

Understanding anchor with LVA



Introduction

"The rooting is perhaps the most important needs and the most misunderstood of the human soul. "

Rooting The (1943)ofWeil

Anchoring is a sovereign way to be in the present moment, feeling supported, strong and balanced. Anchoring is necessary for any spiritual evolution. It helps to be in acceptance, calm the mind and to break free from her past. It is recommended by all traditions, spirituality and religion.

"Be seated ..." (Letter of Saint Paul to the Colossians (2, 6-15))

"Get yourself grounded and you can navigate Even the stormiest roads in peace."¹- Steve Goodier

"Feeling rooted in the earth is soothing to the body, and it is our connection to the Earth That Gives us Our most basic sense of Belonging, home, resilience, and safety."²Jessica Moore

We will see here how the LVA measure the benefits of rooting, and that it triggers like mindset.

Experience

Protocol

We performed a measurement on a subject in which the 2nd stage, instead of representing the right as is usually the case, is not anchored state, and the third step, instead of representing the left, represents 'anchored state.

¹ "Be rooted and you can surf in peace on the most tumultuous roads"

² "Feeling rooted in the earth soothes the body, and it's connection to the land that gives us the purest sense of belonging, resilience and security"

Between the 2nd and 3rd stage, we left about 5 minutes to allow it to be well anchored, via the following techniques:

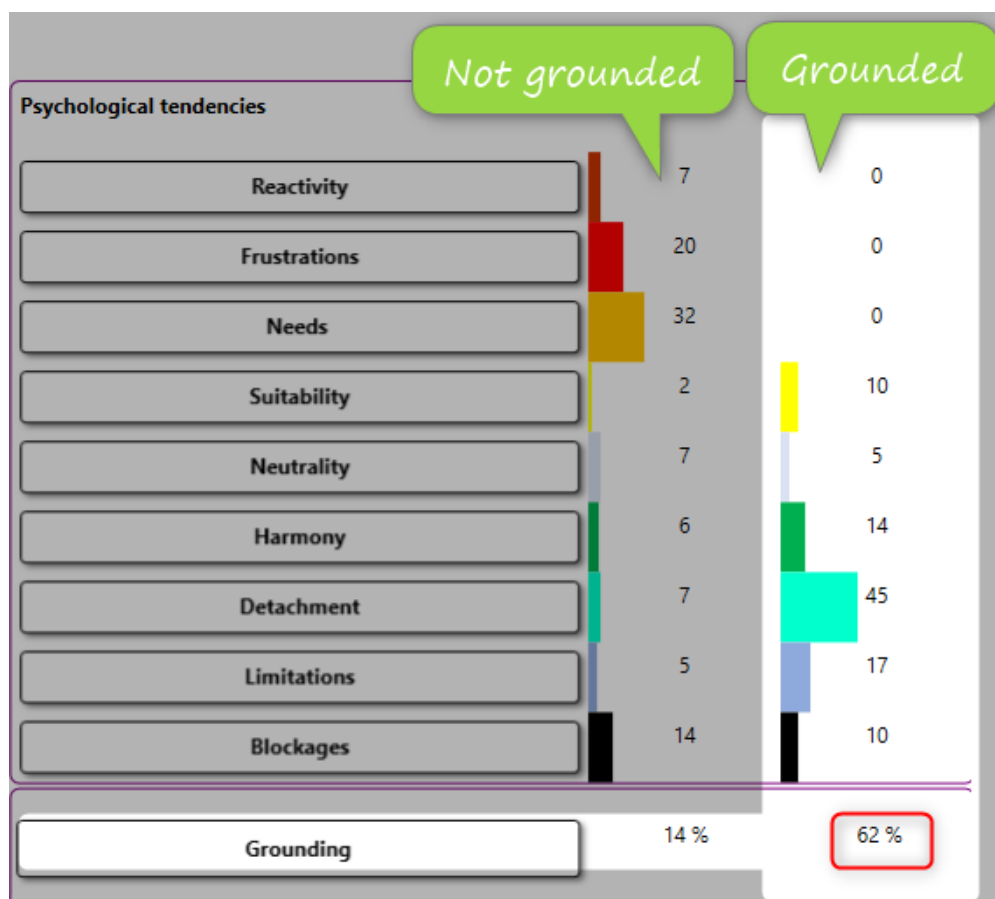
- Press firmly on the ground with both feet
- Feel his spine
- Placing his conscience in the feet, legs and pelvis
- Breathe deeply and peacefully

Results LVA

general settings

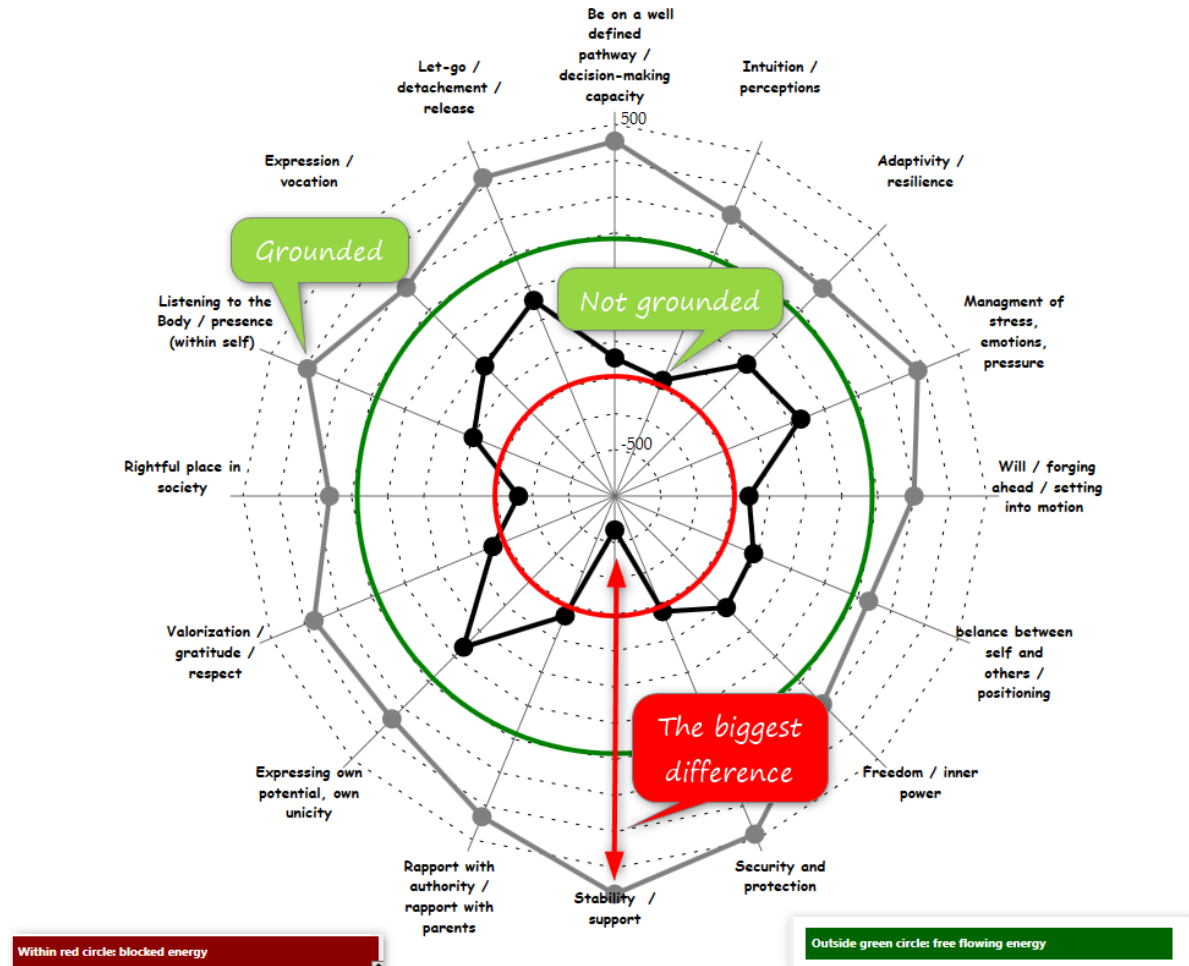
Before the practice of anchoring techniques, the subject is in a psycho-energetic state of dispersion, responsiveness, and feels a lot of unmet needs.

At the second measurement, and after the time taken by the person to anchor properly in the ground, the ground appears to be much higher. The subject no longer transmits any frequency response, and is the reverse in a state of great detachment.

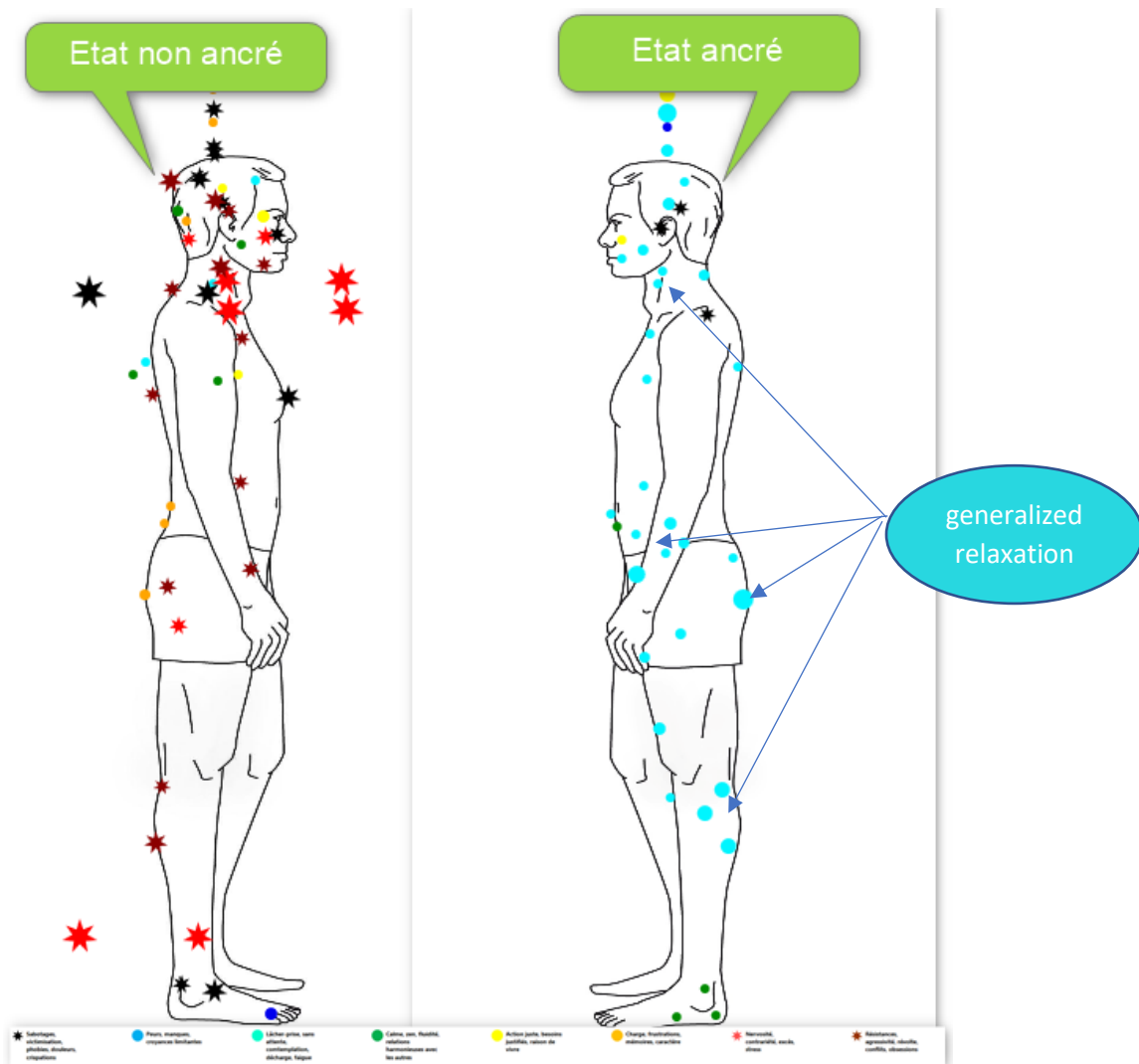


psychological characteristics

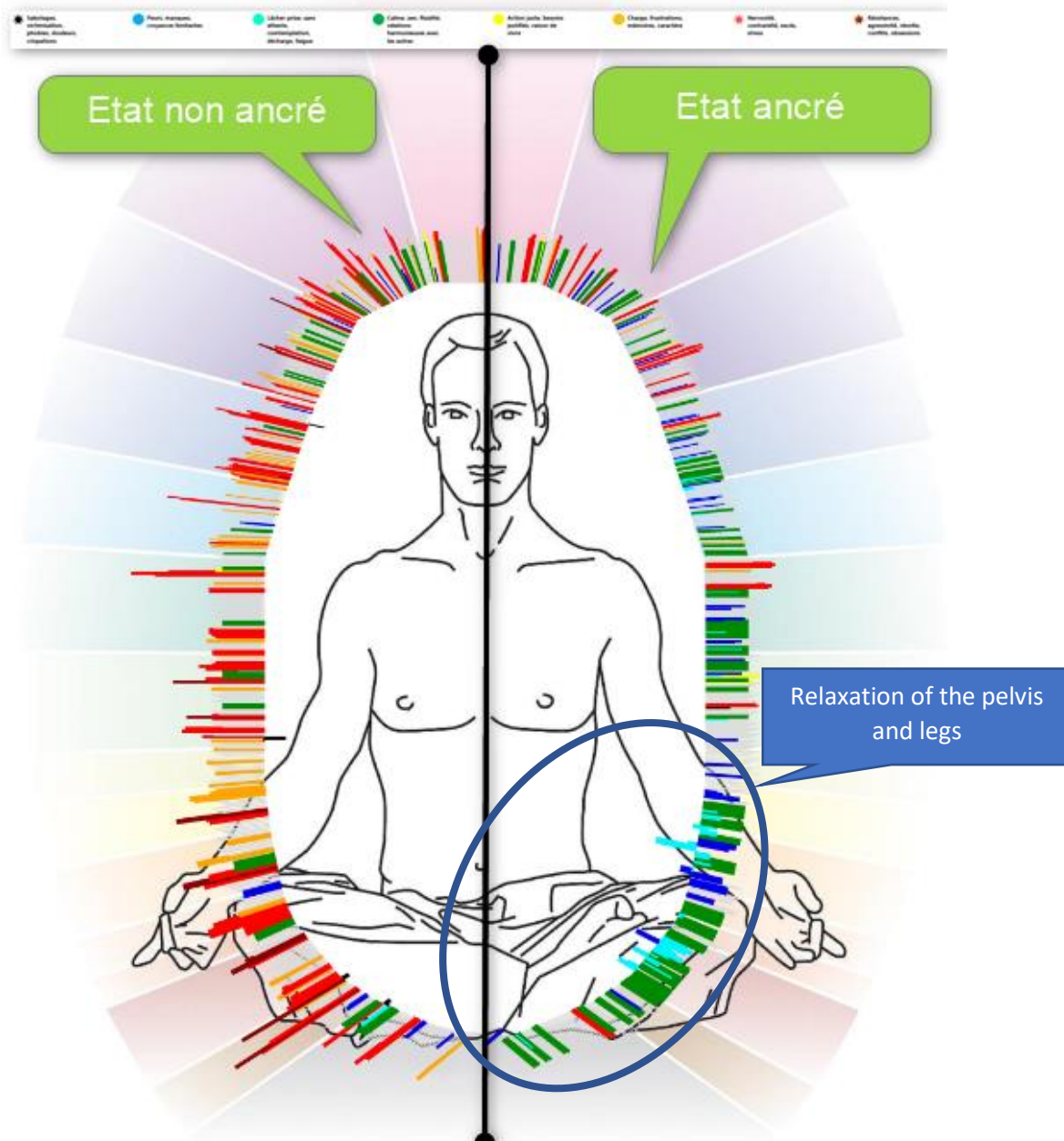
We see in the chart below that the energy of the anchor is much more fluid (outside the green circle) at all referenced features, especially when it is related to support and stability.



The aura



The turquoise areas indicate a letting go, a grounded, while the stars represent the stress. We see that the anchor reduces tension, especially at the head, and increase relaxation, mainly in the feet, knees and pelvis.



The green and turquoise bars represent the harmony and detachment. The red and brown, the reactivity and tension.

The thought activated by anchoring schemes

The LVA calculating all frequencies, the signal became smooth as a result of the anchor. For each of these frequencies, the LVA associates the corresponding body parts and their psycho-energetic interpretation (that is, the conscious and unconscious thought patterns enabled).

20	● calf / veins	balance : between giving and receiving / within family / between private and professional spheres
20	● S5	stability / security / can take time for self
16	● bladder	feeling useful / at own rightful place
14	● uterus / forearm	potential expressed / enthusiasm / balanced sexuality / charm and seduction / feeling young
14	● ovaries / arm	balanced creativity
14	● temporal lobe	emotional calm serenity
13	● cruciate ligaments	adaptability / flexibility / knowing when to let go / harmony in parent-child relationships
12	● perineum	ability to let go / appreciating own body / treat oneself
11	● plantar arch	dwelling in the concrete and tangible, Calm, cool and collected
11	● testes / fingers	balanced creativity

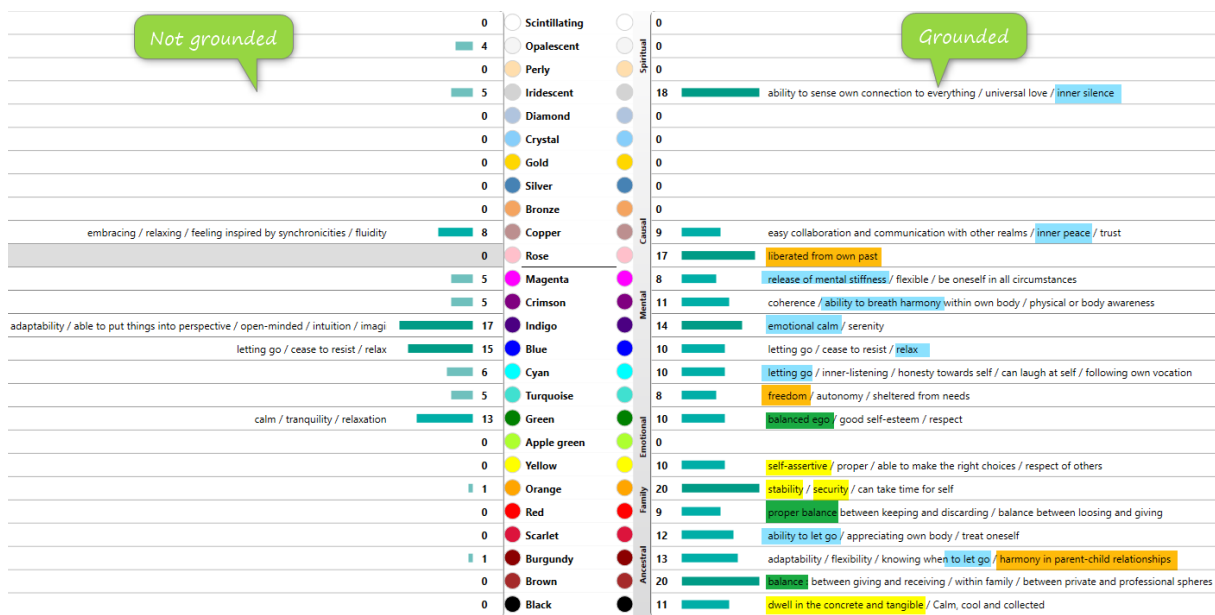
18	● II	ability to sense own connection to everything / universal love / inner silence
17	● I	liberated from own past
15	● I	dwelling in the real world / concrete extrasensory perceptions
15	● I	non-judgments of self and others / astral perception of the beyond / hereafter and of the collective
10	● I	proper management of prospects / can adapt own needs / ability to manage own frustrations

Measurement by vibrational color

The following table indicates the most active vibrational frequencies by color (these colors are declined as those corresponding to the main chakras color). We observe that after anchoring exercise, harmony settles on the entire body, primarily in the pelvis, legs and feet, and a little above the body (" free of its past "and" inner silence "). The qualities emerged through the process of anchoring can be grouped into several major trends which are:

- the quiet (blue)
- balance (green),
- stability (in yellow),

➤ freedom from his past (in orange).



Conclusion

The LVA has achieved an extremely accurate description of what happens to the psycho-energetic level when a person takes the time to anchor. It also describes the degree of quality from its anchorage and the benefits it can derive. It allows to measure and highlight what humans have felt since the beginning of time, that all traditions advise and which is unfortunately often lacking in Western societies: the need to anchor as the basis for living fully our lives.

At each measure, the LVA has the ability to measure the "degree" rooting of a person, and in the same time it can tell us what he would need to put in place to help the person feel better .

