



EMBODIED HEALING ARTS

# Intuitive Diagnostics + Session Structure for Integrative Breathflow



# Intuitive Diagnostics

Intuitive Diagnostics is a process by which the client and the Integrative Breathflow® Facilitator discover and weave a story of healing. It is a simple but powerful step-by-step approach to allowing a natural course of the session to unfold- one that is organic, woven into the life of the client and guided by both the facilitator's *and* the client's intuition.

**Please note that the same steps apply for a group setting, with the exception of step 1 where you will have less time to tune into each individual's situation.**

During this process, we **do not** in any way impose our own explanations / interpretations. Instead, we open to a co-creative dynamic to craft a session that intuitively feels in tune with the client's needs. This means that we listen and acknowledge, and keep an open heart and mind throughout the session so that the client herself can find the answers to her questions. We see this process as an open-ended, evolving journey, and ultimately it is the client who decides what it all means. **She is the dreamer of her own dream**, and we are simply here to support her process of finding her own healing balm. It is recommended that you take notes during your conversation, while still keeping your attention with the client. Make sure the space is set and you welcome participants with a loving, kind quality. If you work with a group, you can smudge them as they come in.

## **Questions and prompts to explore with your client (suited for 1-on-1s)**

*What brings you here today?*

*What are the sensations in the body you are experiencing?*

*Which of the three key areas do you feel most called to explore (heart area, throat, pelvis)?*

*Tell me how you feel in your emotional space?*

*Which archetypes are you feeling most called to connect with (Maiden, Mother/Lover, Crone, Wild Woman)*

*What have you noticed recently in your relationships?*

*What is it that you would most like to manifest at this time?*

*Close your eyes, place one hands on your pelvis, and one on your heart, take 3 slow breaths in and out, and ask yourself: what words are coming to mind? Just go with the first ones that arise.*

# Session Structure

## Step 1: Choose what you will work on

Look at your notes and notice which words stand out to you the most. Close your eyes and ask your own intuition- which body practice and which dream journey will be best for this client? Write down what you chose, and try not to overthink this process too much. When you are leading a group, you can pre-choose the theme of the workshop and therefore pre-determine the bodywork practices and dream journey in advance. **It is vital that you trust yourself here, and be a living example of following your intuition.**

## Step 2- Bodywork Practice:

Choose 1, 2 or maximum 3 bodywork practices that you feel are suited for your client. They should intuitively feel to you like they are in alignment with what the client wants to manifest / is currently working on. You can consult the document "Feminine Archetypes & Integrative Breathflow®" for this step.

## Step 4- Dream Journey Practice:

As you lead into the Dream Journey, make sure to remind your client once more of the physical structures you discovered. For example, if you worked with exercises that open the rib cage or heart area, you can say something like "Feel your rib cage expanding into all directions, maybe even moving your arms just the way we did before on the inhale and exhale to connect once more to this sensation..." and then take them into the visual journey from there.

This Bridging between the physical and spiritual is a great tool for your client to see how this newly discovered shift in the body connects to the new inner realm that is about to be discovered. Make sure you have a template ready for the Somatic Dream Journey, so you can follow it and feel comfortable that you don't have to create a whole guided journey from scratch. You will receive easily adjustable templates for this later in the course.

With the dream journey, it is important that you choose soothing background music, with your voice still clearly audible yet soft. Make sure you speak in a soothing tone, as if speaking deeply from your heart. For the part where you leave the client to travel on her own and you do not use your voice, you can include instruments such as shamanic drums and even use your own voice if you practice toning. Make sure to always leave sufficient time for the client to be on her own without your voice so the images can come (minimum 10 minutes).

Be sure your speaking pace is slow. You can slow down by 50% from your normal speed. This is a good guideline, as you always want to emphasize the yin quality, especially in this part of the process. As you guide the client out of the journey, make sure you do so slowly, inviting her fully back into the room, with soft background music playing to help her stay in this soft state of mind.

### **Step 5- Integration, Sharing and Closing:**

After you have guided your client/s slowly out of the journey, make sure to leave time for taking notes. Ask your client to simply write down and draw out what came. One of the things you may hear is: "I didn't feel/hear/see anything!". This is common and happens to many of us when we do this work for the very first time. Sometimes it can also be a defense mechanism, other times it is simply dependent on the day and mood. The best guidance you can give in response is to say: "If you feel you didn't get anything in the journey, you can simply start writing about how you feel now. What do you feel in this very moment? Just take it from there and trust any words that come". Give the group or client at least 10 minutes to write. Some may stop for a while, and then start writing again after a few minutes. This process needs time and should not be rushed.

Once this writing is done, invite your participant/s to share. Make it feel ok to share as little or as much as each participant wants. Allow synchronicities to arise if you are guiding a group. As you listen to each experience, be sure to not judge and to be aware that this is always about the client's process, and never about you as a facilitator. All is part of dream time, and all is part of exactly what needs to come through for the highest good.

You can close the circle by holding hands and humming, offering a dedication to the earth or to our ancestry, or by coming into a circle with your heels on your feet and hands on the ground to send 3 sounds into the ground. You can be creative with this.