



Silachi

ENERGY READING & ASSESSMENT

Alex Akselrod – Burnout Coach

Medical Intuitive | Qigong Teacher | Silachi, Bellevue WA

SAMPLE REPORT — for illustrative purposes only. Your personalized report will reflect your own reading, completed by Alex Akselrod at Silachi.

Date: 03/21/2026

Client: [REDACTED]

1 · Vital Organs BioScan

Alex checks the energetic health of major organs — including the liver, stomach, heart, lungs, brain, and kidneys — to identify which are under energetic stress or out of coherence. This isn't a substitute for lab work or imaging; it's an additional layer that often flags where to pay closer attention, sometimes before a physical symptom has fully developed.

VITAL ORGAN	STATE	REMARKS
Liver	Poor	The liver is running hotter and working harder than normal. In your session, we'll cover natural liver-support practices and a short breathing sequence designed to help revitalize this organ.
Stomach	Poor	This organ is working harder than normal, and its energy reads darker than typical. This pattern often shows up alongside digestive discomfort. Energetically, the stomach area tends to hold fear and anxiety — when this is out of balance, it often shows up as nervousness or disrupted energy flow. Energy healing work helps recharge and restore this area.
Heart	Good	Reading clear — no imbalance detected.
Lungs	Good	Reading clear — no imbalance detected.

Brain	Poor	The forehead reads warmer than normal, with an energy bump detected at the back of the head. Both will be addressed directly during your session.
Kidneys	Good	Reading clear — no imbalance detected.

2 · Energy Field Alignment Scan

Alex checks whether your emotional and mental energy fields are centered. Under stress, these fields can shift forward, back, right, or left — often felt as being “not quite in your body,” scattered, or disconnected. This scan gives shape and direction to that feeling, rather than leaving it vague.

FIELD	SHIFT	REMARKS
Around the Head	Shifted Right	This pattern often shows up as stubbornness or a strong need to defend one’s point of view. Restoring balance here often starts with practicing flexibility and accepting others as they are.
Around the Body	Shifted Right	The left side of the body is receiving less energy, which can make it more prone to physical symptoms. This pattern is often associated with perfectionism and difficulty accepting difficult circumstances.

3 · Holes & Bumps in Energy Field

Alex checks whether the energy field itself has been thinned or damaged around key areas of the body — often the result of stress, injury, or past emotional trauma. Once identified, these areas can be repaired and strengthened during a healing session, rather than left to continue draining energy unnoticed.

AREA	STATE	REMARKS
Head	Bump	A small energy bump was detected on the right side of the forehead, often linked to overthinking or anxiety. This will be addressed in your healing session.
Neck	Clear	No holes or bumps detected.
Chest	Hole	An energy hole was detected at the center of the chest. This area will be filled with positive energy and strengthened during your session.

Solar Plexus	Hole	Energy layers near the stomach read thinner and cooler than normal. We'll work to rebuild this area, along with simple exercises to support digestive health.
Abdomen	Clear	No holes or bumps detected.
Reproductive System	Clear	No holes or bumps detected.
Legs	Thin Layer	Energy layers around the lower legs read thinner than normal, which can show up as poor circulation or cold feet. We'll work to strengthen this area, along with movement suggestions to support blood flow.

4 · Chakras Health

Chronic stress can knock one or more chakras out of balance, disrupting the healthy flow of Qi through the body's meridians. When one center is blocked, others often compensate by becoming overactive or underactive — a pattern that, left unaddressed, tends to show up as illness or persistent dysfunction over time. Each chakra is read for its spin direction, speed, and radius to determine whether it's balanced.

CHAKRA	READING	STATE	REMARKS
Root Chakra	Direction: Clockwise Speed: Normal Radius: Normal	Good	Balanced — no action needed.
Sacral Chakra	Direction: Counter-clockwise Speed: Fast Radius: Large	Needs Balancing	This pattern often reflects a weaker mind-body connection. Simple Qigong exercises will be introduced to help restore balance.
Solar Plexus Chakra	Direction: Clockwise Speed: Slow Radius: Large	Needs Balancing	Often present when it's hard to accept current life circumstances. Qigong practice will help strengthen and balance this center.
Heart Chakra	Direction: Clockwise Speed: Fast Radius: Normal	Needs Balancing	A faster spin here often shows up alongside self-critical thought patterns and difficulty with self-acceptance.
Throat Chakra	Direction: Clockwise Speed: Slow Radius: Large	Needs Balancing	This imbalance can correspond with a weakened immune system. Breathing exercises will be recommended to help support immune health.

Third Eye Chakra	Direction: Clockwise Speed: Normal Radius: Normal	Good	Balanced — no action needed.
Crown Chakra	Direction: Clockwise Speed: Normal Radius: Normal	Good	Balanced — no action needed.

5 · Emotional Field Scan

Alex intuitively assesses five core emotional states — fear, anger, apathy, lust, and grief — rating each on a scale of 0 to 10, then verifies these readings directly with the client. This isn't a self-reported questionnaire; it's an intuitive read of what's present, checked against your own experience to make sure it's accurate. It builds on the same principle behind the Field Alignment BioScan: emotional imbalance shows up as measurable shifts and pinpointing where you're actually starting from lets the techniques used in your session be matched to what you need, rather than a one-size-fits-all approach.

EMOTION	RATING (0–10)	REMARKS
Fear	6 / 10	Moderate-to-high fear reading, consistent with the stomach and solar plexus findings above — this is often where fear and anxiety are held energetically. Breathwork will target this area directly.
Anger	3 / 10	Low reading. Some liver stress was noted in the organ scan, but it does not currently present as emotional anger — more likely a physical pattern to monitor rather than an emotional one.
Apathy	5 / 10	Moderate reading, in line with the sacral chakra imbalance noted above — a sign of a weaker mind-body connection. Qigong practice will help re-establish this connection.
Lust	2 / 10	Low reading. Healthy creative and vital energy is present; this is not currently an area of imbalance or focus.
Grief	7 / 10	The highest reading on the scan, and consistent with the energy hole found at the chest and the elevated heart chakra reading — grief is the primary emotional thread to address in your session.

Many clients are surprised by how closely this reading matches what they're feeling — and by how much these numbers shift by the end of the session.

Schedule your Energy Reading & Assessment: silachi.com | 425-524-8003