

**Conscious Completion, Inc \* (425) 572-0224 \* Consciouscompletion.com**

### **SENSATIONS:**

Sensations are naturally occurring gifts our body gives us to communicate. Please refrain from using labels such as pain or anxiety. When labels and judgments are used it forms energy to reinforce those labels and judgments. Labels and judgments prevent the new energy field or healthy way of being to manifest or get reinforced. To show up in the best version of yourself, practice breathing into sensations, just being with them and learning from how they unfold. Sensations do not have the charge labels do so this consistent practice can also lower stress hormone levels.

The more you practice staying free from labeling/judging and just breathe with the sensations until they are done, the greater the impact will be from the clearings. This will also help you hear and understand yourself better. Often your intuition will give you guidance while you are breathing into sensations (if you stay free from agendas or a mind trying to highjack you).

Sensations are things such as tight, soft, open, light, pressure, contracted, tingling, heat, cold, pulsing, evaporating, twisting, twitching, wet in eyes, mucus flowing, etc. Notice the list is free from anger, pain, sad, etc.

### **BODY PARTS TO CONSIDER:**

You may notice sensations in the ears, eyes, mouth, jaw, throat, neck, trapezoid, shoulders/rotator cuff, arms, wrists/hands, chest, lungs, heart, solar plexus, stomach, liver, sexual organs, butt/sacrum, hips, lower back, middle back, upper back, thighs, knees, calves, ankles/feet/toes, and/or bottom of feet/plantar fasciitis.

### **DURING YOUR SESSION:**

You will state the parts of the body you are noticing sensations and what the sensations are. If it is difficult to breath or you have a lot of emotions coming up just mention the parts of the body with sensation. It is helpful to give it a number, 0 being the lowest in intensity and 10 the highest. Please mention everything even if the sensation is due to a headache prior to the session, discomfort from a meal or a sensation you usually have.

### **FOR CLEARING AND SURGICAL ELIXIRS:**

Text me the parts of the body having sensation and the sensations. Please mention everything even if the sensation is due to ongoing headaches, discomfort from a meal or a sensation you usually have. At any time during the Elixir, you are welcome to text more sensations you are noticing and/or any phrases going through your head.