



**SPARK THEN IGNITE**  
ENERGY HEALING

## SHAMANIC HEALING SESSION PREP

### Intention Setting and Post Ceremony

Below is an Intention Setting for you to start in the days leading up to the session.

The minimum time to prep is: one evening. Though, ideally, longer. - The longer the prep time, the deeper the healing.

This work is very gentle yet powerful. Please make space for yourself for the rest of the day/evening. But, please do not stress if you have things to do. The important thing is to create a space shortly after to have a chance to reflect on the work that has occurred.

### The Preparation

Your homework is to say a sincere prayer before you go to sleep, ie. every night until the Session. An example template is below.

You can pray to any higher spiritual power, ie. Angels, Guides, ancestors, the Universe, etc. This work is not affiliated with any religion, so please don't let semantics get in the way.

Add any other requests to your Intention. It is important to ask no matter of the How.

In the days before the Session, try to rest. Try to get a good night's sleep the night before. You may experience dreams, old memories may surface and coincidences (godwinks) may occur the day before or days before the Session - this means the healing process is already underway.

Please avoid alcohol and any recreational drugs 24 hours before and after the Experience. Try to stay away from junk/processed foods and prepare yourself in any way that feels right for you, such as meditation, yoga, Epsom/Himalayan Pink salt bath or any other spiritual practice that allows you to be in a receptive state.



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## Intention Setting - Example Template

*(To be repeated every evening until the Session.)*

I ask to be prepared during dreamtime to receive the healing on \_\_\_\_\_ .  
*(Date of Session)*

I am calling on \_\_\_\_\_ and setting  
*(Your Guides/Angels/Helpers,etc.)*

The intention to restore my soul to its original state as was created by divine source at my soul's origination.

I ask that all blocks and restrictions be removed from my soul and being, and that all negative or dissonant energies be neutralized. I ask that all my soul memories and learning experiences associated with these blocks and restrictions be retained. As they are now complete on all levels.

Please release and clear all programs that are not serving my Highest Good that may be running consciously, unconsciously or subconsciously. Close all portal ways not in alignment with my True self expression. And release all Energies that are not working on my behalf.

### Optional:

I am asking for these things to come into my life in Grace, with Ease, and for my Highest Good.  
*(You may add or remove the number of items below.)*

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

I trust this intention will be carried out with joy. Thank you, thank you, thank you!



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## Shamanic Healing - Post Ceremony

This ceremony must be done following the group healing session. We borrowed energy for the healing and this ceremony, which is performed by each participant, returns energy back to Nature.

Please create space to complete the Post Ceremony **immediately after the Session.**

### Need:

- 1) Find a tree or a nice spot in nature
- 2) Offering options - choose one or a combination of the below:
  - A handful of nuts
  - A fruit
  - Some tobacco

### To do:

- 1) Stand in front of your tree or spot in nature
- 2) Put the Offering by the tree/spot in nature  
*(Does not have to be buried in the ground.)*
- 3) Ask: **"How can I ground the healing that took place?"**  
*(Does not have to be buried in the ground.)*

Allow the question to settle and open your heart and mind for any messages/replies



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## Other FYI's - Post Session

Typical reactions to the Healing:

Some people feel elated and lighter, energetically. after the session.

Some feel quite tired and heavy or agitated/irritated/emotional in the days that follow - In this situation, try to stay in the emotions and acknowledge them, ie. I'm feeling down today or I'm feeling a bit depressed, etc., and make time to feel them and rest.

These are remnants of energies clearing from you. Acknowledging them is important vs. trying to flip the emotion around to a "positive" one, ie. happy, upbeat.

If anything persists longer than 1 week, please contact me:

[linda@spark-then-ignite.com](mailto:linda@spark-then-ignite.com)

(647) 273-4683

My typical response time is within 24 hours.

**Thank you for lighting up the world one experience at a time!**

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