**What Happens in a Session?**

1. Client presents two coexisting multi-layered energetic patterns:
   - a. **Blueprint**: Archetypal essential humanness; “Biodynamic Pattern”
   - b. **History**: Imprints of individual experience; “Biokinetiic Pattern”

2. Client comes into relationship with Practitioner, who holds two sets of attributes:
   - a. **Neutral**: Non-judgmental, centered/grounded in Stillness, not too close or too far
   - b. **Informed**: Ability to recognize and reflect Anatomy and Energy Anatomy

3. **MOVEMENT**
   - a. Client’s system’s intelligence sees itself reflected and gains self-awareness
   - b. Client’s system “tells its story” via pulsation and shaping in any or all of four “channels,” according to practitioner’s perceptual capacity
     - Channel One: Primary Energy Layer (i.e., Craniosacral phenomena)
     - Channel Two: Three Principles Layer (i.e., Yang, Yin, Neutral)
     - Channel Three: Five Elements Layer (i.e., Ether, Air, Fire, Water, Earth)
     - Channel Four: Structure and Function (i.e., posture, physiology)

4. **STILLNESS**
   - a. In the fullness of the story, the system comes to rest and finds stillness
   - b. In the stillness, the system re-orient to blueprint and restores energetic potency

5. **MOVEMENT: “Something New Can Happen”**
   - a. System gently expands with new shaping and pulsation on any or all channels
   - b. Imprints of history are resolved and original matrix is re-asserted