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WORKSHEET: MEDICAL INTUITIVE ASSESSMENT

NAME:

DATE:

Welcome to your Reading.

This reading is designed to provide in-depth information about your overall well-being.

It will not heal or change your energy in any way.

If you have booked an Energy Balancing session after this reading, this may have additional healing benefits that will be unique to you and cannot be guaranteed.

This reading is not intended to replace medical or psychological diagnosis, prognosis or treatment in any way, and the information from this reading is best used in conjunction with a licensed healthcare professional for appropriate diagnosis and treatment.

This worksheet helps you to organize your thoughts and feelings and will help to integrate the information into your energy system more easily. As you take notes during the session, notice what comes up for you intuitively and add that information to your notes.

If there is something that does not resonate right now, make a note and take some time to think about it. If it still does not resonate after some reflection, feel free to ignore it. Remember all information is an energetic representation of what might be going on for you, and may be symbolic or metaphorical. Also note that this is a snapshot of this moment only and everything can change after this reading.

MEDICAL INTUITIVE ASSESSMENT

This reading will include detailed assessment of your physical and energetic health.

It is a general overview of the health condition or body area you choose to focus this reading on.

Dominant Aura Colour

The main state of your energy field right now

Body Area

Note here the body area your chose to focus this reading on

PHYSICAL ASSESSMENT

A detailed look at the anatomy & physiology of this body area

ENERGETIC ASSESSMENT

A detailed look at the energetics related to this physical issue, including mental & emotional themes

SELF-REFLECTION

What were the highlights of this reading for you?

What was most surprising or unexpected for you and why?

Which of the details in the physical assessment did you already know or were previously diagnosed?

Which aspects of this reading did you already have an intuitive feeling about?

The information from this session can be complex. Take some time to process and integrate, and you may receive more insights over time. Make use of your mental health professional if this information was challenging for you, and to help you process and understand how this information applies to your unique situation.