



SPARK THEN IGNITE
ENERGY HEALING

SHAMANIC HEALING SESSION

Preparation / Intention Setting

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

The minimum time to prepare is: one evening – though, longer is ideal. Typically, the longer the preparation, the deeper the clearing.

This work is very gentle yet powerful. Please make space for yourself for the rest of the day/evening, ie. Try to avoid crowded places and lots of people. But, please do not stress if you have things to do. The important thing is to create space for yourself shortly after the healing 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.

You can pray to any higher spiritual power, ie. Angels, Guides, ascended masters, Animal Helpers and helpful 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.

I have provided an example on the next page, which you are welcome to use, as is. Or, you can modify and add things in any way that feels best to you.

In the days leading up to the healing session, try to rest. Try to get a good night's sleep the night before. You may experience dreaming, old memories may surface and coincidences (godwinks) may occur in the 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 healing session.



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Try to stay away from junk/processed foods and prepare yourself in any way that feels right for you, such as meditation, movement/yoga, baths in Epsom salts or any other spiritual practice that allows you to prepare for a receptive state of being.

Intention Setting

(To be repeated every evening until the Session.)

Example

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

I am calling on all my Guides, including angels, ascended masters, spirit guides, animal helpers and helpful ancestors.

I am setting the intention to restore my body, mind and soul back to its original state so I can feel peace again, power and fulfill my life purpose here on Earth.

In my original state, I am the Sun and I ask that the clouds, that have drifted in my path during the course of my life thus far, to dissipate one by one so I may be seen, and so that I may shine brightly and radiantly – and be embraced by all as I am.”

Optional

Add a few items to manifest into your life:

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) _____

Thank you, thank you, thank you!”



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Shamanic Healing - Post Ceremony

This ceremony must be done following the session. We borrowed energy for the Healing. This ceremony returns energy back to Nature.

Please create space to complete the **Post Ceremony** below soon after the Healing, up to one month.

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?"
Allow the question to settle and open your heart and mind for any messages/ replies back.

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.

PREPARED BY

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