



AO Scan Session



Determine a date & time (zone) for the Session.

The 3 Scans “Inner Voice”, Vitals and Comprehensive AND Frequency Optimizations will take 30 minutes.

It is best to schedule the session either before a meal or a few hours after a meal for a more accurate ‘glucose’ on the Vitals Scan.

Allow for at least one hour for the Scans and Review of “Inner Voice”.

‘Client Profile’ - request the following beforehand:

- First & last name:
- Email address:
- Height:
- Weight:
- Birth month, day and year
- Photo from shoulders up against a BLANK wall (think passport photo set-up).

When doing a face-to-face session, you may take the photo directly from the AO Scan device or have client email a photo ahead of time.

In-person session: Bone-Conducting headset will be used ONLY DURING the Scans.

Virtual session: standard headset during the entire session.

When doing a Virtual session, set-up the Client Profile ahead of time. Then you’re ready to go. Your client needs to be using a CELL PHONE, ideally with a headset to listen to the sounds in the right and left ear separately.

Schedule subsequent Scans at the same time (think bio-rhythm, hormonal production).

All 3 Scans namely ‘Inner Voice’, Vitals & Comprehensive can be done weekly.

Quick Scans can be used daily.

S.E.F.I. programs as needed.

Day before the session

Send an email confirmation w/ appointment date & time (zone)

Remind client:

- ✓ to have water shortly before the session AND
- ✓ to have a headset ready for Frequency Optimization.
- ✓ No background noise.
- ✓ Children and pets in a different room
- ✓ Use a cell phone
- ✓ Wear comfortable clothes seated or laying down on a couch.

Day of the Session

Prepare yourself.

Set your alarm for 30 & 15minutes and also the time of the session.

- Have a notepad & pen.
- Jot down the Profile data on the paper or Print 'Cheat Sheet'.
- Create a sacred space. GROUND yourself.
- No background noise.
- Have water for yourself.
- Proper lighting.
- Tripod for your personal cell phone allows you to be hands-free.
- Enter 'Client Profile' on the AO Scan Mobile.
- Quick Scan has a Clearing & Shielding Mode.
- After connecting with your client, place your cell phone on 'do not disturb'.

Session – getting started

- The AO scan is set for the Client you are working with; their name & photo shows at the top section of the screen.
- Brief explanation of the Steps: 3 Scans followed by Sound Optimization.
- Begin with 'Inner Voice' Scan.
- Ask client to close their eyes for a 5 seconds & recall of an exhilarating event.
- Then, ask they open their eyes.
- Ask client to close their eyes for a 5 seconds & recall of a sad event.
- Then, ask they open their eyes.
- Let the client know to say as many words as possible WITHOUT pausing.
- Our given name is powerful and can be part of the 10 second imprint.
- Start the Scan only after the client begins to speak or sing. RECORD.

Session – Explanation of Cheat Sheet
(download Cheat Sheet from next page)

- Client Profile data
- **‘Inner Voice’ Scan**
- Frequency Optimization for Inner Voice [12 minutes]
- Email sent to Client ___ Email sent to yourself ___ Confirm email receipt ___
- **“Vitals” Scan**
- Frequency Optimization [2 minutes]
- Email sent to yourself ___ Confirm email receipt ___ & open the link ___
- **“Comprehensive” Scan** [5 minutes]
- Frequency Optimization [5-7 minutes]
- Email sent to yourself ___ Confirm email receipt ___ & open the link ___

After all 3 Scans & Frequency Optimization are completed, have client check their email for the “Inner Voice” Scan Report.

The email originates from Corporate noreply@aoscan.com

There will be 5 PDFs and 4 Sound Tracks as mp3 files.

Both yourself and client open up the PDFs.

PDF #1 is an explanation of the subsequent PDFs.

Have clients read that on their own as the explanation will be revealed as you go over PDFs 2-5.

PDF#2 Zone ___

PDF#3 Zone ___

PDF#4 Zone ___

PDF#5 Zone ___

After the call ends, client can download Sound Tracks into their Phone Files.

Client homework: listen to the Sound Tracks 2-3 times a day and additionally when there is an emotional upset.

Schedule a follow-up call to go over Vitals & Comprehensive Scans.

Allow a few days giving the client a chance to incorporate their Sounds to their daily routine and for you to prepare the Summary.

NOTE: I have found that doing the 3 Scans, emailing ONLY ‘Inner Voice’ and reviewing that specific scan is ample information for clients during our first call.

I then prepare the Vitals & Comprehensive SUMMARY report.

The summary is emailed the day of the next scheduled phone call.

Use the ‘AO Scan Summary Template’ to CONDENSE the info from all 3 Scans. An excel spread sheet can be used to compare with subsequent scans.

Session Cheat Sheet

- Enter Client Profile data
- Start 'Inner Voice' Scan
- Run Frequency Optimization for Inner Voice [12 minutes]
- Email sent to Client ____ Email sent to yourself ____ Confirm email receipt____
- Start "Vitals" Scan
- Run Frequency Optimization [2 minutes]
- Email sent to yourself ____ Confirm email receipt____ Open the link__
- Start "Comprehensive" Scan [5 minutes]
- Run Frequency Optimization [5-7 minutes]
- Email sent to yourself ____ Confirm email receipt____ Open the link_____
- Schedule next appointment
- The day of the next call, email
 - Vitals & Comprehensive Summary and
 - date/time of the call.