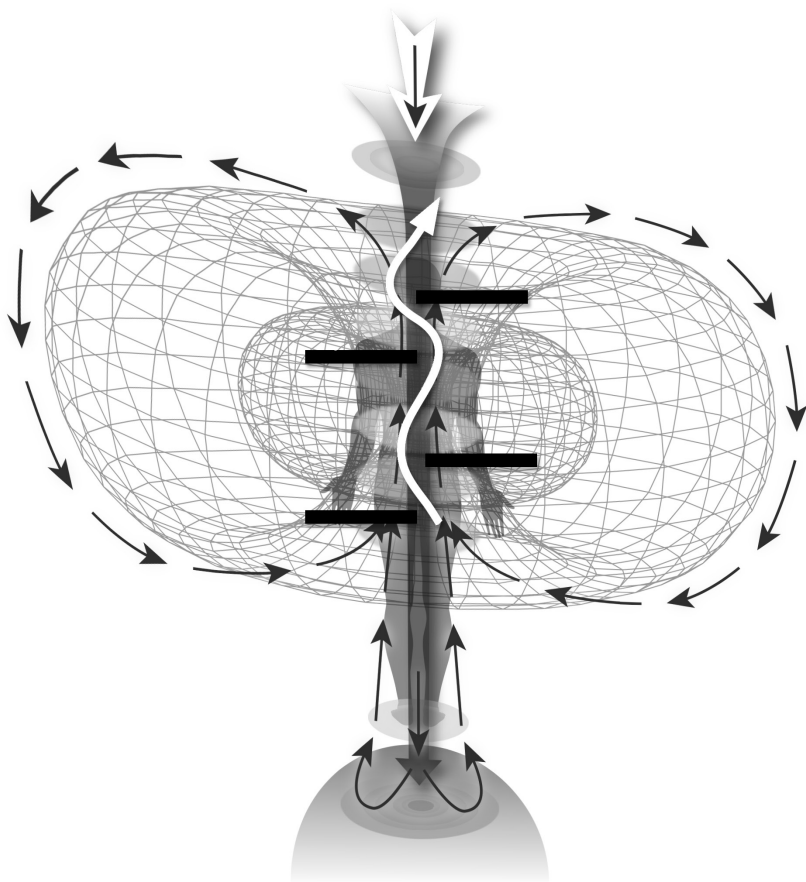
Survival / Victimhood → Survival / Self-Help



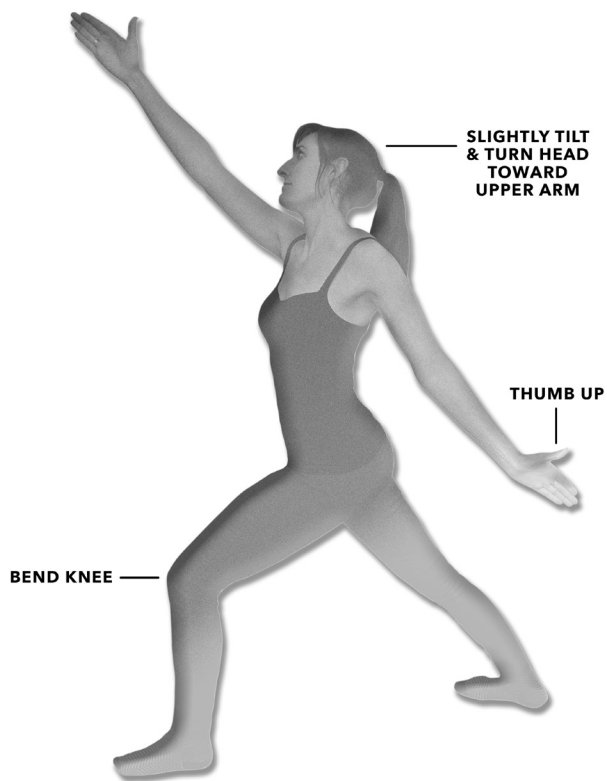




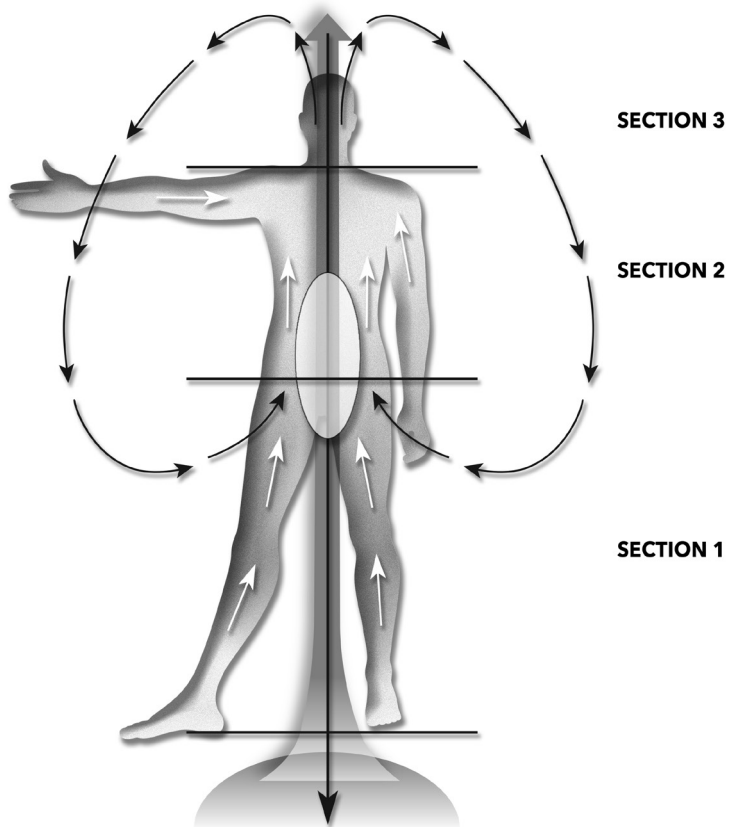
TORUS MAN



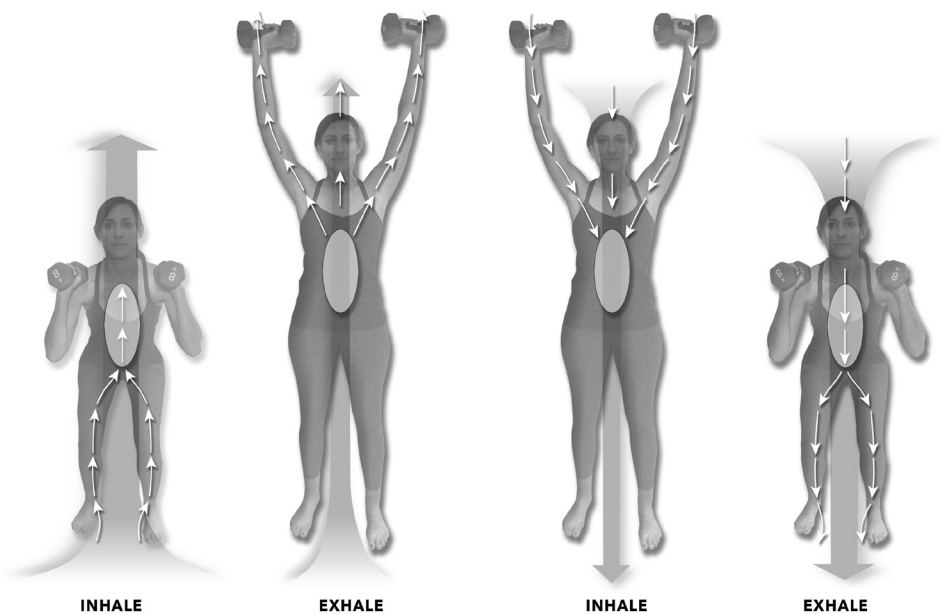
DISTORTED / WOBBLE TORUS MAN



mPOWER STEP



A THOUSAND TINY STRAWS BREATH



CONSCIOUS EXERCISE

	BODY AREAS AFFECTED	"BACK SIDE" SYMPTOMS	"FRONT SIDE" CHARACTERISTICS	PRACTICES	BREATHWORK	YOGA POSES FOR GREATER INTEGRATION
7 - CROWN <i>Musical Note: B</i> Light / Violet, White Top of the head	Upper skull, skin, cerebral cortex, right eye, right brain, central nervous system, pineal gland	Depression, obsessive thinking, confusion, sensitivity to pollutants, chronic exhaustion, epilepsy, Alzheimer's	Divine personality, magnificence, miraculous achievement, transcendence, peace with self, collaboration with higher purpose, inner vision. "I am a divine being." "I am that." "Life is a reflection of all that I am."	<ul style="list-style-type: none"> Discovering Your Meditation Style Walking in Nature Using Central Channel Breath Mindful and Thinkless Presence Blending Patterns to Engage the Soulful Self 	Central Channel Breath	<ul style="list-style-type: none"> Corpse Pose (<i>śavāsana</i>) Headstand (<i>śīrṣāsana</i>) Rabbit Pose (<i>śaṅgāṣana</i>) Wide Angle Forward Fold (<i>prasarita pādaottāṣana</i>)
6 - THIRD EYE <i>Musical Note: A</i> Consciousness / Indigo Inward from the center of forehead toward the middle of the brain, above and between the eyebrows	Eyes, base of skull, ears, nose, left eye, left brain, sinuses, pituitary gland , and pineal gland	Nightmares, hallucinations, headaches, learning difficulties, poor vision, neurological issues, glaucoma	Christma, high intuition, healthy, high creative freedom from attachment, generating insightful creations, perceiving beyond the five senses, seeing the meaning "behind the scenes." "I am the one behind the eyes."	<ul style="list-style-type: none"> Alkaline Ash Nutrition Program Conscious Exercise Chemistry Through Thought Energy Codes Brain Yoga 	Visionary Breath	<ul style="list-style-type: none"> Downward Dog (<i>adho mukha śvāṣana</i>) Shoulderstand Salamba Sarvangāsana Child's Pose (<i>bālāsana</i>) Exalted Warrior (<i>vīpārīta vrābhāṣana</i>), also called Warrior 4 Balancing Poses
5 - THROAT <i>Musical Note: G</i> Sound / Blue Halfway between the heart and the throat, centrally at the base of the neck	Mouth, throat, ears, neck, voice, lungs, chest, jaw, sinuses, thyroid and parathyroid glands	Perfectionism, inability to express emotions, blocked creativity, sore throat, thyroid issues, neck ache, linitus, asthma	Good communicator, ease with meditation, artistic inspiration, can listen. "I hear and speak the truth with love and compassion." "I manifest myself here fully." "My life is a reflection of my inner world."	<ul style="list-style-type: none"> Breaths for Chakras 1-7 Thousand Tiny Straws Breath Fem Frond Breath Breath Patterns for Healing 	Manifesting Breath	<ul style="list-style-type: none"> Cobra Pose (<i>bhujangāsana</i>) Plow Pose (<i>halāsana</i>) Bridge Pose (<i>setu bandhāsana</i>) Toning with Sound (<i>Om, Ma, Ha</i>)
4 - HEART <i>Musical Note: F</i> Air / Green, Pink In the center of the chest, beneath the breastbone	Heart, chest, circulation, arms, hands, lower lungs, rib cage, skin, upper back, thymus gland	Fear of betrayal, codependency, melancholy, shallow breathing, high blood pressure, heart disease, cancer, inability to perceive or receive love	Compassion, unconditional love, conscious lovemaking. "There is more than enough for all." "There is only one of us here—we are one." "Everything is a reflection of the Divine, and is in my favor."	<ul style="list-style-type: none"> Generating Loving Presence: Choosing to Be Loved Loving Trudge Seeing Everything as Love (aka "It's All in My Favor") 	Heart Coherence Breath	<ul style="list-style-type: none"> Triangle Pose (<i>trikonāsana</i>) Thread the Needle (<i>śucrandhāṣana</i>) Fish Pose (<i>matsyāsana</i>) Reclined Spinal Twist (<i>śūpta matsyendāsana</i>)
3 - SOLAR PLEXUS <i>Musical Note: E</i> Fire / Yellow About three inches above the navel, at the base of the sternum	Digestive system, muscles, stomach, liver, diaphragm, gall bladder, lower back, pancreas of the autonomic nervous system, spleen, pancreas	Oversensitivity to criticism, need to control, low self-esteem, chronic stress, digestive issues, chronic fatigue, allergies, diabetes	Respect for self and others, personal power, flexibility, high self-esteem, spontaneity, uninhibited. "I allow my own way, and allow you yours." "I open my mind to possibility."	<ul style="list-style-type: none"> Mortar March Upper Step B.E.S.T. Release 	Solar Plexus Breath	<ul style="list-style-type: none"> Camel Pose (<i>usthāsana</i>) Row Pose (<i>dhanurāsana</i>) Reverse Table Top (<i>purvottāṣana</i>) Crescent Warrior (<i>arjanayāsana</i>) Breath of Fire (<i>kapalabhati prāṇāyāma</i>)
2 - SACRAL <i>Musical Note: D</i> Water / Orange Just below the navel	Bladder, prostate, womb, pelvis, nervous system, lower back, fluid function, adrenal glands, sex organs	Unbalanced sex drive, emotional instability, feelings of isolation, impotence, frigidity, bladder and prostate issues, low back pain	Inner knowing, trust, expression, attuned to feelings, creativity. "I sense and feel my way through life." "I need nothing from you, and I am simply here to share." "I follow my gut."	<ul style="list-style-type: none"> Take It to the Body Don't Name It – FEEL It One Eye on the Inside Don't Want It, Have It 	Vessel Breath (Buddha Belly Breath)	<ul style="list-style-type: none"> Boat Pose (<i>navāsana</i>) Pigeon Pose (<i>eka pada rājapāṣana</i>) Yogic bicycle (<i>dhīrākṛāṣana</i>) Seated Spinal Twist (<i>ardha matsyendāsana</i>) Breath of Fire (<i>kapalabhati prāṇāyāma</i>)
1 - ROOT <i>Musical Note: C</i> Earth / Red Base of the spine	Bone, skeletal structure, hips, legs, feet, genitals, base of spine, kidneys, body's life force, teeth, nails, blood, building of cells, adrenal glands	Mental lethargy and spaciness, incapacity for inner stillness, osteoarthritis, poor general health, aching vital energy	Self-mastery, high physical energy, groundedness, vibrant health. A recognition that "I am here as Source." "This is my ego talking." "I bring what I choose to experience."	<ul style="list-style-type: none"> Subject – Object – Subject Central Channel Anchor Points Central Channel Breathing Drop In, Drop Through 	Central Channel Breath	<ul style="list-style-type: none"> Chair Pose (<i>utkāṣana</i>) Warrior 1 (<i>vīrabhāṣana I</i>) Pyramid Pose (<i>pāśvottāṣana</i>) Tree Pose (<i>vṛkṣāsana</i>) Standing Forward Fold (<i>uttarāsana</i>)

The Anchoring Code Chakra Correlation: Root Chakra

NAME(S)	First chakra, base chakra, <i>mūlādhāra chakra</i>
LOCATION	Base of the spine
COLOR	Red
MUSICAL NOTE	C
BODY AREAS AFFECTED	Bone, skeletal structure, hips, legs, feet, genitals, base of spine, kidneys, body's life force, teeth, nails, blood, building of cells, adrenal glands
"BACK SIDE" SYMPTOMS	Mental lethargy and spaciness, incapacity for inner stillness, osteoarthritis, poor general health, lacking vital energy
"FRONT SIDE" CHARACTERISTICS	Self-mastery, high physical energy, groundedness, vibrant health. A recognition that "I am here as Source." "This is my gig." "I belong." "I <i>bring</i> what I choose to experience."
PRACTICES	<ul style="list-style-type: none"> • Subject – Object – Subject • Central Channel Anchor Points • Central Channel Breathing • Drop In, Drop Through
BREATHWORK <i>(as explained in Chapter 8)</i>	Central Channel Breath
YOGA POSES FOR GREATER INTEGRATION	<ul style="list-style-type: none"> • Chair Pose (<i>utkatāsana</i>) • Warrior 1 (<i>virabhadrāsana I</i>) • Pyramid Pose (<i>pārśvottānāsana</i>) • Tree Pose (<i>vrkṣāsana</i>) • Standing Forward Fold (<i>uttānāsana</i>)

The Feeling Code Chakra Correlation: Sacral Chakra

NAME(S)	Second chakra, <i>svādhiṣṭhāna chakra</i>
LOCATION	Just below the navel
COLOR	Orange
MUSICAL NOTE	D
BODY AREAS AFFECTED	Bladder, prostate, womb, pelvis, nervous system, lower back, fluid function, adrenal glands, sex organs
"BACK SIDE" SYMPTOMS	Unbalanced sex drive, emotional instability, feelings of isolation, impotence, frigidity, bladder and prostate issues, low back pain
"FRONT SIDE" CHARACTERISTICS	Inner knowing, trust, expression, attuned to feelings, creativity. "I sense and feel my way through life." "I need nothing from you, and I am simply here to share." "I follow my gut."
PRACTICES	<ul style="list-style-type: none"> • Take It to the Body • Don't Name It – FEEL It • One Eye on the Inside • Don't Want It, Have It
BREATHWORK <i>(as explained in Chapter 8)</i>	Vessel Breath (<i>Buddha Belly Breath</i>)
YOGA POSES FOR GREATER INTEGRATION	<ul style="list-style-type: none"> • Boat Pose (<i>navāsana</i>) • Pigeon Pose (<i>eka pada rajakapotāsana</i>) • Yogic Bicycle (<i>dwichakrikāsana</i>) • Seated Spinal Twist (<i>ardha matsyendrāsana</i>) • Breath of Fire (<i>kapalabhati prāṇāyāma</i>)

The Clearing Code Chakra Correlation: Solar Plexus Chakra

NAME(S)	Third chakra, <i>manipūra chakra</i>
LOCATION	About three inches above the navel, at the base of the sternum
COLOR	Yellow
MUSICAL NOTE	E
BODY AREAS AFFECTED	Digestive system, muscles, stomach, liver, diaphragm, gall bladder, lower back, trapdoor of the autonomic nervous system, spleen, pancreas
“BACK SIDE” SYMPTOMS	Oversensitivity to criticism, need to control, low self-esteem, stomach ulcers, digestive issues, chronic fatigue, allergies, diabetes
“FRONT SIDE” CHARACTERISTICS	Respect for self and others, personal power, flexibility, high self-esteem, spontaneity, uninhibited. “I allow my own way, and allow you yours.” “I open my mind to possibility.”
PRACTICES	<ul style="list-style-type: none"> • Morter March • mPower Step • B.E.S.T. Release
BREATHWORK <i>(as explained in Chapter 8)</i>	Solar Plexus Breath
YOGA POSES FOR GREATER INTEGRATION	<ul style="list-style-type: none"> • Camel Pose (<i>ustrāsana</i>) • Bow Pose (<i>dhanurāsana</i>) • Reverse Table Top (<i>purvottanāsana</i>) • Crescent Warrior (<i>anjanayāsana</i>) • Breath of Fire (<i>kapalabhati prāṇāyāma</i>)

The Heart Code Chakra Correlation: Heart Chakra

NAME(S)	Fourth chakra, anāhata chakra
LOCATION	In the center of the chest, beneath the breastbone
COLOR	Green, pink
MUSICAL NOTE	F
BODY AREAS AFFECTED	Heart, chest, circulation, arms, hands, lower lungs, rib cage, skin, upper back, <i>thymus gland</i>
“BACK SIDE” SYMPTOMS	Fear of betrayal, codependency, melancholy, shallow breathing, high blood pressure, heart disease, cancer, inability to perceive or receive love
“FRONT SIDE” CHARACTERISTICS	Compassion, unconditional love, conscious lovemaking. “There is more than enough for all.” “There is only one of us here – we are one.” “Everything is a reflection of the Divine, and is in my favor.”
PRACTICES	<ul style="list-style-type: none"> • Generating Loving Presence: Choosing to Be Loved • Loving Triage • Seeing Everything as Love (aka “It’s All in My Favor”)
BREATHWORK <i>(as explained in Chapter 8)</i>	Heart Coherence Breath
YOGA POSES FOR GREATER INTEGRATION	<ul style="list-style-type: none"> • Triangle Pose (<i>trikonāsana</i>) • Thread the Needle (<i>sucirandhrāsana</i>) • Fish Pose (<i>matsyāsana</i>) • Reclined Spinal Twist (<i>supta matsyendrāsana</i>)

The Breath Code Chakra Correlation: Throat Chakra

NAME(S)	Fifth chakra, <i>vishuddha chakra</i>
LOCATION	Halfway between the heart and the throat, centrally at the base of the neck
COLOR	Blue
MUSICAL NOTE	G
BODY AREAS AFFECTED	Mouth, throat, ears, neck, voice, lungs, chest, jaw, airways, nape of neck, arms, <i>thyroid and parathyroid glands</i>
"BACK SIDE" SYMPTOMS	Perfectionism, inability to express emotions, blocked creativity, sore throat, thyroid issues, neck ache, tinnitus, asthma
"FRONT SIDE" CHARACTERISTICS	Good communicator, ease with meditation, artistic inspiration, can listen. "I hear and speak the truth with love and compassion." "I manifest myself here fully." "My life is a reflection of my inner world."
PRACTICES	<ul style="list-style-type: none"> • Breaths for Chakras 1–7 (<i>Central Channel Breath 1 and 7, Vessel Breath [Buddha Belly Breath] 2, Solar Plexus Breath 3, Heart Coherence Breath 4, Manifesting Breath 5, Visionary Breath 6</i>) • Thousand Tiny Straws Breath • Fern Frond Breath • Breath Patterns for Healing
BREATHWORK (as explained in Chapter 8)	Manifesting Breath
YOGA POSES FOR GREATER INTEGRATION	<ul style="list-style-type: none"> • Cobra Pose (<i>bhujāṅgāsana</i>) • Plow Pose (<i>halāsana</i>) • Bridge Pose (<i>setu bandhāsana</i>) • Toning with Sound (<i>Om, Ma, Ha</i>)

The Chemistry Code Chakra Correlation: Third Eye Chakra

NAME(S)	Sixth chakra, <i>ājñā chakra</i>
LOCATION	Inward from the center of forehead toward the middle of the brain, above and between the eyebrows
COLOR	Indigo
MUSICAL NOTE	A
BODY AREAS AFFECTED	Eyes, base of skull, ears, nose, left eye, left brain, sinuses, <i>pituitary gland</i> , and <i>pineal gland</i>
“BACK SIDE” SYMPTOMS	Nightmares, hallucinations, headaches, learning difficulties, poor vision, neurological issues, glaucoma
“FRONT SIDE” CHARACTERISTICS	Charisma, high intuition, healthy perspective, freedom from attachment, generating insightful creations, perceiving beyond the five senses, seeing the meaning “behind the scenes.” “I am the one behind the eyes.”
PRACTICES	<ul style="list-style-type: none"> • Alkaline Ash Nutrition Program • Conscious Exercise • Chemistry Through Thought • Energy Codes Brain Yoga
BREATHWORK <i>(as explained in Chapter 8)</i>	Visionary Breath
YOGA POSES FOR GREATER INTEGRATION	<ul style="list-style-type: none"> • Downward Dog (<i>adho mukha śvānāsana</i>) • Shoulderstand (<i>salamba sarvāṅgāsana</i>) • Child’s Pose (<i>bālāsana</i>) • Exalted Warrior (<i>viparīta vīrabhadrāsana</i>), also called Warrior 4 • Balancing Poses

The Spirit Code Chakra Correlation: Crown Chakra

NAME(S)	Seventh chakra, <i>sahasrāra chakra</i>
LOCATION	Top of head
COLOR	Violet / White
MUSICAL NOTE	B
BODY AREAS AFFECTED	Upper skull, skin, cerebral cortex, right eye, right brain, central nervous system, <i>pineal gland</i>
“BACK SIDE” SYMPTOMS	Depression, obsessive thinking, confusion, sensitivity to pollutants, chronic exhaustion, epilepsy, Alzheimer’s
“FRONT SIDE” CHARACTERISTICS	Divine Personality, magnetism, miraculous achievement, transcendence, peace with self, collaboration with higher purpose, inner vision. “I am a divine being.” “I am that.” “Life is a reflection of all that I am.”
PRACTICES	<ul style="list-style-type: none"> • Discovering Your Meditation Style • Walking in Nature Using Central Channel Breath • Mindful and Thinkless Presence • Blending Patterns to Engage the Soulful Self
BREATHWORK <i>(as explained in Chapter 8)</i>	Central Channel Breath
YOGA POSES FOR GREATER INTEGRATION	<ul style="list-style-type: none"> • Corpse Pose (<i>śavāsana</i>) • Headstand (<i>śirṣāsana</i>) • Rabbit Pose (<i>śaṅgāsana</i>) • Wide Angle Forward Fold (<i>prasārita pādottānāsana</i>)

BODYAWAKE™ YOGA POSES

1ST CHAKRA:

- *Chair Pose*
- *Warrior 1*
- *Pyramid Pose*
- *Tree Pose*
- *Standing Forward Fold*

2ND CHAKRA:

- *Boat Pose*
- *Pigeon Pose*
- *Yogic Bicycle*
- *Seated Spinal Twist*
- *Breath of Fire*

3RD CHAKRA:

- *Camel Pose*
- *Bow Pose*
- *Reverse Table Top*
- *Crescent Warrior*
- *Breath of Fire*

4TH CHAKRA:

- *Triangle Pose*
- *Thread the Needle*
- *Fish Pose*
- *Reclined Spinal Twist*

5TH CHAKRA:

- *Cobra Pose*
- *Plow Pose*
- *Bridge Pose*
- *Toning with Sound*
(Om, Ma, Ha)

6TH CHAKRA:

- *Downward Dog*
- *Shoulderstand*
- *Child's Pose*
- *Exalted Warrior*
(Warrior 4)
- *Balancing Poses*

7TH CHAKRA:

- *Corpse Pose*
- *Headstand*
- *Rabbit Pose*
- *Wide Angle Forward Fold*

The Clearing Chart

Fear

Anger

Love

Sadness

Enjoyment

JUDGMENT

Easy to Remember:

F A L S E J U D G M E N T