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1. **Energetic Body Imbalances (Energy Constitution, Trauma Energy Centers)**
   1. Energy Constitution (Module 2 Practicum)
      1. What are your Major Energy Constitutions?
      2. How are you a Bird, Lion or Bear and what part of that natural constitution have you been denying?
      3. What are the gifts of your constitution?
      4. Are your imbalances Air, Fire, or Earth?
      5. How does the imbalance manifest on Emotional Body (Anxiety, Anger, Depression)?
      6. How does the imbalance affect your Physical Body (illness or ailments)?
      7. How does the imbalance affect your relationships?
      8. How does the imbalance affect your job?
   2. Energy Centers (Module 2)
      1. Which Energy Centers are most balanced?
      2. How do they lend themselves to your gifts?
      3. Which Centers are IMBALANCED?
      4. How do these imbalances relate to your Childhood Trauma (For example, if your Communication Center is blocked, how does that relate to how you were raised?)
2. **Trauma in the Physical Body**
   1. Where do you experience pain in your physical or vibrational body?
   2. If applicable, which systems of the body are deficient and require medications?
   3. Which Energy Center is the pain/medication locations closest to?
   4. How does this relate to your Childhood Trauma?
3. **Emotional Patterns (Emotional Body)**
   1. Which segments of life cause you the most stress (i.e., trigger your past trauma)? Work, Romantic relationships, extended family, Children, Self-care or Health, Spiritual, Financial, etc.
   2. What are the dominant emotions you have in each area of life (Anxiety, Anger, Sadness)?
   3. Can you identify the deepest FEAR you have in each of the segments in your life? (For example, Being wrong, Alone, Bad person, Unloved, Not Heard, etc)
   4. How does the FEAR relate to your Childhood Trauma?
4. **Belief Patterns (Mental Body)**
   1. Of the following, which **Fear-based belief systems** are most prominent in your life?
      1. I’m not enough, I’m unworthy of what I need, I’m **defective**
      2. I don’t have enough (love, money, people, time), I’m in **scarcity**
      3. People will leave me, won’t stay, or won’t love me; I’m **alone**
      4. I’m powerless because of others’ actions/decisions (*My life sucks because of them*); I’m a **victim**
      5. I’m disadvantaged, therefore I’m **entitled** to x/y/z
      6. I’m **unsafe**
      7. Taking responsibility for things/others gives me my value; I’m **not valuable**
      8. I’m **not worthy** of what I want
   2. How do these belief patterns play out in each of your current relationships and life situations?
   3. How does this relate to your Childhood Trauma?
5. **Heart Activation (Complete after Module 4 Golden Nugget)**
   1. How connected are you to the feeling of deep oneness with yourself, deep connection to all of humanity, deep presence in the Present moment, connection to your Soul?
   2. Have you ever experienced the Golden Nugget in the way it was explained?
   3. How is it missing from your life currently?
6. **Family Energetic Patterns or Karma (Awareness and Spiritual Bodies)**
   1. What emotional or disease patterns do you see along your female or male lineage?
   2. What are the lessons for your lineage?
   3. How can your healing your past childhood Trauma actually heal the family lineage?
7. **Unworthiness**
   1. How do your Belief Patterns stated above create your own unique flavor of Unworthiness?
   2. How does this unworthiness relate to your Childhood Trauma?
8. **Soul Fragmentation (Spiritual Body, Module 1)**
   1. As you review your responses from Module 1 on Soul Loss, how would you rate your level of Soul Loss/Fragmentation (high, medium, low)?
   2. What do you attribute your Soul Fragmentation to in the past and current aspects of your life?
9. **Nervous System Patterns (Physical Body)**
   1. How much of your day do you experience fight/flight in your body, emotions and/or thoughts? How long does it last?
   2. What time of day is worse? What situations are worse?
   3. Does your system feel ramped up or shut down most of the time?
   4. What Autonomic processes have become imbalanced as a result?
      1. Cardiovascular: heart rate, blood pressure, palpitations, etc
      2. Digestion: heartburn, food sensitivities, undigested food in stool
      3. Elimination: diarrhea, constipation, gas/bloating
      4. Immune: autoimmune, low immune response, always sick
      5. Endocrine: hormonal imbalances, thyroid, reproductive glands, menstruation
      6. Respiratory: breathing rate, oxygen saturation, detoxification
10. **Fear Response**
    1. What is your typical response when you feel fear?
       1. Fight
       2. Flight (leaving, busying)
       3. Fawn (doing for other to feel safe)
       4. Freeze (avoiding, shutting down)
    2. How do these responses limit your life and your relationships?
    3. How have these patterns stemmed from your Childhood Trauma?
11. **Relationship Patterns**
    1. As you pan out from your relationships, what common theme seems to repeat?
    2. How does this relate to your Fear-based belief systems and Fear Response?
    3. How does this related to your Childhood Trauma?
12. **and 14. Self Relationship and Lifestyle**
    1. How well do you take care of:
       1. Your Health: proactively exercising, nutrition, days off of work, etc
       2. Your Emotions: processing the past, current emotions
       3. Your Thoughts: keeping yourself out of negativity
       4. Your Awareness: Staying in a place of love vs fear; joy vs misery
       5. Your Soul: Connection to your Bliss
    2. What is your self-care routine?
13. **and 15. Soul’s Purpose & Source Connection (Awareness & Bliss Bodies)**
    1. Source Connection
       1. Do you have a strong two-way (give and receive) communication channel with your Source?
       2. Do you feel like Source has your back and is always there for and with you?
       3. Do you receive revitalizing energy from Source? If so, does it flow through you throughout the day (into your body and situations) automatically?
       4. Do you have a consistently high vibration as you connect to your Bliss Body?
       5. If you had nothing and nobody in your life, would you still feel held and protected in your relationship with Source Energy?
    2. Soul Purpose
       1. Does your connection to your Bliss Body flow out in everything that you do and say?
       2. Do you DO from the Heart?
       3. Are you in alignment with the Golden Nugget? If so, are you able to channel that into that which moves you?
       4. Can you easily manifest or attract that which you desire?
       5. Do you feel i