Mapping the Soul

The Mapping the Soul Healing is one way to listen to your Soul. Its purpose is to feel what the soul is saying at each of the 12 energy centers. In each moment the soul is speaking us, we may not be paying attention. This healing allows you the opportunity to strengthen your ability to listen to your soul in each moment, as the soul speaks to us in every moment through our physical body.

When to use this healing:
Use this healing when you have a client who says they cannot feel anything or are not in touch with what they want or need. Use this healing with clients who are working on feeling more in their life or are looking for direction, are lost or stuck in their lives. Use this healing with clients interested in seeing things differently than the status quo.

Preparation for Healing

Ask your client what they would like to work on in particular or what it is they would like to shift in their lives right now. If you are not aware of their profile, begin to observe and ask questions to help identify their primary profile.

A. **Start with Grounding:** Stand at the foot of the table. Ground yourself by remembering a time in your life that you were fully alive and in your life purpose (Your secret place). Take your time and bring that quality fully into the present moment. A few clearing breaths are good for both you and your client to let go of the stress of the day. Hold both their feet and put your thumbs in the grounding point on the sole of the foot. Feel the balance and flow of their energy. Experience the person as a mystery about to be unfolded.

B. **Do the Bow:** The bow opens the client's energy along the spine, which is the central current of energy, to allow the energy to flow through the whole system.
   - Release the lower spine and sacrum. Create the lower arc of the bow by holding under both ankles and gently lifting, pulling, and aligning the spine. Use gentle traction on the sacrum and lower spine. Release the legs gently back to the table.
   - Release the neck and upper spine. Go to the head of the table to create the bow's upper arc by cradling the head and gently lifting, pulling, and aligning the upper spine and neck. Be very gentle but firm.

C. **Release the Knees:** Go back towards the foot of the table and release the energy through the legs by pressing gently into the back of one knee and then the other. (**Important: Skip this step if your client is pregnant.)

D. **Do the Mind Clearing Technique**.

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Play the Bowls:

Play each tone. After each tone, ask the client what they experienced while the bowl played. Write down their response in the corresponding energy center on the chart with the corresponding color pen. If appropriate ask for clarity, i.e. how that the experience feel, what were the emotions, where did you feel it. Work though each energy center, notating along the way.

Begin Soul Reading:

Using the Energetic Body Charts and your knowledge of each of the energy centers, begin your soul reading. Refer to and use the information and resources you know and have on the profiles to integrate the profiles with their reading. Remember the bowls will call them to either their life purpose or what is blocking them from their life purpose.

Answer any questions they may have and give them “homework” to help balance and shift any energy blocks and support them to continue listening to the wisdom of their soul through their body.

Give them the chart with the notes taken, as a reference to what their soul is saying. Be aware that each time the bowls are played a new experience will occur, informing them about their life purpose and what is blocking them. This healing is a great way to learn the language of the soul.

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