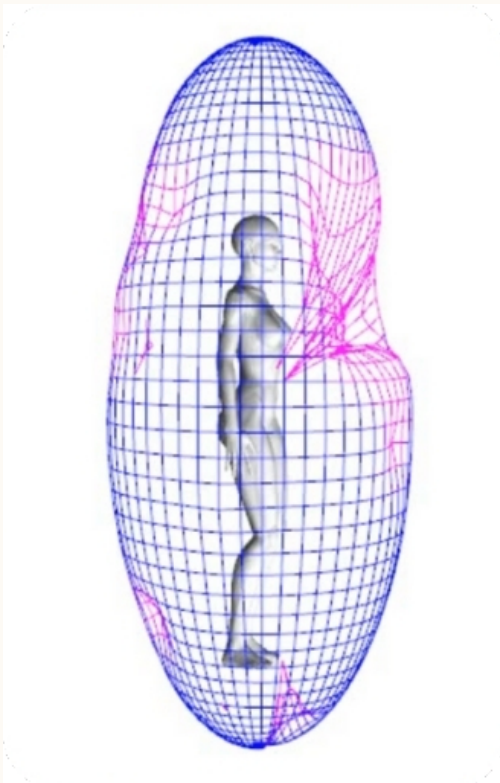


# Aura & Energy Field Bio-Resonance Scan

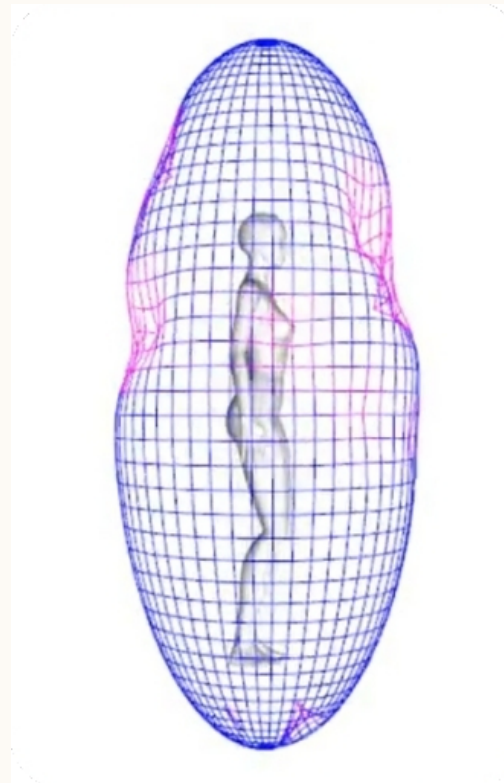
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Hello [Name], it was a pleasure to do this scan for you. An aura and energy field scan reads the strength, balance, and flow of your energetic field – the subtle layer that surrounds and informs the physical body. Below are your before-and-after field images, what they show, and simple ways to keep your field full and steady.

**Before**



**After Energizing**



*The blue grid is your energy field; pink shows where it was weak. Left, before the session; right, after energizing.*

## Most Important to Know Now

- The clearest pattern in your field is across the upper body – the chest and throat in front, the shoulders and upper back behind. This is where the pink gathered most densely, marking the part of your field asking most for support.
- That upper region is where we carry weight and hold our words. Energetically it points to responsibility carried on the shoulders and self-expression held at the throat.

- Energy is leaking where you give more than you receive. Your field shows the quiet cost of over-giving around certain people and situations.
- During the session we sent energy into those areas, and your field began to brighten and fill. The before-and-after images show the shift, and your field will keep rebalancing over the coming days.
- The clearest invitation in your field right now is toward setting down what you carry, speaking honestly, and genuine rest.

### **Start Here – Your Quick Wins**

- Hydrate well, with clean water and good-quality salt. A well-hydrated body holds and carries energetic charge far better than a dry one.
- Let your shoulders down. Once a day, consciously release the upper back and shoulders – a slow roll, a stretch, a few breaths into the area where the load gathers.
- Give your throat a voice. One small act of honest expression this week – something spoken, written, or made – eases the holding that showed there.
- Notice where your energy drains, and let yourself step back or say no. Protecting your field around depleting people and situations is not selfish; it is maintenance.
- One slow breathing or coherence practice each day to settle your nervous system and steady the field.
- Ground daily – bare feet on the earth, even briefly – to help your whole field settle and refill.

### **Your Full Findings**

**Reading your field images.** Your energy field is shown as a blue grid wrapping the body. Where the grid reads as an even, continuous blue, the field is full and balanced. Pink is the only other color, and it appears solely where there is weakness or imbalance – the more pink an area carries, the more strongly that part of the field is asking for support. In your before image, the pink gathers across the upper body – the chest and throat at the front, the shoulders and upper back behind – fanning outward, with lighter traces lower down. In the after image, taken once we had sent energy into those areas during the session, the pink has largely cleared and the blue grid has filled back in, your field strengthening in real time. A field keeps rebalancing gradually, so the blue continues to return over the days that follow.

**Why the load shows across the shoulders and upper back.** The densest pink sat exactly where we carry weight. Energetically this is the body's load-bearing region – responsibility, the sense of holding things together, the giving that goes out to others.

When it lights up with weakness, it usually means you have been carrying more than your share for longer than is sustainable. This is not a flaw; it is the signature of a capable, dependable person who has not been resourced in proportion to what they give. The relief comes from setting some weight down and letting yourself receive.

**What the throat holding asks for.** At the front of that same upper region, the throat showed holding too. A constricted throat rarely means a person cannot speak – more often something true has gone unspoken: a need, a boundary, a creative voice waiting for permission. The area tends to ease the moment expression starts to move, which is why one small act of honest expression does more to open it than any amount of analysis.

**Why the leaking matters most.** Of everything in your field, the energy escaping at the edges is the highest-leverage place to tend – not because it is the most serious, but because it quietly undermines the rest. A field that pours out faster than it refills stays depleted no matter how much you rest. Slow the leak – by receiving as well as giving, and stepping back from what drains you – and the shoulders, the throat, and the steadier lower field all recover more easily.

**Reading your field as one story.** Put together, these are not separate findings but one coherent pattern: a capable, giving person carrying a heavy load across the shoulders and upper back, holding back expression at the throat, and giving past the point of refill at the edges. The order of repair follows from that – set down some of the load, slow the leaking, free the voice – and because the field is fluid by nature, it answers quickly when you do. The after image is the proof: in a single session, the pink softened and the blue filled back in.

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## The Emotional & Energetic Layer

Often overlooked, and frequently the most meaningful part. Physical patterns and emotional ones are rarely separate. A field carrying a long-held burden often carries long-held feeling alongside it – themes around self-expression, boundaries, and permission to rest. Dr. Gabor Maté describes it this way: when we cannot say “no” with our voices, eventually our bodies say it for us.

You don't need to do anything with these – simply sitting with the ones that resonate is enough. A few gentle questions to hold:

## QUESTIONS TO SIT WITH

- When do I feel most valued, heard, and seen?
- Where in my life am I over-giving, or stretching beyond my boundaries?
- In what situations do I feel most at peace, relaxed, and at home in my body?
- What do I most need permission to explore, do, or say no to?
- What have I needed to express that has not yet found its voice?
- What is one thing I could do to reclaim a little rest this week?
- Who are the people I feel most like myself and content around?
- Who are the people or situations that leave me feeling depleted?
- One year from now, what would I like my life to feel and look like?
- What is the dominant emotional state I want to be living in?
- What needs to happen to make that reality possible?
- What are my top three goals for this year?
- What legacy do I want to leave?
- In 20 years, what will matter most about how I used this next phase of my life?

## Wellness Foundations

These are the small, steady practices that help restore energy, support nervous system regulation, and create a more stable foundation for healing. You do not need to do them all. Start with one or two that feel most accessible, and build from there with gentleness and consistency. Small actions, repeated over time, create meaningful change.

### Daily rhythm

- Get natural light in your eyes early in the day, before screens.
- Go barefoot on the earth whenever possible.
- Pause once an hour for a few slow, deep breaths.
- Create a consistent evening wind-down that supports restful sleep.

### Nourishment

- Drink plenty of clean water and include good-quality salt or electrolytes as appropriate.
- Choose warm, simple, well cooked, easy-to-digest meals.
- Limit sugar and heavily processed foods that can place extra strain on the body.

- Eat slowly, chew thoroughly, and stop when you are about 80 percent full. It's important to leave your stomach with some space for easier digestion.

### **Rest & nervous system**

- Deep rest as a genuine priority, not a reward.
- Practice a daily heart–brain coherence exercise or other calming regulation practice.
- Spend time in nature and let your eyes rest on green and blue.
- Move gently in ways that restore energy, such as walking, yoga, or swimming.

### **Environment**

- Notice which spaces leave you feeling drained or restored.
- Air out rooms; let in natural light.
- Tend the energy of the places you spend the most time.
- Surround yourself with colors you're drawn to.

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Remember that this is a process, and every step forward strengthens your roots. The leaves and flowers bloom once the roots feel steady again. You are doing the good, and often not-so-easy, work of lightening your load so you can move forward with greater ease and flow. It is my pleasure to support you in that.

With gratitude and warmth,  
*Yvette*

*This is an energetic wellness reflection – not a medical diagnosis.*