

# TRANSFORMATION SESSION

1. Clear the space
2. Set sacred space for this client and connect with their higher self/soul to guide the journey
3. Set anything needed for that session to create the mood of the space so that their sensory system relaxes during the session and doesn't get disrupted.
  - a. Music Playlist
  - b. Lighting
  - c. Stones
  - d. Oils
  - e. Drum or tools, etc.
4. Review Assessment & Set Intention with Client
  - a. Hold a space of unconditional love throughout the experience
5. Clearing Meditation & Sensory Awareness with white light
6. What is your body telling you
  - a. Heaviness, tightness, memories, emotions,
  - b. If there is a body feeling ask them to describe the shape, density, weight, color, is it hot or cold, feeling associated with it, memory? What does this object or body sensation want from you?
    - i. Be cleared?
    - ii. Does it want you to know something?
    - iii. Does it want to be loved?
    - iv. Could you use love and the color of light to break it into a million pieces with breath and clear it?
  - c. Emotional Fragments
    - i. What memories are coming up that feel related to this experience or pattern? When was the first time you remember feeling this way? (Like you didn't belong in a group of women, like you never did enough, etc)
    - ii. Go back to the memory and explain how it made them feel
      1. This can be an inner child, generational trauma, past life, or alt time reality being understood and integrated for humanity.
    - iii. Bring their self from that age, time, or experience into the room with you where they are safe to talk, get them out of the traumatic memory. Imagine them sitting next to the client (current self) and what they are wearing, feeling, remembering.
    - iv. (Hold the feeling of a safe loving mother or father)
      - v. What were the feelings you had during that time, can you tell me what's been going on for you?
      - vi. Is there anything you need to be heard or anything you need to say?
    - vii. Stay in this part of the process until the child has fully felt their emotions and are out of the sadness, anger, trauma. Keeps asking more questions until they have gotten it all out and been honored for this hard time. Allow them to be heard and loved and understood.

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- i. What would your higher self, soul, or self right now want to say to them? How would they want to be loved or talked to, what things would they want to be doing at that age that would make them feel happy, loved, etc.
- ii. How can we integrate that into your life now?
- iii. Keep going until the “adult self” can feel love and compassion for their younger self who was hurt. Also make sure their younger self feels safe to come to live in the present with the adult self.
- iv. Once they feel heard, loved, and understood, ask if they are ready to bring the younger self back into the body and move forward together. What do they need from you in order to come back into your present life and create together moving forward?
- v. What does the higher self or soul need to integrate? How did this experience support the client along their path? Even if it was a negative experience, did it create any positive change? What new knowledge can they take away from this understanding?
- vi. Make sure any memories that were opened in the process get closed and understood for how they played a roll in the current situation.
- vii. If any physical sensations came up in the beginning, what is happening with them now? What has changed in the body?
- viii. Do they need energy work to clear or reset them?
- ix. See them as healthy and perfect and healed

7. New anchor points: Have them get up and embody the expanded version of themselves. Allow them to create a new way of feeling, thinking, and acting based on their new sense of self and levels of awareness. Allow them to pick music, movements, feelings, and beliefs that anchor this into their reality (Dancing to a song with their 6 year old self and playing in the present with joy and laughter)

8. Complete integration meditation set up so they can strengthen this new self daily.