



## Girvani Leerer, PhD. The Shamanic Psychologist

*Bridging Shamanism & Psychology to Change Your Story*

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### Shamanic Energy Healing Sessions

All sessions are conducted in Sacred Space, and in a safe and confidential environment. Sessions last 60-75 minutes, but can go longer.

What we do during a session depends on the issue(s) you bring in. When you arrive we will talk for a few minutes about what you would like to change, and look for the deeper energetic pattern in your life and how that pattern expresses throughout time, connecting with family/generational, cultural, and even karmic issues. I will then journey to get guidance from my Helping Spirits about what will most healing and helpful for you in the session. I may have you choose a stone from my medicine bundle, or *mesa*, and blow the energy of the pattern/issue into it.

During the energetic work, I may have you lie on your back, fully clothed, on a massage table. Working with my helping spirits, I will remove heavy energy, or restore needed positive energy to your energy field. Depending on your sensitivity, you may feel energy shifts or changes, or have visual images or memories that provide insight into the cause of the imbalance.

After we conclude the energy work, we will spend some time talking and you will receive personally tailored “homework” to support you in stepping into your new energetic place. People often continue to release and have insights into their old patterns for several weeks following a session ~ experience precedes insight in Shamanic Energy Healing.

#### Session Preparation:

1. Set a clear intention for healing and letting go of old patterns. Take a few minutes before your session to sit quietly, come to center, and open up. Allow and set your intention for that which needs healing to come up.

If you are not sure what you want to work on, it may be helpful to reflect on:

- What is not working, or feels out of balance in my life?
  - What qualities do I wish to reclaim?
  - Are there unhealthy patterns or themes in my life and/or from my ancestry that keep repeating?
  - Are there places in my body where I am regularly feeling pain?
2. Eat healthy and light before the appointment.
  3. Refrain from alcohol/recreational drugs for two to three days before the session.
  4. Wear light colored comfortable clothing to your session.
  5. Schedule the appointment with sufficient time afterward for integration and “homework”. It is better if you don’t have to go to work immediately following a session.

#### After a Session:

*It is vital that you commit to your work outside of sessions.* Through this work, you will have the opportunity to honor what you have released, and fully integrate the gifts, empowerment and realizations that will allow you to step into your new story for your life.

Often when we release old incompatible energy, the universe gives us the option to take the energy back. If we are not continuing our work and instead are acting out of habit, without mindful awareness and intention, we can take this energy and the old story back and not step into a new map and new story.

1. Be sure to take time afterwards to nurture yourself, and get plenty of rest.
2. If sexually active, it is best not to engage in sex for 24 hours after the work.

3. Refrain from alcohol/recreational drugs for at least 24 hours after a session.
4. Drink plenty of water for several days to help your luminous field continue to release heavy energy.
5. *Epsom Salt or Sea salt and Baking soda bath*: You may be asked to take an Epsom Salt bath to assist in clearing, or a sea salt and baking soda bath to assist in balancing your energy field. Use about 1 cup of each in hottest water you can, soak until you break a sweat, and rinse off residue with clean water. Depending on the work, you may need to take up to 3 baths over 3 evenings.
6. *Fire ceremony*: You may be asked to do a fire ceremony after your session to assist you to honor and let go of what you released and bring in what you want to invite into your life. Your fire can be outdoors in a grill or pit, or indoors in a fireplace or with a large pillar candle(s). You will receive full instructions at your session.
7. We will co-create other ceremonies to support you in your energy shift, such as creating a sand painting, using movement to express the place you wish to step into in your life, or building an altar to work with and integrate the gifts or realizations from the session.
8. Email or leave me a message 7-10 days after your session to let me know how you are doing.

While valuable shifts can occur in one session, I advise clients to commit to at least three to four sessions to support significant life change. I support you to do this by offering special package rates on 5 and 10 sessions packages.