

# *ViMiere* mists personal questionnaire for you or your animal

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## **Aggression Ease**

Do you have trouble controlling your temper? (i.e. road rage, going postal)  
Do you ever have fear of losing control and doing something you don't want to do?  
Does your animal growl and bare their teeth at you, people or other animals?

## **Appetite**

Have you or your animal experienced lack of appetite or being picky with your food?  
Have you or your animal experienced unwanted weight loss?  
Are you changing your diet and need help with the transition?

## **Arthritis Ease**

Do you have joint pain, swelling or stiffness?  
Do you have trouble getting up from sitting?  
Does your animal have more trouble getting up and moving on cold days?

## **Assimilation**

Do you feel overwhelmed by your responsibilities?  
Do you have difficulty making decisions and choices?  
Are you experiencing any changes in your life? (i.e. move, job, relationship, puberty, loss)

## **At-One-Ment**

Do you question your place in the world?  
Do you or your animal have trouble feeling self-assured when meeting new people?  
Are you seeking connection with a higher source?

## **Athlete**

Do you or your animal have active lifestyles?  
Do you need help aligning yourself with your body?  
Do you or your animal compete in athletic events? (assists restoration after events)

## **Beauty in Life**

Do you see the glass as 1/2 empty?  
Do you desire support in appreciating the little things in life?  
Do you feel too busy to stop and smell the roses?

## **Cellular Tonification**

Do you desire support for your immune system? Do you feel sluggish or lethargic?  
Have you just recovered from an illness or accident? Any inflammation or swelling?  
Do you feel you have been burning the candle at both ends bombarded by life's demands?

## **Clarity**

Do you or your animal distrust your ability to make decisions?  
Are you uncertain about your correct path in life?  
Are you or your animal distracted easily when trying to focus?

## **Clear**

Do you feel energetically drained?  
Do you feel mentally and physically exhausted?  
Does your day-to-day life exhaust you?

## **Communicate**

Do you find others avoid you, because you seem to talk all of the time?  
Do your conversations always end up with you talking about you and your interests?  
Do you find it difficult to be a good listener?

## **Compulsive Ease**

Do you have persistent thoughts or worries?  
Do you tend to get stuck in living in the past or future and not living in the present?  
Does your animal excessively dig in one spot or bite on themselves with destructive behaviors?

## **Confidence**

Do you feel apathetic about where you are in life?  
Does your animal startle easily and cower over loud noises?  
Do you focus on failure which prevents you from succeeding in life?

## **Core Issues**

Do you feel apprehensive about life?  
Do you feel the need for personal growth and not sure how to do it?  
Are you scared of looking within? Are you hiding from your true feelings?

## **Desires**

Do you fail to get what you go after in life?  
Do small setbacks or delays inhibit you from moving forward?  
Do you wish to bring more fullness and joy to your animal's life?

## **Divine Spine**

Does your back feel misaligned?  
Do you have pain and stiffness in your back?  
Do you desire better posture?

## **Empowerment**

Do you need help in starting anew and letting go?  
Do you frequently go with other peoples choices even when it isn't your desire?  
Do small setbacks seem monumental to you? Do you lose faith?

## **Energy Balance**

Do you frequently feel out of balance or "off"?  
Do you frequently wake up fatigued after a good night's sleep?  
Do you or your animal frequently have mood swings?

## **E.T.**

Are you troubled by unconscious fears for unknown reasons?  
Do you experience distress at trying to analyze your feelings?  
Do you have the ability to align your choices for your highest good?

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## **Expansion**

Are you always apologizing for inconveniencing others?  
Do you feel physically tight in your body when around other people?  
Do you frequently breathe in a shallow manner?

## **Family**

Do you have animals in your household that do not get along?  
Do you often attempt to impose your viewpoint on others in the family?  
Are you having a change in household? (i.e. move, new baby, new pet, loss, divorce, relationship, puberty)

## **Female**

Do you have hot-flashes, mood swings or weight gain that are associated with your cycle?  
Do you have PMS or menopause?  
Do you have depression?

## **Focus**

Do you or your animal doubt your ability to make decisions?  
Do you jump from one project to another without completing it?  
Are you having difficulty deciding what to do with your life?

## **Ground**

Have you or your animal recently had a traumatic event?  
Have you or your animal recently had a physical illness?  
Do you have a problem making adjustments with confidence and understanding?

## **Harmony**

Have you or your animal recently had a fight with a loved one?  
Do you frequently try to correct or impose your thoughts on others?  
Do you or your animal frequently feel like you don't belong in new situations?

## **Joy**

Have you lost your sense of wonderment at life?  
Do you feel like you have lost your sense of humor?  
Do you wish to feel more alive?

## **Light**

Do you have depression?  
Do you have trouble functioning in the winter or on grey, cloudy days?  
Do you feel like you'd love to get away for a tropical vacation or anywhere it is sunny?

## **Manifest**

Is it difficult to let go of past attachments to create new opportunities?  
Do you feel overly sensitive and influenced by external people or situations?  
Do you feel "why bother, I don't deserve it or I can't have it anyway"?

## **Motivation**

Do you feel overwhelmed? Do you find yourself resigned to current circumstances in life?  
Do you struggle with taking the first step in getting started with tasks?  
Do you start projects and never complete them? Is apathy a feeling you often experience?

## **Muscle Ease**

Do you feel stiff and sore?  
Do you have muscle aches and pains?  
Do you have limited range of motion?

## **Neediness Relief**

Do you have difficulty being alone or by yourself?  
Do you or your animal feel clingy to others?  
Do you constantly seek the advice of others?

## **Nurture**

Have you or your animal suffered the loss of a loved one?  
Do you engage in addictive behaviors?  
(i.e., excessive sex, shopping, eating, sports, drugs, gambling)  
Do you frequently hide feelings of unhappiness and need for love?

## **Pain Ease**

Have you just had a physical illness or surgery?  
Have you been in emotional distress?  
Have you or your animal been in an abusive relationship?

## **Panic Relief**

Do you compete in events and want to alleviate some pre-performance tension?  
Do you feel afraid of offering your ideas or your talents to the world?  
Do you sabotage yourself when performing so you do a bad job?

## **Performance**

Do you desire help with your overall performance in life?  
Are you training for a specific event or endeavor?  
Do you experience performance anxiety?

## **Present Now**

Are you always dwelling in the past?  
Are you always worried about future events?  
Do you have difficulty being in the moment?

## **Protection**

Do you feel bombarded with energy when in a crowd?  
Do you get overwhelmed with external stimuli?  
Do you desire protection from the energy of others?

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## **Radiation Clean**

Do you use a cell phone, microwave, television, computer?  
Have you or your animal had X-rays or radiation treatments?  
Have you had unhealthy environmental exposures?

## **Romance**

Do you have negative self-thought that compromises your ability to be in a romantic relationship?  
Do you have fear of intimate relationships?  
Do you have trouble leaving a bad relationship to make room for a new healthy relationship?

## **Separation Ease**

Do you or your animal have trouble being separated from loved ones?  
Do you or your animal have fear of being alone?  
Do you not participate or engage in a relationship for fear of being abandoned or left?

## **Serene**

Do you never have a sense of peace and calm?  
Do you ever feel you've reached the "end of your rope"?  
Do you ever feel satisfied inside or do you frequently feel sorry for yourself?

## **Shock Ease**

Do you feel despondency and despair like you've reached the limits of your endurance?  
Do you feel the future is bleak?  
Have you or your animal recently experienced a trauma or accident?

## **Shoulder Release**

Are you experiencing limited range of motion in your shoulders?  
Do you feel like you are carrying a heavy weight on your shoulders?  
Do you feel like your shoulders are on your ears?

## **Sky**

Do you prevent yourself from dreaming big and going for your dreams?  
Do you frequently criticize yourself? Can you be happy with yourself?  
Do you have trouble getting enthusiastic about life?

## **Soul Purpose**

Do you feel less than satisfied with your life?  
Do you sense you have a bigger purpose that you aren't in touch with?  
Do you feel stuck in a rut?

## **Spirit Release**

Do you sense a longing to be more free?  
Do you feel less than enthusiastic about life?  
Do you fully experience life?

## **Submissive Ease**

Does your animal submissively pee when greeting people and animals?  
Do you frequently ask others for advice even when you have a sense of what's right for you?  
Do you easily feel exploited and are often taken advantage of?

## **Transformation**

Are you looking for self-improvement or to make a change? Do small setbacks seem huge?  
Do you experience a feeling of "stuckness" or procrastinate?  
Do you experience lack of direction and not knowing where to go or what to do?  
Would you like support in clearing out limitations in order to make positive changes?

## **Trust**

Do you distrust your ability to make judgements and decisions?  
When faced with two decisions, do you become indecisive?  
Do you find yourself doubting and mistrusting other people?

## **Uplift**

Have you been brave and courageous and are now tired and have lost enthusiasm?  
Do you have self-disgust and self-loathing?  
Do you have resentment and bitterness?

## **Voice**

Are you a self-confident person?  
Do you have feelings of inferiority?  
Do you have trouble speaking up when no one else agrees with you?

## **Wealth**

Do you have issues of feeling worthy and deserving of wealth?  
Do you have a sense there isn't enough for you?  
Do you feel money is bad?

## **Whiplash Relief**

Do you suffer from neck pain?  
Do you suffer from limited range of motion and neck stiffness?  
Are you experiencing headaches?

## **Wholeness**

Are you unsure about where to go and what to do when a major life event occurs?  
Do changes feel unsurmountable?  
Do you find it difficult to improve the quality in your life?

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## **Dare to Dream**

Do you find yourself stuck in a rut?  
Do you find yourself thinking you have no other options?  
Do you have a lot of unfulfilled desires?

## **Detox**

Are you finding yourself with recurrent illnesses?  
Do you feel lethargic?  
Does life feel sluggish and life is boring?

## **Feng Shui**

Does your office or home feel "stuck"?  
Do you feel out of balance in your surroundings?  
Do you find you cannot be productive in your office or home?

## **Five Element**

Do you find you are stuck in one emotion more than the others?  
Are you difficulty in getting up and facing the day?  
Do you feel in tune with your life?

## **Love Your Body**

Do you loathe your body? Do you feel good in your clothes?  
Do you have weight issues? (gain or loss)  
Do you find yourself doing emotional eating?

## **Oneness**

Do you feel you are emotionally out of balance?  
Do you feel spiritually shut-down?  
Do you feel connected to your body?

## **Physical Tune-up**

Are you suffering from aches and pains?  
Do you want your body to feel like a well-oiled machine?  
Are you getting enough sleep and feeling rested?

## **Success**

Do you find yourself self-sabotaging and not getting to your success?  
Do you dream of your big dream and want to achieve it?  
Would you like to feel successful in all endeavors?

## **Sweetness of Life**

Do you feel bitter about life? Do you find you frown more than smile?  
Do you lack the ability to feel joy in life?  
Do you have unfulfilled desires?

## **Triple Warmer**

Do you feel like a misfit in many social situations?  
Do you feel like you are full of stress?  
Is your immune system weak? (getting sick more often)