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## **Shamanic Energy Healing Sessions**

All sessions are conducted in Sacred Space, and in a safe and confidential environment. Regular Sessions last 60-55 minutes. Extended Sessions last 75-80 minutes, but we may go a bit longer.

What we do during a session depends on issue(s) you bring in. At the beginning we will talk for about 10 minutes about what you would like to change, look for the deeper energetic pattern in your life and how that pattern expresses throughout time and possibly connects with family/generational, cultural, and even karmic issues. Unlike psychotherapy, I do not require all the details, only the headlines. I will then journey for guidance from my Helping Spirits about what is most healing and helpful for the session.

During the energetic work, I will ask you to sit comfortably or lie down, fully clothed. If we are on line I will need to see most of your body, so please use a computer or tablet, not a phone.

I will then working with my helping spirits to remove heavy energy and/or restore needed positive energy to your energy field. You may feel energy shifts or changes, have visual images or memories or feel body sensations and emotions. These could bring some insight into the cause of the imbalance.

After we conclude the energy work, we will spend some time talking about your experience and I will share information that you need from my perceptions during the healing. You will receive personally tailored ceremonial work for afterwards to support you to step into your new energetic place. People often continue to release and may have insights into 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 to be released/shifted.

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. You may be asked to do a cleansing prior to the Session. I will give you the instructions.
  3. You may be asked to do an offering before, or bring an offering to the Session for your Nature Spirits. I will give you instructions.
  4. Eat healthy and light before the appointment.
  5. Refrain from alcohol/recreational drugs for two to three days before the session.

6. Wear comfortable clothing to your session.
7. Schedule the appointment with sufficient time afterward for integration. 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 Ceremonial work after sessions.* Through this work, you 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 continue to act out of habit, without mindful awareness and intention, we can take this energy and the old story back rather than stepping into a new map and 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/or 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 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. If you don't have a bathtub you can take an Epsom Salt or Sea Salt shower, mixing it with some natural preferable organic olive, coconut, argan or other oil.
6. *Releasing Ceremony:* You may be asked to do a water or 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. You will receive full instructions at your session or afterwards by email.
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 3 session packages.