

# 13 SCANS

By

Starr Fuentes

The background of the lower half of the cover is a dark, gradient background transitioning from black on the left to a deep teal on the right. Overlaid on this are numerous thin, glowing lines that create a sense of motion and energy. The lines are primarily orange and yellow on the left side, transitioning to bright blue and cyan on the right. They form a complex, overlapping pattern of curves and straight lines, resembling a digital or scientific visualization.

# Healers Creed

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I believe that source uses me as a vessel and a conduit, providing Light, Healing, and Love to the Healee.

I believe that Source has a Bigger Picture and knows the Highest Good for all concerned, I am but an instrument.

I believe that knowing the core issue or original cause of the disease and owning it may release the energy of the disease.

I know that the 4 elements must be whole for healing to progress;

**Air**, represented by the quality of air we breathe.

By the choice of the words from our lips

By thoughts sent out to gather more like thoughts

**Earth**, represented by our personal environment

The food that we eat

The possessions that surround us

The type of clothes that we wear

**Water**, by the quality of water that we drink,

How we bathe.

And the flow of our tears

**Fire**, represented by how we pursue our purpose,

The passion and compassion we have for others,

Commitments and discipleship for our path

The words that come from our mouths may be sharp, soft, loving or hard. I know that intention and follow-through lay a deep foundation for healing. As a Healer I must be the conduit, which is my work and refrain from thinking that I have any control over the Healing and most importantly, I will give solutions, not answers. So without me the client knows how to

BE

HEALING.

Scans can be grouped into categories that define what sort of modality they are dominant in. Not everyone will connect with a particular scan for the same reason, but they can generally fall into the categories of Audio, Visual and Kinesthetic. Read through each type and think about which traits you feel you are proficient in.

Visual

Size

Motion/Stillness

Distance

Location

Bright/Dim

Shape

Quantity

Bordered/Borderless

Color/Grayscale

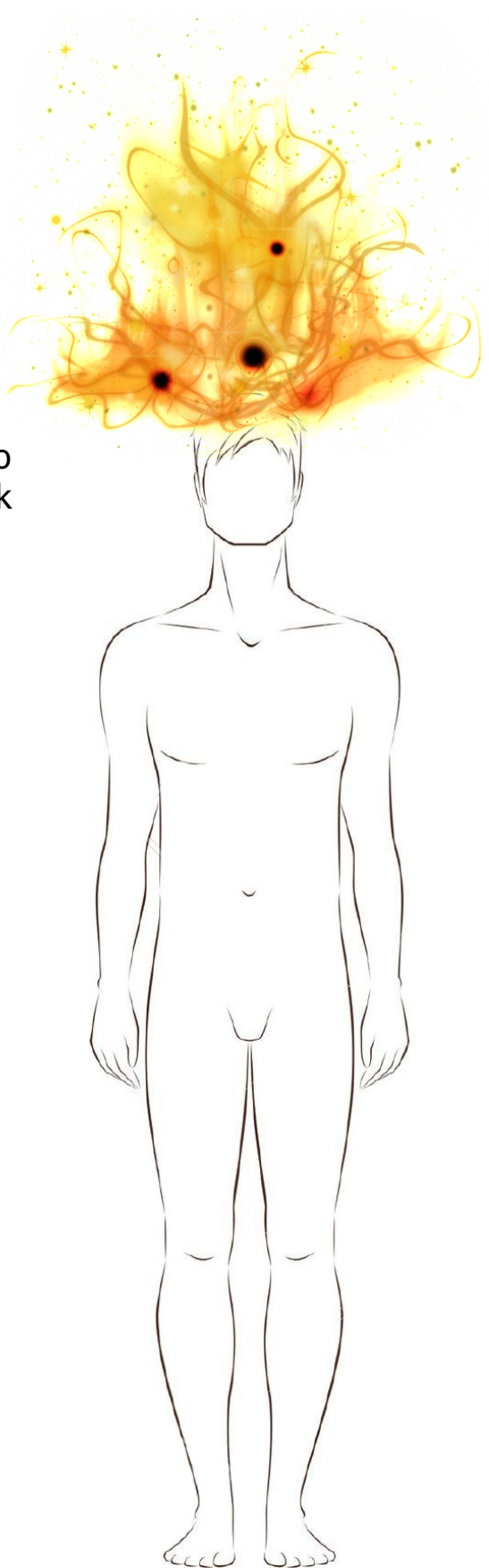
Associated/Dissociated

Focused/Unfocused

The following Scans can be done without being specific about which subtle body you want to scan, or you can specify ahead of each scan which subtle body you want to scan.

# 1. The Flame

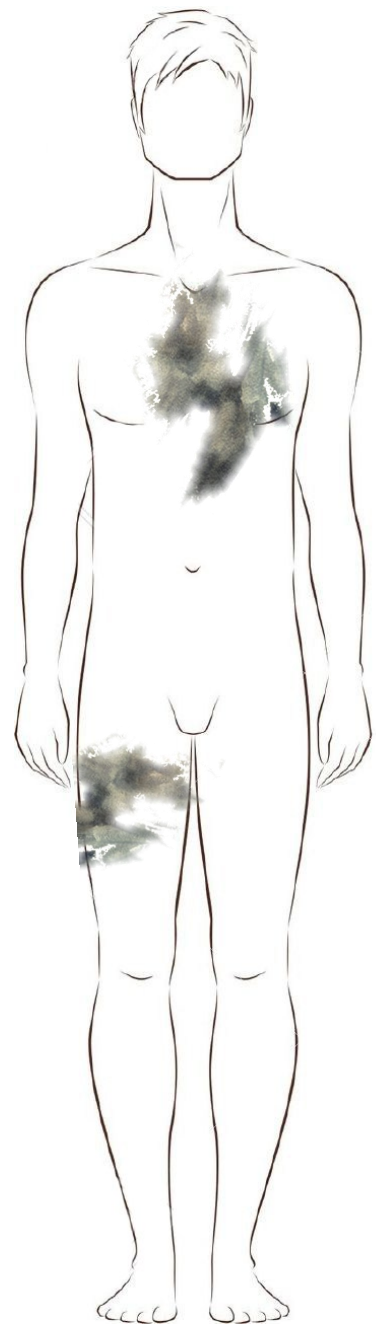
Picture a flame over the person. Wherever the holes are in the flame is where disease is present. Less is more! Picture flame for 3 seconds only! Where the flames are the most intense is where the person is burning too much energy in their body or in their life. High energy emotions like rage and anger will lengthen the flames over the 2nd and 4th chakra. Ideally there will be no flames coming out of the bottom of the feet, and more flames on the dominant side of their body. Flames that are colored blue can speak of upcoming depression. Pink and peach flames will speak of taking care of others better than themselves and violet flames speak of the necessity to teach others. On rare occasions, there are small black flames that coincide with lymphoma.



## 2. The Smudge

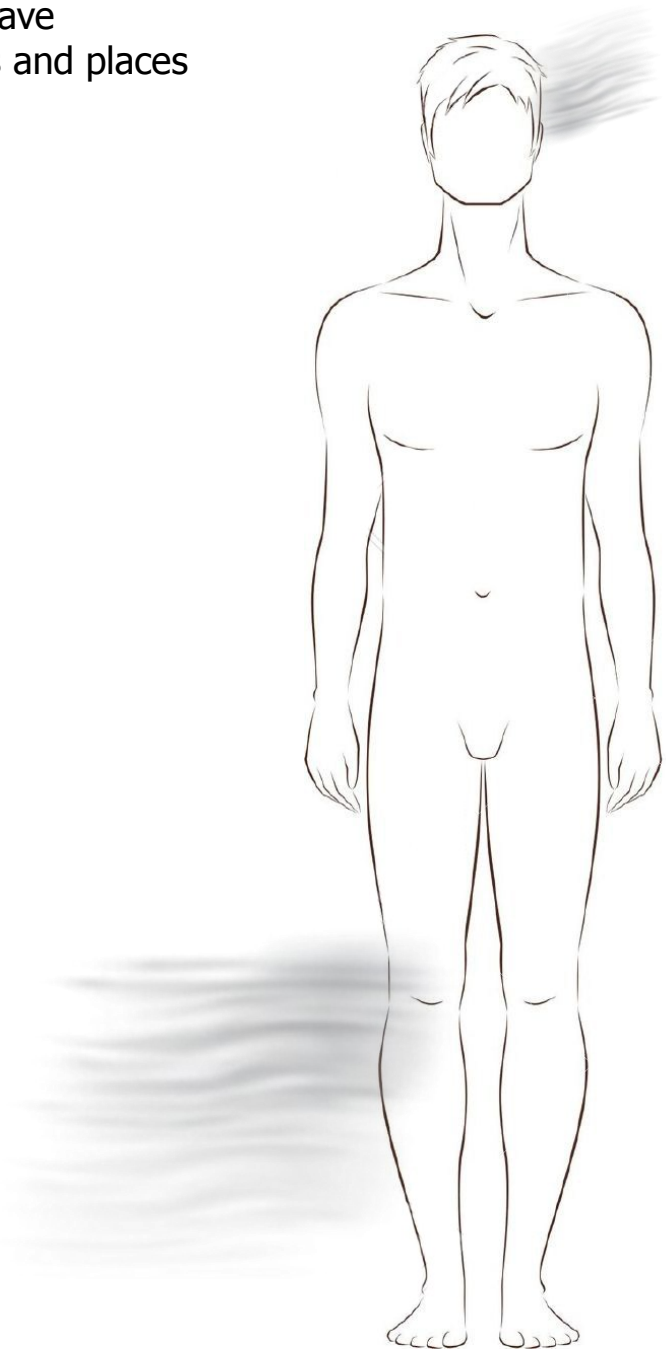
See a transparency over the person. Wherever the marks are on the transparency is where disease is present. Round marks speak of missing energies in joints or bones.

Lightning bolt marks speak of repetitive energy. # marks indicate pain attached to patterns. Teardrops indicate lack of energy in that particular part of the body.



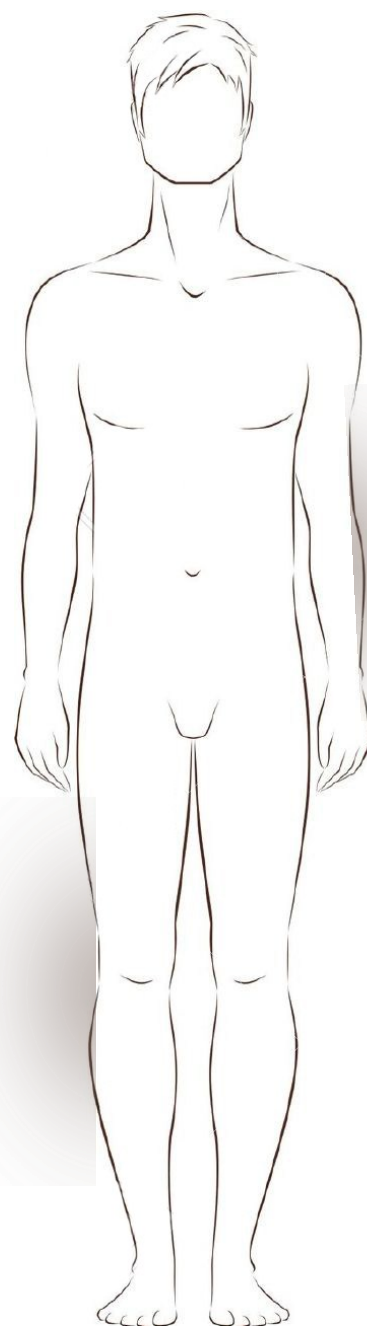
### 3. The Wind

Feel the person's aura with your hand. Wherever you feel a slight wind is where disease is present. Sometimes an entity or a thought form will cause a wind coming from the body's person. There are breezes that come and go around a person's head that indicate that the plates in the head are out of alignment. There are small puffs of air that come out of the ears to show blocks and energies in the ears. The feminine organs not only have a breeze but will have a tart smell attached to them when the organs are dis-eased. The bottoms of the feet have tendencies to pull in air to replace spaces and places in the body that do not have air.



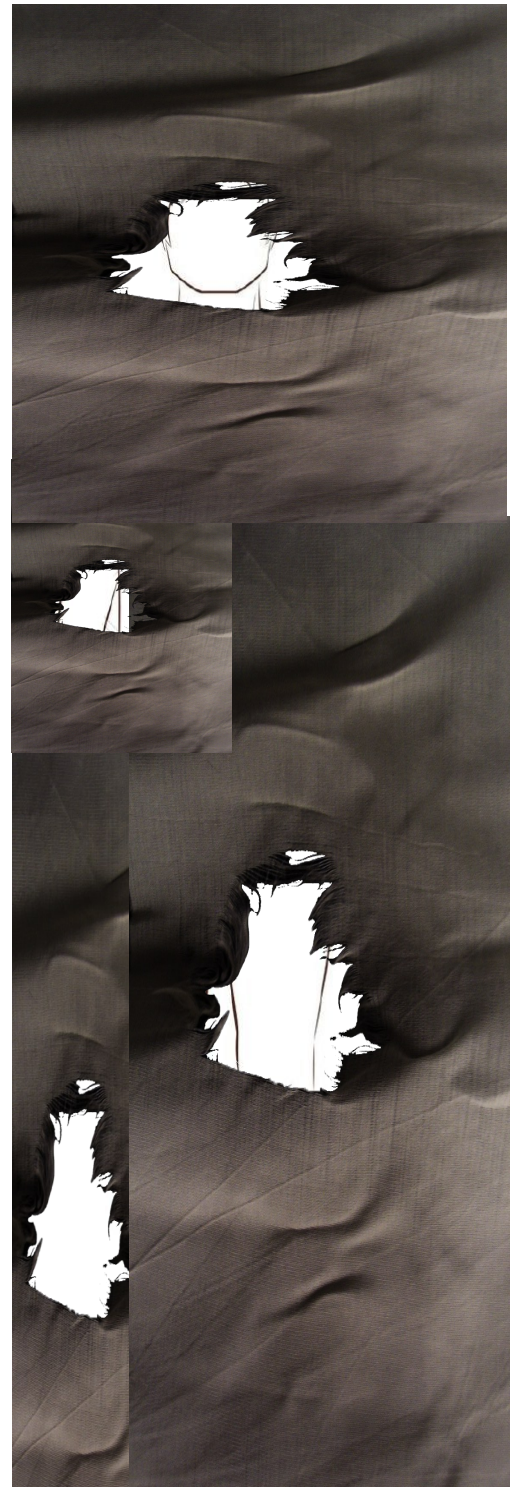
## 4. The Shadow

With the shadow, you give a third-eye blast of light. Wherever there is shadow, there is dis-ease. The shadows can range from deep, dark black shadows to little grounded round spheres of shadows. They can look like pound (#) symbols. Usually the shadow shows that this piece of the body is dis-eased and is about to go into dis-ease. For example, I saw shadow around the right knee cap of someone and told them there was something wrong with their knee. They told me that nothing had happened, but a month later they came to me and said "Starr, I fell on that knee." So it's really important to look and gauge what you are seeing. The figures included in this eBook are very helpful tools for marking down what you see in a person.



## 5. The Hole

Picture a black cloth over a person. Wherever there are holes or tears in the cloth, dis-ease is present. This is manifestation dis-ease and emotional dis-ease. When you snort cocaine, it gives speed to your system and all the joy and pleasantness that you feel is because it eats up part of your aura. In people who smoke Marijuana, the aura is slowly pulled in as it gets used up. But in cocaine, right after you ingest it, there is a big black hole in your aura. You are really just getting high on your own juice. With the holes, you will sometimes see a mother who gave up a child for adoption, a huge hole over the area of the uterus. People with broken hearts may have a hole over their heart chakra or in the upper chest. Sometimes you can see where tonsils have been removed, and sometimes you can't. So in healing, usually what happens is there is a dis-ease because you are disconnected with something, because you have lost something, then there is a dis-ease because you are connected to something inappropriate. When we see holes, it is usually total disconnect. The whole healing usually needs to bring forth some kind of connection for them.



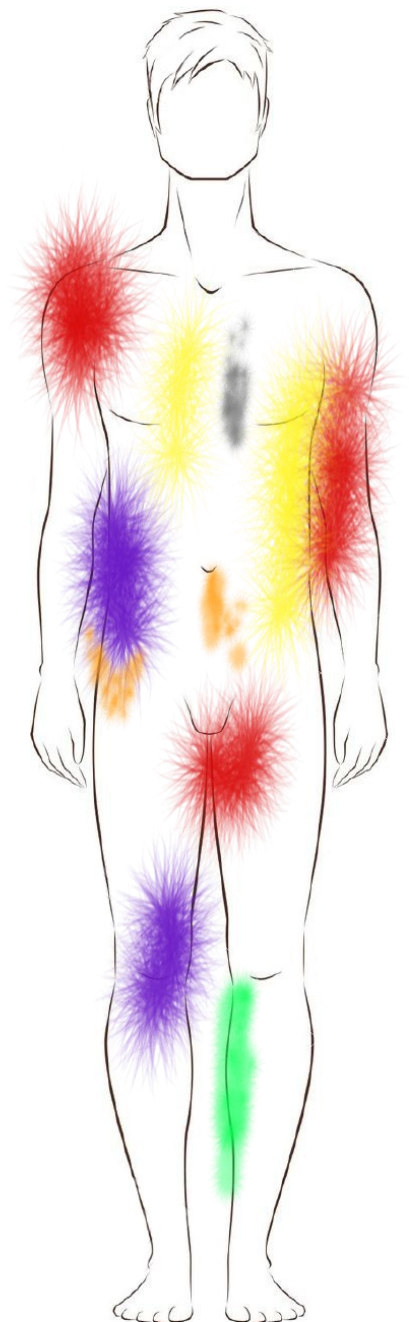


## 6. The Rainbow

Imagine a transparency over the person. See which colors appear where. Different colors indicate different things.

- Red Active Energy
- Blue Needs Energy
- Green Healing
- Yellow Disease
- Orange Integration
- Purple Definition
- Grey Illness
- Black Chronic Disease

The colors do not have to appear as a rainbow, they can appear as streaks or blots of color. When can also see color when we talk about people having done their work, such as someone having done their self-esteem work where there is likely to be more yellow present. An exception would be a pink egg-shape, usually indicating a baby checking out that mother or father.



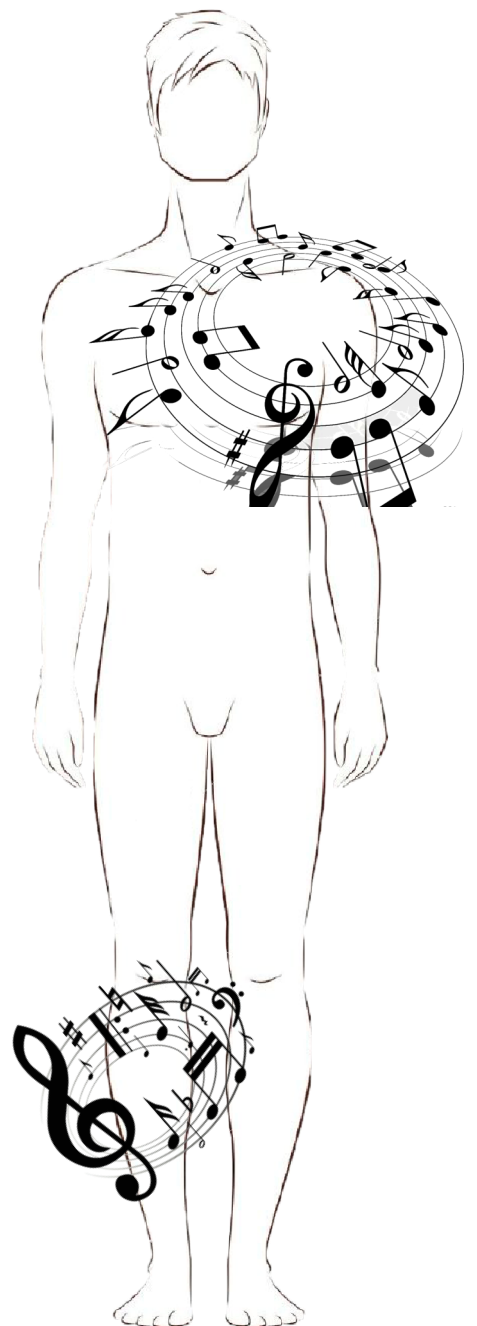
## 7. The Force

Close your eyes and face the person. Run your hands over the person. The force will either push your hand away from or pull toward the body. Any place where you experience push or pull is an indication that there is too much or too little energy in that particular organ. Feel for any place where the energy pushes or pulls.



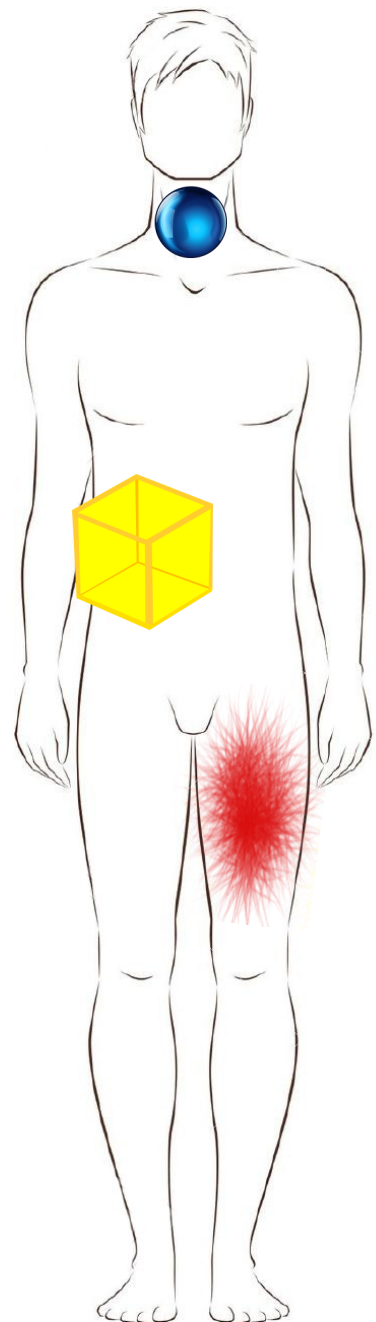
## 8. The Noise

Put your etheric hand behind your ear and make it larger. Turn your ear to the person. Wherever you hear a sound coming from is where disease is present. This is the hardest diagnostic exercise there is. Most of my auditory healers, when they hear a person's body, it's like an orchestra to them where there is a multitude of instruments playing. They will hear an alto clarinet out of key and in their mind, they already know that the alto clarinet represents a particular organ. After years and years of listening to the body, the healer knows a rhythm and they have enough sensitivity to know whether a note is sharp or flat and understand what this is telling them about that particular part of the body. This is one of the rarest of diagnostic scans.



## 9. The Feeling

Close your eyes, face the person, and feel what's happening in your own body. The most important thing here is to recite the phrase "Through me, not to me". As an empath, you don't take on their migraine. It goes through your head, just enough that you can get the diagnosis. Some people have asked when they feel something from someone, they will automatically take that and will have a headache all day long. The patient may say something like "oh, you didn't even do the technique and I feel so much better!" Healers who are comfortable with this scan often associate parts of the body with something else. For example, I have a friend who 'sees' organs as shapes. A healthy organ will show as a square, so when it is a changed shape from what she sees it as, she knows that it is ill. This is slightly different with others, who may feel organs as different shapes or objects altogether. Healers with Synesthesia are feelers. Synesthesia is a neurological condition in which stimulation of one sense leads to involuntary experiences in a second sense. These individuals are capable of doing things like seeing colors in numbers or experiencing scents in shapes. It is an incredibly interesting facet to the healer's approach. Because it is studied so little, it is thought that Synesthesia is quite uncommon, but I feel that there are degrees of the condition that many people experience and I've seen this in the healers and students that I've connected with over the years. So, When you begin a scan and find that something is 'hot', your priority as a healer is to cool it down to normal body temperature, just as when it is cool, you need to warm it up.



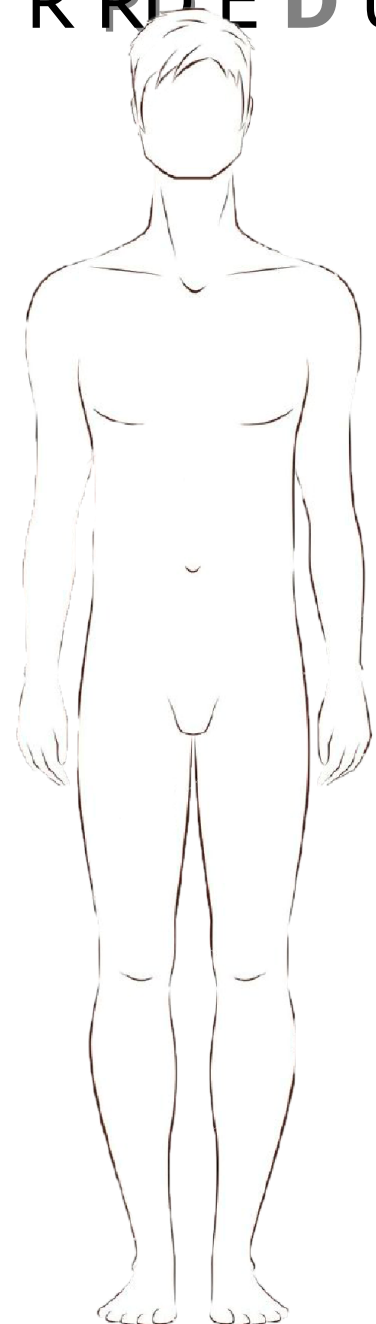
## 10. The List

The British Technique. Make any list (of diseases, body parts, systems, etc...) Put the person between you and the list. Look beyond the person to the list, and whatever stands out in the list is where disease is present.

When I say 'Stands out', this could mean anything that sets an item or items apart from the rest of the list. This could appear as a glow, a vibrance of color, or a dimming. This type of scan is well-suited for those that are more organized or analytical in nature.

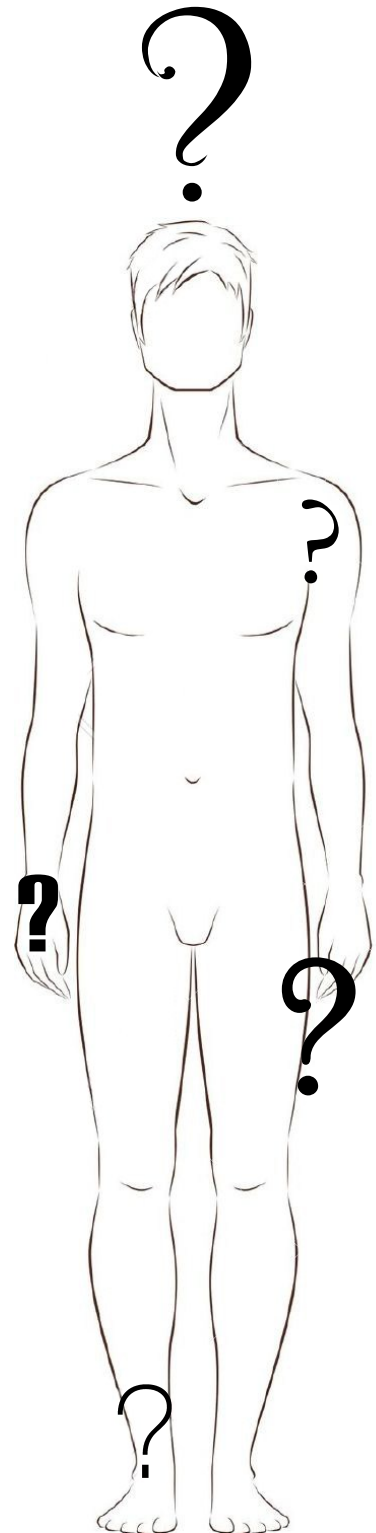
(The letters in the visual example stand for Skeletal, Nervous, Muscular, Respiratory, Reproductive, Endocrine, Digestive, Urinary, Lymphatic, and Circulatory.)

S N M R R D E D U L C



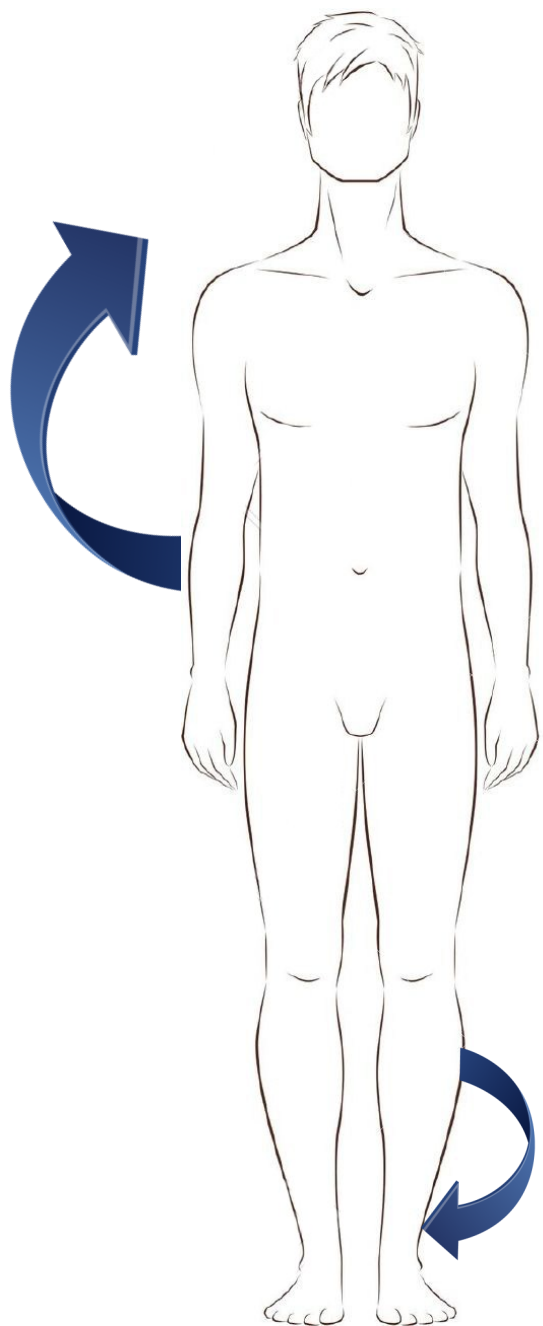
# 11. The Speaking

This scan is for use with several people in the room. Open your mouth and say whatever name comes out and what is happening with the person's health. The person whose name you say is somehow related to (family, friend, acquaintance, co-worker, etc...) someone in the room. So I might say, "who's Deborah?" "Deborah's my mother." "You're not talking to your mother right now, how does that make you feel?" "I've got a pit in my stomach, I feel isolated..." "Why is she not talking to you? Because I said something to my other brother..etc etc." So usually, this is more of a channeling scan. I do it the opposite way too. There will be a number of people and I'll say "Heart". And right away, it pops someone who is heart. There is water around they're heart. You have a little bit of plaque in your aorta and your worry more about the water around the heart than what it's going to do for you. There is a person who you stopped loving in this lifetime and you stopped loving the person to protect somebody else. Why? And what are you going to do about that?



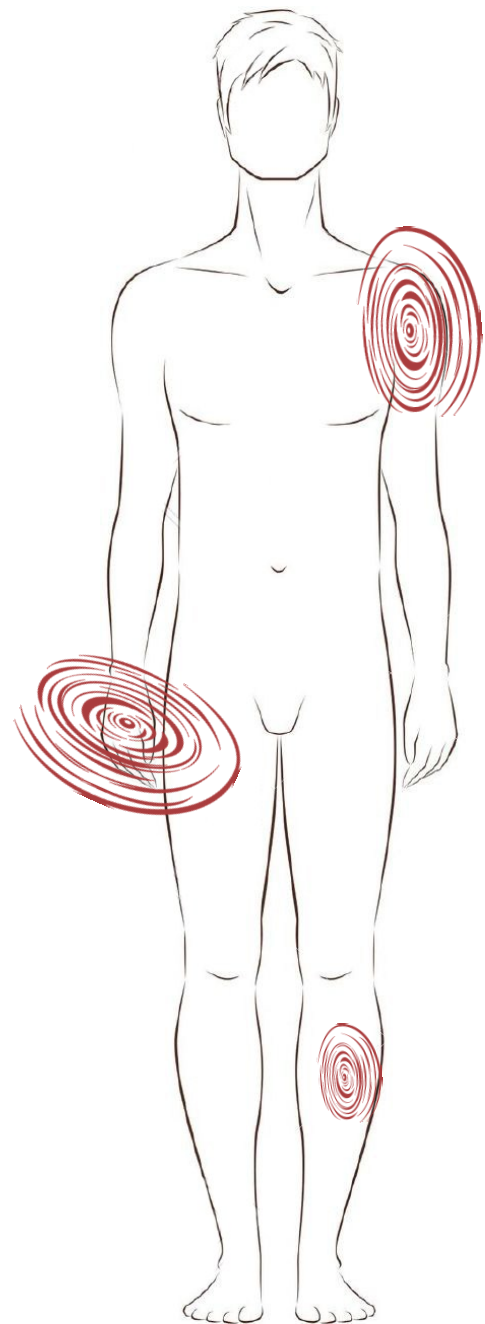
## 12. Cranio-Sacral Rhythm

Use the CranioSacral Rhythm from the feet and/or on the diaphragms to determine where the tissue is pulling in the body.

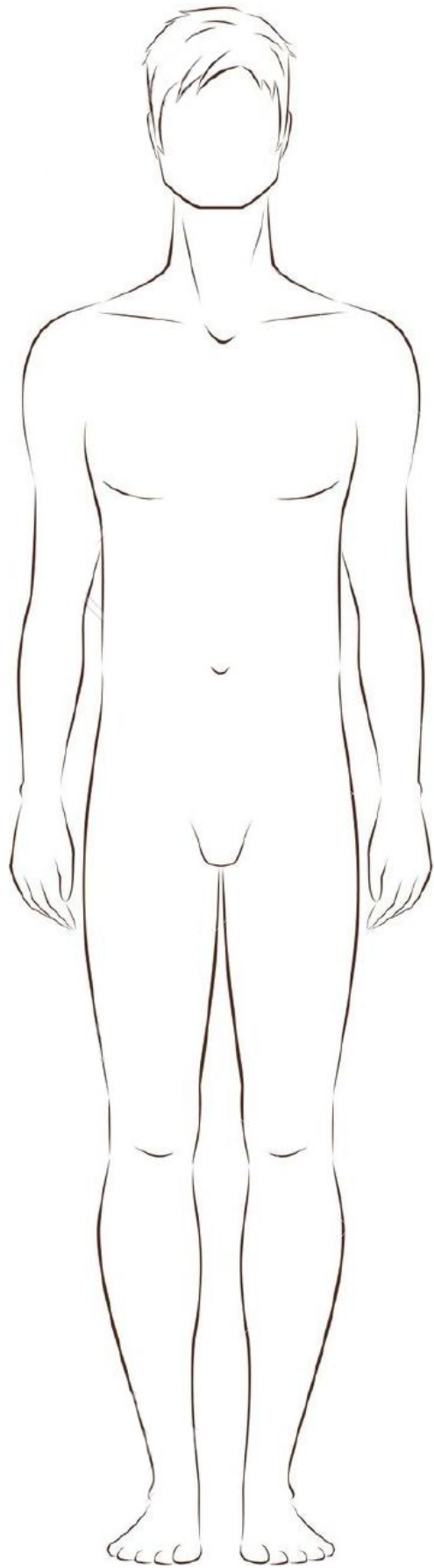


## 13. Arc-ing

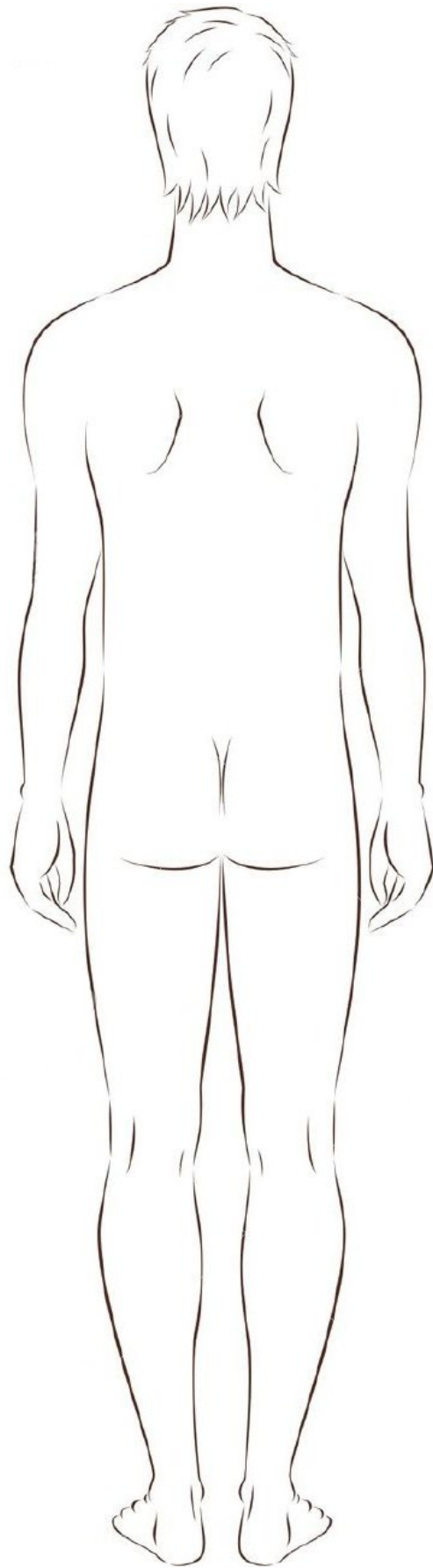
Determine the ripples of pain and imbalance in the body. These can be seen in a variety of ways throughout the body and present themselves as involuntary reactions to these inner pains and imbalances. People often arc their back or move their tongue in an arc within their mouth when faced with a statement or situation pulling at what they need to face.











# Author Biography



After decades of study with shamans, healers, Curenderos and Masters, Starr Fuentes has dedicated her life to helping others with the full unfolding of their purposes, paths and destinies. A master healer, spiritual teacher and intuitive Starr teaches more than 400 subjects, and has guided countless individuals down the path of healing, self-awareness and truth.

She combines the use of modern

psychological tools with ancient healing and shamanistic traditions, presenting a fountain of information in a teaching style that is animated, dynamic, and full of life. She has trained over one-hundred teachers who continue to spread her alternative healing wisdom throughout the United States, Europe, Israel, Brazil, Australia, Canada, and Asia.

Starr has published 8 books and won the 'Best Health & Healing Book' from the Coalition of Visionary Resources for her 2008 release '*Healing with Energy*'.

Starr is very active in the Metaphysical community, and regularly offers



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