



SHAMANIC HEALING SESSION Preparation / Intention Setting

Thank you for booking a healing session with me!

Please read the instructions below to help you prepare for your healing session:

This Preparation is essentially an **Intention Setting** for you to start in the days leading up to the session. It is to be done at bedtime.

The minimum time to prepare is: One evening.

Ideal prep time: One week.

Though, typically, the longer the preparation is, the deeper the healing tends to be.

This work is very gentle yet powerful.

To maximize the effect of the Healing, please:

Make space for yourself for the rest of the day/evening, i.e. 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 healing session. You can pray to any higher spiritual power, i.e. 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. Feel free to revise the Intention below with your own words.

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

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/supplements 24 hours before and after the healing session.

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

INTENTION SETTING

(To be repeated every evening until the Healing.)

Example:

"I ask to be prepared during dreamtime to receive the healing on: _____ (date of healing session).

I am calling on all my Guides - including angels, ascended masters, spirit guides, animal helpers, helpful ancestors and any helpful Guides whose names are am unaware of but who are around for my well being and protection.

My intention for this healing is to restore my body, mind and soul back to its original state so I can feel peace again, restore personal power and find a soul path again that feels fulfilling here on Earth.

In my original state, I am the Sun. 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. I ask the integration of this process be slow and gentle."

Optional:

Add a few items to manifest into your life:

I also ask 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) _____

Thank you, thank you, thank you!"

Post-Healing Session Expectations

After the session, some people feel elated and lighter, energetically.

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, i.e. I'm feeling down today or I'm feeling a bit depressed, etc., and make time to feel them and let them clear.

In cases where these heavier emotions linger, it is recommended to do the Post-Healing Ceremony, sooner rather than later.



SHAMANIC HEALING

Post Healing Ceremony

After the healing session is done, please perform this ceremony (The Post Healing Ceremony) **within two weeks**.

The purpose of this ceremony is to acknowledge our Helpers and the Healing, AND, to return energy back to Nature as energy was borrowed to do your healing.

What you will need:

- 1) Find a tree or a nice spot in nature;
- 2) An Offering - options (choose one or a combination of the below):
 - A handful of nuts or seeds
 - A fruit (apple, orange, etc.)
 - Some tobacco
 - Any other foods that resonate with you or that you have on-hand. But, please try to avoid layout out foods that are poisonous to animals that frequent the nature spot you've selected, i.e. Some foods poisonous to dogs, include chocolate, grapes/raisins, macadamia nuts, etc.

Instructions:

- 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.

Reach out if you have any questions or require any assistance – before or after the healing session:

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