

## MEDICINE HORSE WAY

### Body Scan with Power Word and Discussion

The Body Scan with a power word is a great way to practice using the body as a tuner, receiver, and amplifier of information.

- Conduct the full body scan with the client as you normally would do.
- Share the information the client received from their primary sensation.
- Now explain that you will ask them in a moment to close their eyes and that you will say a word, and they are to notice where the word activates in their bodies.
- What and where is the sensation?
- What is the information?
- When they are complete ask them to spend a few minutes journaling about the experience.
- When the clients eyes are closed say the word “POWER” firmly and with energy. You can choose other words according to the theme of your workshop.
  
- Allow each person to share the sensation, the information, and anything they want about what they learned about themselves.
  
- Other examples of words to use:
  1. Success
  2. Freedom
  3. Self Image
  4. Leader
  5. Belonging
  6. Grace
  7. Intuition
  8. Authenticity
  9. Confidence
  10. Dominant

It is often in the journaling that clients uncover previously unknown deeply held and sometimes provocative beliefs. This activity is the first step in experimenting, in a simple way that everyone can have success with, how to use the body scan to access the body’s tuner, receiver, and amplifier capabilities.