Clear & Set sacred space

Review assessment & Set Intention

Elevate & Visuals for 5-10 minutes

Clearing Meditation

White

- MIND
- HEART
- BODY
- SPIRIT

Gold

Body Communication

- Tingling
- Muscle Tension
- Warm/Cool
- Pain
- Pressure
- Heaviness
- Size
- Shape
- Color
- Density
- Imagery
- Emotions
- Memories

Practitioner

1st Memory

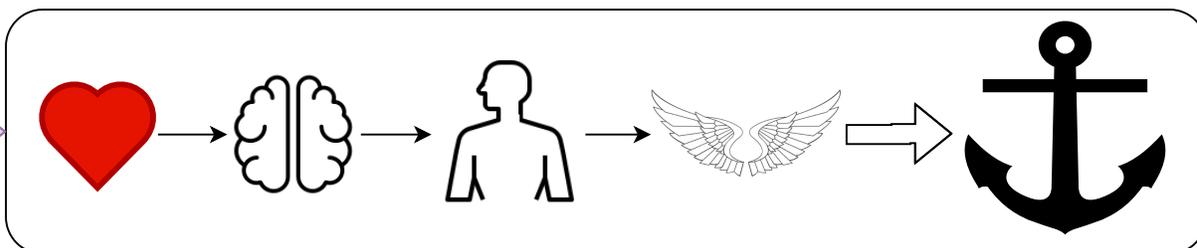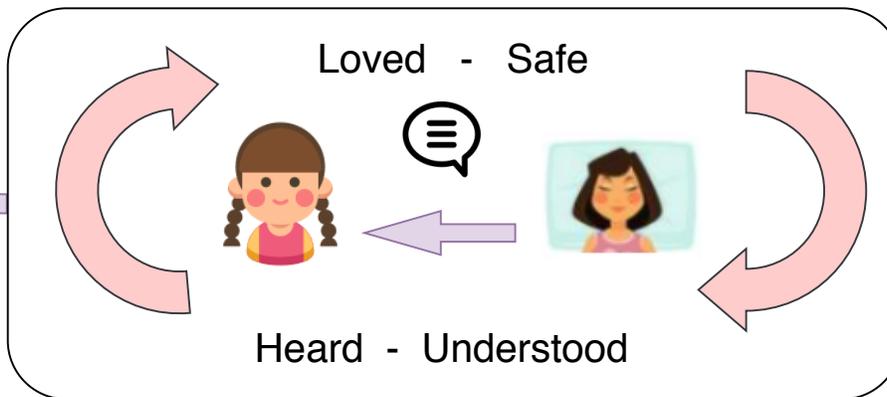* Additional memories will repeat the same process and may not always be closed in order.

Loved - Safe

Heard - Understood

* New anchors are created for integration meditation