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Traditional Q'ero Healing Session Instructions

Preparation:

1. **Prepare for your Healing with a cleansing** no more than 12 hours before your appointment. Do this by cleansing in a fresh stream or spring, or in your bathtub using epsom salts and FRESH herbs that you boil for 10 minutes and steep overnight. Use herbs like Rosemary, Sage, Lavendar, Rue, and/or Cedar.

In the bath/stream begin with practicing the energy meditations if you know them. Then pour the herbal wáter over your body with the intention of releasing any heavy energy, *Hoocha*, to the wáter.

Optional - Use a small clear quartz crystal and rub yourself from head to feet on your right side and then left side to release heavy energy. Wash crystal in the water.

Dip a fresh flower in the water and bring the energy from the water up from your feet to your head to fill yourself with light nectar energy, *Sami*

After, bury the flower (and crystal) in the Earth or offer to a body of running water before the Session.

2. **Offer Wine 30 minutes before your Healing:** Offer a small glass (about 2 ounces) of white wine (or other white beverage like white grape juice) to the Mountains, *Apus*, by tossing it upwards into the air, and red wine (or other red/dark beverage like grape juice or coffee) to the Earth, *Pachamama*, by pouring it on the Earth. Offer prayers for your healing and gratitude for your healing *that has already happened*. Invoke the help of your Nature Father and Nature Mother as you do this, asking them to help you receive and integrate the return of your missing ANIMO—energy bits/life force energies – that come back to you.

Your Nature Father is a hill or mountain and your Nature Mother is a body of water very close to the exact location where you were born. You can say, for example, “My Nature Father and Nature Mother of Alta Bates Hospital, Berkeley, California” if you do not know who they are

3. **Bring Flowers to Healing:** Bring Three (3) Fresh Cut flowers to your Healing. Any kind is ok, but **BEST is one red, one white and one yellow.** You will place these on your head or heart for the healing.

4. You can bring a phone or device to record the session so you can listen to it later. If on Zoom, I will give your permission to record if you choose.

The Session:

I will ask you before or at the beginning to give me a BRIEF statement of the main issue for which you are seeking help. I will also ask you the geographic location(s) where you felt you lost energy or power/life force related to your issue. I DON'T NEED A LOT OF STORY ABOUT WHAT HAPPENED – RATHER I NEED TO KNOW ABOUT WHERE YOU FEEL YOU LOST POWER/LIFE FORCE.

I will ask for your original birth name, city and country of your birth.

Most of the session will be done in silence with me making prayers on your behalf. You will be reclined fully clothed during the Healing holding your flowers as instructed.

I will say prayers on your behalf, invoking all of the Nature Beings and especially your Nature Parents, asking for their help and for their healing energies to come to you.

If in person, I will use some stones/power objects to first cleanse your energy field.

Then I will place stones, physically or energetically, on your forehead, heart, belly, hands and feet to empower your energy field and call in Wisdom, Love, Right Action/Service, and Balance and Harmony.

Following that, I will call for any missing bits of life force/Animo that have been lost from the shock or trauma to return back home to your body and energy field.

You will then rest for several minutes. Falling asleep during or after is EXCELLENT!

If doing the Session by Zoom:

I will do all of the above remotely for your energy field. You will need to have a computer or tablet (not a phone). During the Session, you will need to recline in a way that I can see you from your torso to the top of your head. You can record the Session on Zoom if you wish.

After the Session:

Offer your 3 flowers to a body of running water or bury in your yard as soon as possible, offering gratitude to your Nature Parents. Keep the flowers in water if you cannot offer them that day.

REST AT LEAST 30 MINUTES after your session/after returning home. Open up your heart and body to receive and integrate your healing. *If you have a long drive home you may want to have someone pick you up (or you may prefer to have your session on Zoom).* The person who picks you up can help you offer your flowers. Pay attention to what your body needs. Try to plan quiet time/stillness for the several hours.

If you recorded the session, listen to the recording to help you with further integration. It will take several days to integrate the healing. Pay attention to dreams, meditations, and any information that comes. Don't worry if you feel moving energy or vibration in your body or feel expanded. Be aware that feeling expanded may make you sensitive to others' energy. Ground yourself laying belly down or on your back on the Earth, or standing barefoot on the Earth and imagine sending a root downward. If you cannot be on the Earth, imagine this. **Don't make any big decisions based on the healing immediately afterwards.**

What to Expect from the Session:

The Session will NOT give you an explanation/story, diagnosis, or labeling of your issue for your mind to understand. If you are hoping for an answer you will likely be disappointed. This is an energetic healing in your heart, body and energy field/bubble. **Feel and Sense** rather than trying to understand cognitively. Your mind may understand more later. Yoga, meditation, time in Nature, journaling, artwork, and rest will help with the integration.

I will text you the day after at an agreed upon time to ask about your experience and how you are doing. I may briefly share my perception of the experience *if it is important for your healing.*

Feel free to get in touch if anything else comes up in the week after the Healing Session.