

Optimize Animal Wellness Session Guide

Date:

Name:

Clear space and ground ;)

Check Chakras for Balance (yes/no or scan each one):

Crown

Third Eye

Throat

Heart

Solar Plexus

Sacral

Root

Brachial

Overall energy scan:

Animal Energy and Movement/Natural Elements:

Any Messages:

Additional:

-Healing Color

-Healing Crystal

-Healing energetic remedies

Check chakra

Ground and clear, gratitude <3