

Soul Scans™



Instruction Guide

PREFACE



Congratulations for taking this journey to empower your emotional health and using your newfound power to attract unlimited abundance in every aspect of your life!

Soul Scans™ was created to provide the most comprehensive emotional and spiritual evaluation ever designed utilizing the Qest4 bioenergetic testing system. By tapping into the body's innate intelligence, it eliminates the guess work in identifying any hidden

emotions lurking in our cellular memory that are inhibiting us from living a balanced, harmonious life. The information within the soul scans provides an accurate head start to your emotional balancing therapy by identifying exactly which items require clearing. We are all on different paths with different reasons as to why we are now ready and willing to partake in this emotional release – however painful it can get at times. It is important to realize that every single person on this planet suffers from emotional pain in some way; including the most spiritual gurus, intellectuals, celebrities, prophets, and especially those that just seem to have it all together. Just know you are not alone or beyond help. The fact that you are here shows your willingness to begin a life-changing journey.

Please note: Some of the items that appear in your test results may be uncomfortable, shocking, or intense. Some people may initially react by resisting the information. It is important to realize that this exercise is not intended to hurt or insult. These are the results that your body reacted to in the testing procedure. The information you receive is a powerful spiritual tool to be used in a constructive and non-judgmental way. If you feel it is too intense to deal with at this time, set it aside and return to the therapy when you are ready.

WHAT TO EXPECT ON THE REPORTS

Some emotions/traits/events will make perfect sense. Others may feel foreign to you and may not make much sense at all, while others just may seem untrue. Please understand, the energetic body never lies, and stores what has not been resolved. Have an open mind and do not judge. It may take time to pinpoint the origin of a questionable item but with continued effort and contemplation, you will succeed. Some emotions are more deeply rooted than others. Some may be forgotten, repressed or subconscious. Others may be an emotion you are holding for another person that is being stored in your energy field. This is a process of conscious observation and reflection as opposed to an analytical exercise.

Examples from baffling issues:

One note about the items that come up on your report is that they may not all be literal or actual issues but an “energy” around a particular issue. A good place to start with baffling items that come up is to ponder the definition. Look it up for full insight and/or different perspective. We first look into ourselves and then branch out if you believe it is not your physical realm. Below are a handful of examples to best explain the energy that may be attached to events that aren’t real (from our conscious point of view). Each of the items can be applied to any type of event that comes up.

Client A got “*rape*” in her Childhood Scan with no recollection of any such event. So, let’s start by reflecting on the meaning. It is defined as any sexual activity without consent. It does not need to involve force or violence to fit the description. It does not even need to be in the *traditional sense* regarding the act. The first place to start is with yourself. Go through all your relationships. Was there anything that did not feel right or that you would have preferred not to do? Or even something you regretted doing later although it was technically consensual? Once you have exhausted all your memories, then we go outside of yourself. What energy are you holding on to from somebody else? Did somebody close to you deal with a rape situation? Your mother? Your children? Then when these memories are exhausted, we need to tap into the subconscious. Was this ever a fear of yours? Were you ever threatened but got away? Did you watch a movie that scared you? (Remember, your subconscious cannot distinguish the difference between reality or fiction.) And lastly, there’s always the chance that your subconscious is holding on to something that could have happened that you may have suppressed or was too young to remember (even if it was an inappropriate touching) that is still lurking in your energy field. And lastly, if all the above has been exhausted, it is possible that it was carried over from a past life. There is still a way to release and become free of unconscious cellular memory by accepting it and lovingly giving it forgiveness and then letting it go. After further research and testing of this client, we learned that “rape” was a phobia that lived within her energy field.

Client B got “*strict religious beliefs*” in his Spiritual Scan. Yet, he doesn’t go to church or follow any particular religious beliefs. After contemplation, he realized it was energy that he was holding from his parents and their extremely strict religious beliefs that were inflicted upon him as a child.

Client C got “*loss of a parent*” although both of her parents are living. This was due to a five-year feud that caused alienation. It was not a literal death but a loss. This item may also extend to a grandparent to whom you were close.

Client D got “*I release extra weight that my body is holding*” as an intention. This was baffling to him as his weight is ideal and his body is athletic. He has tendencies to watch his diet to a

tee and never misses a day of exercise. Through further examination, he realized that he has compulsive tendencies with a slight energy that is attached to anorexia; even though he does not have an eating disorder. It is possible that he may have some slight issues around food that should be explored.

Client E got “loss of a child” although she never had any children. It turns out she had an abortion when she was much younger and never forgave herself, so the energy was still there.

Client F got several references to an illness, such as “*I can’t heal.*” After much contemplation, it came to her attention that her daughter has a chronic disease and she had spent several years back and forth from all kinds of specialists with no improvement. Her daughter’s illness is attached to her energy field.

On the other hand, if for some reason, a serious event in your life did **not** come up on your report that you believe should have, this could happen for two reasons: either because it is not “causal.” Meaning, it is not causing a disruption or blockage in your energy field because you were able to process it and let it go (even though the memory remains). Alternatively, if something was so traumatic that your body is not ready to deal with a particular issue, it may not come up at this time for processing. Both your body and your emotional health heal in layers, much like the layers of an onion. For example, a person suffering from cancer may not be able to start the healing process until something else is first removed from the body, such as heavy metals. A parent who lost a child, may not be emotionally ready to deal with that issue until other emotional issues are first cleared or alternatively the parent may have made peace with the loss. The items that came up for you, are the ones your body wants to work on at this time.

WHAT TO EXPECT FROM THE EXERCISES

Everybody heals differently and at their own pace. Do not be surprised if feelings of anger, denial, sadness, or despair become part of your therapy while working with your emotions. This is normal and, again, different for everyone. The fact is you are ready and willing to take the necessary steps to improve your emotional and spiritual health. With the desire to heal, you *will* succeed. Persistency is the key. The pain from deeply rooted emotions may not disappear instantaneously or even in a few weeks. Be patient with yourself. You’ve got this! Within all of us, is the power to restore and excel.

reports. However, the number of weeks in the Duration column is a good indication of how long the intension exercises should be performed before moving on to further scans or emotional therapies.

HOW TO USE THE INFORMATION IN YOUR SCANS

SCAN #1: *Emotional & Spiritual Blocks* This test reveals the negative emotions, traits, or beliefs in both your emotional/mental field and your spiritual/soul fields.

EXERCISES FOR RELEASING:

Every emotion can be divided into two categories: **Love & Fear**. Anything that is negative, hateful, or limiting is fear-based (such as distrust (fear of betrayal), lies (fear of disapproval), war (fear of losing control), jealousy (fear of the loss of love or being alone), greed (fear of the loss of money or survival needs), addictions (fear of feeling pain), etc.. That which is positive, compassionate, and supportive is love-based. Every emotion found on the scans comes from a place of fear and is what needs to be rewired. Our job is to realize where the fear was derived and to eliminate it from our energy field. Keep in mind that releasing something such as grief from losing a loved one, for instance, does not mean we are releasing the memories and love of that person. We are only seeking to erase the pain field. Having and holding on to the pain exhibits resistance and blocks the love you hold for the deceased's memory.



Sit down with this scan when you have allotted time and will not be interrupted. A notebook and pen will be needed for the review process.

Start with the first item on your scan that relates to either emotional or spiritual filters. Write the word or phrase (the item next to the green box) down on a piece of paper. Contemplate the following questions in a nonjudgmental observational manner:

1. Does this item resonate with me? If not, come back to it later and proceed to the next item. It will eventually be apparent why this item came up.
2. What is the event that may have caused me to have and hold this emotion/issue or trait?
3. How does this make me feel right now?

4. How is this affecting my happiness, relationships, health, etc.?
5. Are you ready to release and let go of this emotion?
6. Write at least one positive outcome of how it made you a better/stronger person for having this experience.
7. If this event or emotion was brought on by another person, look objectively into why they may have done this to you. Write down at least one positive (warning: this will NOT be easy!) thing to say about this person or situation.
8. Are you willing to forgive yourself and those who hurt you? *This step is freeing and imperative for the healing to begin.*
9. **Forgiveness:** Everyone's list of experiences varies from annoyance to major trauma. A major traumatic event may include things like child molestation, rape, seeing a loved one murdered, domestic violence, etc., which will involve forgiveness and may need a little extra work than 1-8 above. Depending on where each person is in their journey, it may be baffling on how or why one would forgive such an act. The key to remember when needing to forgive is that it is not an exercise to let them "off the hook." It is an exercise to free yourself from the attachment to it. When you are ready, if you are not able or willing to speak to this person, find a photograph, sketch a photograph, or just write this person's name or situation on a piece of paper. Go into a room where you can be alone. Start talking to the person (either in your head or out loud). Tell them your thoughts, how he/she made you feel and how you were hurt by their actions. Tell them you now understand that he/she did not have the consciousness to understand how it would affect you and that you are now releasing the situation to the universe/God. On the flip side, if you were the one that caused the harm, do the same technique with the person that you are asking forgiveness from. Close it out by forgiving yourself as well.

How did this release make you feel? Do you feel like the weight has been lifted off your shoulders?

Remember to drink water throughout this process. Just as a physical detox, emotional and spiritual purging is also a form of detoxification. Water is cleansing and helps to alleviate any symptoms that could appear in your physical body during these exercises.

SCAN #2: Childhood Imprints. This is where most of our trauma and emotional issues arise. Negative experiences in childhood and in teenage years that have not been released cause a negative effect on our self-esteem, health, stress level, relationships and are the cause of numerous emotional issues and self-destructive patterns throughout life. These early impressions get imprinted in the body's chemistry and genetic markers and often get passed down from generation to generation. Repeat steps 1-9 above for each issue you are ready to address.



SCAN #3: The **Intensions & Affirmations** scan is where the healing and fun continues to the next level. This portion generally works better once you have completed the exercises (or have spent some time in contemplation) with the information within the *Emotional & Spiritual Blocks* scan and the *Childhood Imprints* scan.

YOUR INTENTIONS & WHAT TO DO WITH THEM

We have all heard the sayings, 'what you think you become.' Or 'where your attention goes, the energy flows.' In a nutshell, as long as chronic negative emotions and thoughts are lurking in our energy field, you will be operating in low energy vibration (fear and lack). This, in turn, attracts more of the same. In order to change our energy into a more radiant and loving environment, we need to acknowledge our emotions and bring them out into the light so that we can release the emotions that no longer serve us and replace them with what we desire out of life. This rewires our brain and is accomplished through intentions and affirmations.

An intention is a spark of consciousness that contains the seed form of that which we aim to create. When we realize and release our intentions into our conscious and subconscious energy field, they will manifest and flourish. Trust and know the universe/spirit/God has your back. You are worthy of all the wonders life has to offer and the complete fulfillment of all your desires. True healing will never come from a pill or a therapy; it comes from a shift in consciousness.

Recite the items in your report that you will release and the intentions you want to manifest. Repeat them several times daily for the number of weeks stated in your scan. Repeat them during meditation. Repeat them silently. Repeat them aloud. Repeat them before going to sleep. Repeat them when you awake. Repeat them while looking in the mirror.

Recording intentions/affirmations: Another highly effective way to absorb your intentions is through a recorded soundtrack with your intentions in your own voice. This is an easy way to program your subconscious mind as you only need to say them once while recording them. Then, all you do is listen during future therapy sessions. You can listen while you drive or when you are sleeping. Record at least 30 minutes of your intentions even if you must repeat them over and over. There are numerous ways to record affirmations. One nice app that you can download to your phone is the ThinkUp app for affirmations and motivation. It is helpful and easy to use. If you are experienced with this process, you may opt to record your solfeggio frequency (see your Soul Therapy Bonus Scan) behind your affirmations.



Getting Started with Recording and Drafting Your Affirmations

1. Highlight all the items in your scan that are both the “items to release” and the “intentions to create” rows so they can easily be seen.
2. (Optional) Go to your Emotional & Spiritual Blocks report and highlight any of the items from both the emotional list and the spiritual list that you wish to include in your recordings. You will need to draft your own intentions if they are not one of your intentions in your Intentions & Affirmations scan. For example, if “I am poor” is one on

the list, you may want to first release some energy around this or just go to an intension. If you decided to draft a “release” statement, always replace the energy with a positive affirmation or intension. For example, *“I let go of subconscious beliefs regarding lack and accept and give thanks for all the wealth and abundance that the world has to offer.”*

3. Begin recording your intensions and affirmations. It is important that you use your own voice to record your affirmations to make your subconscious mind more receptive to them.
4. Make sure you are feeling positive and confident before you record your statements and intensions.
5. Record all your statements in the same confident tone. Make sure that that you believe everything you hear yourself saying. If the words cause resistance or tension in your body, go back to your affirmations selection and choose those that you can say with integrity.
6. Once you have recorded your affirmations, if using an app that allows it, add your background music. Background music amplifies the benefits of the session. The Solfeggio frequencies that was identified on your Healing Therapies Bonus report would be extremely beneficial to your healing sessions. Otherwise, any type of calming music will help the mind to relax and accept the intensions easier. Using music for this exercise is optional.
7. As you listen to your own voice, you will learn to empower yourself and trust in your own abilities.

OPTIONAL EXERCISE FOR RELEASING



CREATE A RELEASING CEREMONY FOR YOURSELF

(Using water and
dissolving paper)



Using symbolism through ceremony is a creative way to dissolve unwanted fears, emotions, grudges, and negativity. It has been effectively used by churches of all religions, spiritual retreats, and practices throughout the ages. It is liberating and transforming which allows for a peaceful and freeing sensation to be felt instantaneously. It can be done alone, with a friend, family member, or in retreat or group setting. It is eco-friendly and much safer than using a fire ritual. However, a bonfire at the beach would be a nice alternative.

WHAT YOU WILL NEED:

1. Water-soluble dissolving paper. Amazon sells a brand called SmartSolve that works nicely and that is inexpensive.
2. A large, clear glass bowl
3. A stirring stick. Wooden spoons work nicely for this exercise.
4. A pen felt marker or sharpie for each participant.

PREPARING FOR THE CEREMONY:

Cut the 8 x 11 paper into smaller sizes (large enough where you can write down what you want to release). Use one piece per item.

Set the bowl in front of you or in the center of the circle if doing a group ceremony. Fill the bowl with clear, fresh water about one half to two thirds full. You can make your ceremony as elaborate and symbolic as you would like. You can create a sacred space in the room or around the bowl. You can add a few drops of your favorite essential oil and/or sea salt to the water. You can also add some rose petals to the water, if desired. However, clear water alone will work just fine.

Your surroundings should be comfortable and tranquil. Make sure you are in a place where you will not be disrupted. Relaxing music and candles help set a nice ambiance, although certainly not needed.

A ceremonial song or a reading or a prayer beforehand can be performed. If you are accustomed to using Palo Santo, this is a nice healing practice to cleanse your space.

Before you begin, set a clear intention for your ceremony. This can be done aloud or silently. Some intentions that work well:

- I am at peace
- I am ready to let go of the past
- I make peace with myself
- I find peace when I let go
- I am grateful for this opportunity to transform my life

When your intentions are clear and focused, you can determine what you want out of this ceremony.

Take some time to get grounded with a short, silent or guided meditation. Begin with 3-5 long, deep cleansing breaths.

Once you are finished, you are now ready to write down the things that you would like to get go of on your pieces of paper. When you are ready, hold your papers in your hand as you walk to the bowl. Release each piece, one by one into the bowl as you begin stirring the paper around and around as you watch them disappear. Notice the stillness you feel as the papers are slowly dissolving. When you are finished, take a deep breath, and rub your hands together for a final energetic release of the attachments you just let go of. Silently give thanks for the new start and walk away. If you have the time, and the situation warrants it, sitting outside in a garden setting or quiet area to reflect, pray or meditate is helpful. Drink plenty of water as this is an emotional detox.

This ceremony provides a simple yet powerful energetic release that allows for closure and a fresh, clean start moving forward.

If you feel you could benefit from additional support, other ways to help release your traumas are to speak with a counselor, therapist, trauma coach, hypnotherapy, Neuro-linguistic programming (NLP) or engage in self-healing therapies such as tapping, brain entrainment, etc. There are numerous modalities out there to explore. There is not a one-size-fits-all treatment. We are all different and have different ideas on what will work best for us. It's up to us to explore and find what method works best for us.

We would love to hear from you about your experience with Soul Scans. If you have any suggestions on how we can improve our services, we would love to hear that too.

We love referrals and testimonials!

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