

MASTERY OF THE FIVE ELEMENTS CORE ESSENCE & CHARACTER SESSION SHEET

Practitioner Name: _____ Case Study #: _____

Client Initials: _____ Age: _____ Date: _____

Physical Symptoms: _____

Emotional Stressors:

Clear	Want to Feel

Pre-Checks: Hydration | Central Meridian | Brain Switching |

Nervous System: Correction _____ | Thymus ____% - ____%

Willingness statements: Stress? Yes / No Correction: _____

Connection Points: Spirit | Mind | Body-Heart | Earth

Goal/Context: _____

_____ **Best Goal?:** Yes / No

Stress on Goal/Context: _____ **Suppression:** I/C? Yes / No

Age of Cause or Age of Best Understanding (circle): Age _____

Involvement: Self | Male | Female | Parents | Everyone | Circumstance | Spirit | Other

Who/What?: _____

Test Hara element points, when I/C go through following process for each Hara point indicating.

ELEMENT (circle): FIRE | EARTH | METAL | WATER | WOOD

Ask participant, **“What comes to mind when you think of this element?”** *Write below*

Physical indications of imbalance: <i>(Read, do not test, discuss if relevant)</i>	
Emotions:	
Emotional/Spiritual indications of imbalance:	

Emotional/Spiritual indications of balance:	
Correction Remedies: <i>Challenge remedy:</i> - I/C do more of same remedy - No I/C, check for a different remedy, if required.	Element Acupressure Point: Yin / Yang _____ Element Balancing Spray/Oil: _____ Essential Oil: _____ Wellbeing Balancing Oil: _____ Crystal: _____ Colour: _____ Nutrition: _____ Affirmation: _____ Activities/Spiritual Practices: _____ Sound: _____ Flower Essence: _____ Oracle/Healing Card: _____ Nature's Healing Chi: _____ ESR / Other: _____
Recheck: (Tick)	<input type="checkbox"/> More Mode is clear. <input type="checkbox"/> "Emotions", words/phrases from "Emotional/Spiritual indications of imbalance", "Emotional/Spiritual indications of balance" all holding, ie. no stress. <input type="checkbox"/> Hara point for particular element is clear, ie. no I/C. If all clear move to next Hara element point, if not use further remedies.

ELEMENT (circle): FIRE | EARTH | METAL | WATER | WOOD

Ask participant, "What comes to mind when you think of this element?" Write below

Physical indications of imbalance: (Read, do not test, discuss if relevant)	
Emotions:	
Emotional/Spiritual indications of imbalance:	
Emotional/Spiritual indications of balance:	
Correction Remedies:	Element Acupressure Point: Yin / Yang _____

<p><i>Challenge remedy:</i> - I/C do more of same remedy - No I/C, check for a different remedy, if required.</p>	Element Balancing Spray/Oil: _____ Essential Oil: _____ Wellbeing Balancing Oil: _____ Crystal: _____ Colour: _____ Nutrition: _____ Affirmation: _____ Activities/Spiritual Practices: _____ Sound: _____ Flower Essence: _____ Oracle/Healing Card: _____ Nature's Healing Chi: _____ ESR / Other: _____
<p>Recheck: (Tick)</p>	<input type="checkbox"/> More Mode is clear. <input type="checkbox"/> "Emotions", words/phrases from "Emotional/Spiritual indications of imbalance", "Emotional/Spiritual indications of balance" all holding, ie. no stress. <input type="checkbox"/> Hara point for particular element is clear, ie. no I/C. If all clear move to next Hara element point, if not use further remedies.

Recheck: (Tick)

- Area of involvement is clear, ie. no I/C.
- Age of cause or best understanding is clear, ie. no I/C.
- Suppression is clear, ie. no I/C.
- Physical symptoms clear, ie. no I/C.
- Goal / context is clear, ie. no I/C on emotional stressors.
- Stress on goal has reduced. Stress level now: _____

Home reinforcement: _____

Other Comments: _____

Participant Feedback: _____

