

AC Masterclass - Worksheet 5
Following a Thread of Info

Worksheet 5 - Class 5

Animal & Person's Names:

Age: Species: Male/Female Spayed/Neutered

Follow These 5 Steps:

1) Sensory Breath with Rhythm

2a) Connect with the animal

Meet, Greet, Introduce Yourself to Connect with the animal Ask for Permission

2b) Use Infinity Breath Heart to Heart. Notice what this is like

2c) Write overall impressions including infinity breath with all 7 senses
Each helps you validate info.

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

3a) Ask Open Ended and Specific Questions to gather more information

Circle the Question(s) you asked

I noticed this....

Can you share more with me...

Can you tell me more about this....

Can/Will you 'show' me...

I'm curious about this....

Can you help me understand this...

I'd like to know...

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Are you willing to share more about this...

3b) Write using each of your 7 Senses

- 1) I feel kinesthetically
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4a) Follow a Thread of Information

Continue to be curious and ask questions for Clarification and Validation following threads of information received.

TIPS: Allow your curiosity to help you know where to head next

- Keep going - don't stop if you have unanswered questions or don't understand
- Try asking the question another question from the examples
- **Possible Prompts to ask for clarification:**
 - Can you tell me more about this...
 - Did you mean this _____? Or this? _____

4b) Write information received using each of your 7 Senses

- 1) I feel kinesthetically
- 2) I sense these emotions

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- 3) I intuitively sense
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Step 5: Closing

a) Once complete, thank the animal for helping you learn, and let them know you will be sharing this information with their person and the group.

b) You can say, “This session is now complete.”

This can help create a clear boundary in bringing things to a complete close.

Additional NOTES for Person & Animal’s Name _____

Next animal:

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