

Energy Scanning Session

Client Name: _____

Date(s): _____

Root UT 396 Hz - Releasing Guilt & Fear														
R	L	Right - Masculine, Expressive, Giving, How you relate to others					R	L	Left - Feminine - Receptive, Receiving, How you feel about yourself					
		1	Head - How we perceive ourselves, others, and the world					11	Forearms - Overextending to prove you are good enough					
		2	Eyes - How you see others and self					12	Root - Ungrounded, fear of intimacy, trust/survival issues					
		3	Ears - Willingness to listen to my inner voice and others					13	Wrists - Handling life's situations and creative expression					
		4	Throat - Expression of self					14	Hands - Giving and receiving					
		5	Shoulders - Carrying the burdens of others, weight of the world					15	Hips/Thighs - Fear of Future and Past, Support of others/self					
		6	Heart - Receiving and expressing love					16	Knees - Willingness to surrender, forgive and trust					
		7	Arms - Embracing others and self					17	Lower Legs - Connecting with others and self, standing your ground					
		8	Solar Plexus - Anger, Resentment, critical of self and others					18	Ankles - Bridge between body and earth, support system, changing direction					
		9	Elbow - Self confidence, Resistance to change					19	Feet - Stepping forward in life, stepping back to gain perspective					
		10	Sacral - Support and ability to Co-create w/ others and be creative with self											

Sacral RE 417 Hz - Undoing Situations & Facilitating Change														
R	L	Right - Masculine, Expressive, Giving, How you relate to others					R	L	Left - Feminine - Receptive, Receiving, How you feel about yourself					
		1	Head - How we perceive ourselves, others, and the world					11	Forearms - Overextending to prove you are good enough					
		2	Eyes - How you see others and self					12	Root - Ungrounded, fear of intimacy, trust/survival issues					
		3	Ears - Willingness to listen to my inner voice and others					13	Wrists - Handling life's situations and creative expression					
		4	Throat - Expression of self					14	Hands - Giving and receiving					
		5	Shoulders - Carrying the burdens of others, weight of the world					15	Hips/Thighs - Fear of Future and Past, Support of others/self					
		6	Heart - Receiving and expressing love					16	Knees - Willingness to surrender, forgive and trust					
		7	Arms - Embracing others and self					17	Lower Legs - Connecting with others and self, standing your ground					
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		9	Elbow - Self confidence, Resistance to change					19	Feet - Stepping forward in life, stepping back to gain perspective					
		10	Sacral - Support and ability to Co-create w/ others and be creative with self											

Solar Plexus MI 528 Hz- Transformation and Miracles														
R	L	Right - Masculine, Expressive, Giving, How you relate to others					R	L	Left - Feminine - Receptive, Receiving, How you feel about yourself					
		1	Head - How we perceive ourselves, others, and the world					11	Forearms - Overextending to prove you are good enough					
		2	Eyes - How you see others and self					12	Root - Ungrounded, fear of intimacy, trust/survival issues					
		3	Ears - Willingness to listen to my inner voice and others					13	Wrists - Handling life's situations and creative expression					
		4	Throat - Expression of self					14	Hands - Giving and receiving					
		5	Shoulders - Carrying the burdens of others, weight of the world					15	Hips/Thighs - Fear of Future and Past, Support of others/self					
		6	Heart - Receiving and expressing love					16	Knees - Willingness to surrender, forgive and trust					
		7	Arms - Embracing others and self					17	Lower Legs - Connecting with others and self, standing your ground					
		8	Solar Plexus - Anger, Resentment, critical of self and others					18	Ankles - Bridge between body and earth, support system, changing direction					
		9	Elbow - Self confidence, Resistance to change					19	Feet - Stepping forward in life, stepping back to gain perspective					
		10	Sacral - Support and ability to Co-create w/ others and be creative with self											

Heart FA 639 Hz - Connecting/Relationships														
R	L	Right - Masculine, Expressive, Giving, How you relate to others					R	L	Left - Feminine - Receptive, Receiving, How you feel about yourself					
		1	Head - How we perceive ourselves, others, and the world					11	Forearms - Overextending to prove you are good enough					
		2	Eyes - How you see others and self					12	Root - Ungrounded, fear of intimacy, trust/survival issues					
		3	Ears - Willingness to listen to my inner voice and others					13	Wrists - Handling life's situations and creative expression					
		4	Throat - Expression of self					14	Hands - Giving and receiving					
		5	Shoulders - Carrying the burdens of others, weight of the world					15	Hips/Thighs - Fear of Future and Past, Support of others/self					
		6	Heart - Receiving and expressing love					16	Knees - Willingness to surrender, forgive and trust					
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		9	Elbow - Self confidence, Resistance to change					19	Feet - Stepping forward in life, stepping back to gain perspective					
		10	Sacral - Support and ability to Co-create w/ others and be creative with self											

Throat SOL 741 Hz - Connecting / Relationships														
R	L	Right - Masculine, Expressive, Giving, How you relate to others					R	L	Left - Feminine - Receptive, Receiving, How you feel about yourself					
		1	Head - How we perceive ourselves, others, and the world					11	Forearms - Overextending to prove you are good enough					
		2	Eyes - How you see others and self					12	Root - Ungrounded, fear of intimacy, trust/survival issues					
		3	Ears - Willingness to listen to my inner voice and others					13	Wrists - Handling life's situations and creative expression					
		4	Throat - Expression of self					14	Hands - Giving and receiving					

		5	Shoulders - Carrying the burdens of others, weight of the world			15	Hips/Thighs - Fear of Future and Past, Support of others/self
		6	Heart - Receiving and expressing love			16	Knees - Willingness to surrender, forgive and trust
		7	Arms - Embracing others and self			17	Lower Legs - Connecting with others and self, standing your ground
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		9	Elbow - Self confidence, Resistance to change			19	Feet - Stepping forward in life, stepping back to gain perspective
		10	Sacral - Support and ability to Co-create w/ others and be creative with self				

Third Eye LA 852 Hz - Awakening Intuition								
R	L	Right - Masculine, Expressive, Giving, How you relate to others			R	L	Left - Feminine - Receptive, Receiving, How you feel about yourself	
		1	Head - How we perceive ourselves, others, and the world			11	Forearms - Overextending to prove you are good enough	
		2	Eyes - How you see others and self			12	Root - Ungrounded, fear of intimacy, trust/survival issues	
		3	Ears - Willingness to listen to my inner voice and others			13	Wrists - Handling life's situations and creative expression	
		4	Throat - Expression of self			14	Hands - Giving and receiving	
		5	Shoulders - Carrying the burdens of others, weight of the world			15	Hips/Thighs - Fear of Future and Past, Support of others/self	
		6	Heart - Receiving and expressing love			16	Knees - Willingness to surrender, forgive and trust	
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		10	Sacral - Support and ability to Co-create w/ others and be creative with self					

Session Notes: