

Balanced Horizons



Oriental Medicine; Craniosacral Therapy; Shamanic Healing
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Doing work in the energetic using combo perceptual states and Ayni Carpi- Handout

Open Directions- with focus to assist what you are planning to work with

Define what you want to work with

Could be something in your way, creating space to call something in or new creation

- You may know what you want to work with
- If not clear- go to stillness, bridge or essential and ask
- Blow what you are working with into a mesa stone (not perceptual state stone)

Track- moving up through perceptual states:

Will get info, begin transformation process, get clarity on what needs to shift

- Go to bridge between each state,
- Start at literal then move up mental emotional, souls journey and energetic.
- Quick track- get info jot down and move on
- After that do one more track at souls journey
- Jot down info as you go

Work with Ayni Carpi to bring input and transformation

As visit each one (trust your guidance if you should go bottom to top or top to bottom)

In general transformation bottom to top- bringing in new creation top to bottom

- Connect
- Ask how it can help you.....
- Hear feel sense that help & receive it
- Sense how it shifts your being and ayni through your whole energetic system
- Jot something down if you need to
- Thank the archetype

Use perceptual states top to bottom to claim the shift

Will bring infusion of new creation/ shift / awareness down to inform each level of engagement

- Go to bridge between each state
- Start at the energetic and move down to souls journey, mental emotional and literal
- Really spend time in each state letting it inform how that aspect of your world is effected
- After that do one more track at souls journey
- Jot down info as you go

Blow your new energy into the mesa stone you have been working with

- Place stone in your mesa to help anchor the shift

Close the directions- thanking & gaining assistance to anchor your new holding