

# Balanced Horizons

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Oriental Medicine; Craniosacral Therapy; Shamanic Healing  
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## Using Perceptual States

### To Track Takes two things: Stillness and a clean question.

We find that place of stillness shifting to Bridge/8th chakra Shamans Seeing state  
Be sure to designate a clear question before you begin using your perceptual states  
You would ask each question cueing it for the particular level of engagement you are tracking  
IE: What is limiting my engagement at the physical/literal

**The first answer you get is the track the rest is your mind making sense of it**

### Clear question examples:

- How is this issue(whatever is in your way) living at the \_\_\_\_\_ level of engagement
- What is limiting my life engagement at the level of \_\_\_\_\_(name of level tracking)
- What needs to shift in the \_\_\_\_\_ to make space for my new creation

### 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

### Use Perceptual states top to bottom to bring transformation from the energetic and 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 affected
- After that do one more track at souls journey
- Jot down info as you go

### Using Perceptual States to up-level interaction with life or others:

If you find yourself engaging life or others from the literal or the mental emotional you can shift the energetics of that by consciously going to Bridge/8<sup>th</sup> Chakra and then shifting up a level of perception.

- IE: if you find yourself in mental emotional shift up to souls journey (6<sup>th</sup> chakra)
- This is particularly useful when finding self caught in minutia of life or in a conversation that feels combative.