

## AC Masterclass - Worksheet 6

### BODY SCANS

#### Worksheet Class 6

#### Animal & Person's Names:

Age:                      Species:                      Male/Female                      Spayed/Neutered

#### Follow These 6 Steps:

##### 1) Sensory Breath with Rhythm - Connecting with Self

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##### 2a) Connect with the animal

Meet, Greet, Introduce Yourself to Connect with the animal Ask for Permission  
- Use Infinity Breath Heart to Heart. Notice what this is like

##### 2b) 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

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**3a) Start with - an Inquiry** if the animal wants to share anything - notice everything - even small, subtle details that seem like nothing

**3b) Follow up** first impressions and initial inquiry with whatever is needed **with curiosity**. Ask questions for Clarification and Validation following threads of information received.

##### 3c) Write using each of your 7 Senses

- 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

**AC Masterclass - Worksheet 6**  
**BODY SCANS**

**4a) Body Scanning Overall:**

Tuning in with all Senses, focusing on the overall health, wellness, vibrancy of their body - sense for things like lively, full, vibrant, coat, eyes, nails, movement — what do you notice? —>Trust whatever info you receive and write this down.

**4b) Bring your attention to their spine** (with all senses) - start at their head, and follow to their tail -include their tail and connection from head to tail.

Make notations here about the spine:

**4c) Bring your attention to their joints - could include muscles also**  
- make notes below with all senses for clarity and validations.

**Left front notes:**

**Right front notes:**

**Left Hind notes:**

**Right Hind notes:**

**Ask them to show you how they feel getting up and down - with all your senses**  
— make notes here with all senses for clarity and validations:

**AC Masterclass - Worksheet 6**  
**BODY SCANS**

**Ask them to show you what it is like to walk, trot, move around, turn**  
**- write notations here - with all senses:**

**5) More advanced - Continue same process with any area of the body:**

-Muscles/ ligaments/ mobility

-Each organ (even if you don't know anatomy, you can sense into what's here)

- Into bones, blood, tissue

**Step 6: 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** \_\_\_\_\_