

# Body Centered Interview

Energy Centers are master regulators that govern our life, loves, learning, health, and illness.

Energy Centers are a recording device for everything that has ever happened to us.

Doing a self-assessment is the first step in "awakening the healer-within" - to listen to and understand what our body is telling us.

**Date** \_\_\_/\_\_\_/\_\_\_ **Session # :** \_\_\_\_\_ **Session Length:** \_\_\_\_\_ **Last Treatment:** \_\_\_\_\_

**Client:** \_\_\_\_\_ **Practitioner:** \_\_\_\_\_

|   |                  |
|---|------------------|
| 7th - Crown<br>Body Area: Upper Brain<br>Gland: Pineal  | Energy Awareness |
| 6th - Brow<br>Body Area: Middle Brain, Lower Brain, Face<br>Gland: Hypothalamus, Pituitary                              |                  |
| 5th - Throat<br>Body Area: Bronchial, Vocal Cords, Lungs, Ears, Neck<br>Gland: Parathyroids, Thyroid                    |                  |
| 4th - Heart<br>Body Area: Upper Back, Heart, Blood, Vagus Nerve, Circulatory System, Chest, Hands/Arms<br>Gland: Thymus |                  |
| 3rd - Solar Plexus<br>Body Area: Mid-Back, Upper Abdomen, Stomach, Liver, Gall Bladder, Spleen<br>Gland: Pancreas       |                  |
| 2nd - Sacral<br>Body Area: Lower Back, Lower Abdomen, Reproductive System<br>Gland: Gonads                              |                  |
| 1st - Root<br>Body Area: Stress Response, Legs/Feet, Elimination, Physical Body as a Whole<br>Gland: Adrenals           |                  |
| Notes:  |                  |