



# Introduction to Healing Journey

My twenty plus years journey as a Certified Holistic Health Practitioner has led me to many different useful modalities. I honor what each technique has trained me to provide and I utilize this knowledge in all sessions. I was also born consciously aware and able to perceive the natural beauty and subtle connectivity of the building blocks of energy. As a conduit of the subtle realms I open to the eternal presence within all life and act as a bridge or transmitter to midwife the tools you can utilize in your healing experience. I am only a healer because you are ready and willing to heal. If your DNA is ready to evolve, it is you who are evolving. A midwife holds space for a mother to deliver. You are your deliverer; I am your sacred space holder and witness. It is my deepest honor to be invited into your healing journey.

Each Healing Journey session combines claircognition, shamanic medicine practices and holistic techniques and will take 2 hours to complete. Please see the link for more information.

## What is Healing?

The dictionary defines healing as the process of making or becoming sound. Twenty years of seeking and training have taught me that all healing is attunement or refining your sound. The natural desire to be in harmony, accord and ultimately unity.

## How to Prepare for Your Session

Please create an intention around your desired outcome. This will help us both focus on what can be achieved within a reasonable spectrum of anticipation or expectation. You may want to prepare a list of questions and concerns around your intention for the session.

Intentions may have themes around:

- Recognition and Release of thought patterns that create stress and dis-ease.
- Merging and coming into union with your healing guides and soul family support.
- Understanding the limited beliefs that need refining.
- Knowing without self doubt your ability to identify what creates pain.

Hold a manageable ideal for yourself. Everyday miracles do occur, but it is often our perspective that blocks seeing the beauty of what has been provided. And please trust that the Universe wants to create for you not despite you.

Do not drink alcohol and keep caffeinated drinks at a minimum before your session.

## After your Session

- Please eat and drink something light as soon as possible after your session. Especially before driving or performing duties requiring attention and focus. Fruit or vegetarian salads are best to begin. Chocolate or bananas are great for grounding quickly if needed
- Allow yourself adequate time to process. Spending a quiet evening post session is best.



- Be gentle with yourself in the days following your session. For some your body may begin detoxing physically and emotionally immediately, sometimes even during the session. During this detox time you may feel overwhelmed easily, be teary or short on energy and patience. This is normal after any energy healing session and it is an important part of the healing process. Clients have also reported headaches, nausea, and fevers. The quickest way to move through this is by allowing it to flow through you. Take time for meditation, get more sleep, eat lightly, take an Epsom salts bath, and drink water. Lemon added to the water increases alkalinity and digestion. Detox can be distressing but remember that a caterpillar must be quite distressed as it transforms, but how it will enjoy its beautiful new wings.
- Your thoughts are very powerful. They will influence your experience so please hold an intention of the highest outcome for the session. Your logical mind may influence doubt toward what you've received but trust your higher consciousness. Trust and allow the integration of what you have achieved today.
- Many remember parts of their session, especially emotions and body sensations but the details begin to fade. You can listen to this recording repeatedly. Listening helps you go deeper into the activations and integration of these activations. Please download your recording to your own device when you receive it via email.

It is generally a good idea to not engage in additional appointments or activities that require a great deal of concentration after your regression. Be gentle with yourself and allow integration of the journey that you have just participated in.