

## Preparing for our Shamanic Healing Session



Welcome! We work together for approximately three hours: for the healing, for integrating and to ground your prescription practices for after care. Plan to give yourself a day to have this experience. It is one of the greatest gifts you can give yourself.

There are a few simple steps I would like you to make in preparation for our meeting. Please write down and email me results from steps 1. and 2. at [admin@vision-voyages.com](mailto:admin@vision-voyages.com) (with FAO Chetna in subject heading).

### **1. Reflect upon what is not working in your life now.**

Explain the things in your life you would like to see change, the trend or pattern. You do not need to give the history, but you can share if it helps you to become clear about what you want.

### **2. Please imagine your state of ideal well-being.**

Ask yourself, what does it feel like, look like, taste like, smell like, when I am in that ideal state of wellness? Now that you have the feeling of your ideal state write a description telling me how you just spent an ideal day.

Great we are ready for the session!

You now have the option of energizing this intention of wellness with actions.

For example, make a vision board and paste clippings of images from magazines, or play music you love, write or find poems or inspiring quotes and keep them visible during the day. The more you engage with the creative process thinking about the qualities you wish to embody in your life, the closer you call that state of being to you.

Here is a quote from Sandra Ingerman:

“The key to using our imagination to create is to be able to engage our strong inner senses with our own vivid images, sounds, smells, tastes, and feelings. We need to be able to create our own powerful movies with each of us living in the movie instead of simply watching the movie. And we need to fuel our senses with intense enthusiasm. We need to stop allowing the outside world to write our script and our new script must be born from our inner world. And we must use the depth of our senses to make our creations real.”

“Find times in the day when you can go within yourself and start to bring up your own vivid images and your own songs. Really try to focus on fragrances that you love and tastes that you enjoy. Imagine yourself walking around and touching with your hands different things that you love. Try and make your inner senses tangible. Do this a few minutes before you go to sleep or when you wake up. Try this for just a few minutes a day. The intensity with which you can experience the senses in your inner world will directly affect your ability to create what you want in the world you live in.”

”Here is an example. If you wish for healing to take place at a particular location on the planet imagine reading a newspaper article that announces that healing has already taken place. Feel the feel of the newspaper in your fingers. Smell the ink. Experience yourself smiling as you read the article out loud and hear the laughter of your friends as you share the good news.”

### **3. Ask for messages in your dreams to help you prepare for your healing.**

From now until our session, every night before you go to sleep state your intention: “I would to receive a dream which will help me prepare for my shamanic healing, and to remember the dream.” (As soon as you get your answer you stop asking each night.) If you do not get a dream or remember your dreams, it is still worth while doing this exercise, because when you make this gesture and set this intention, you bring healing energy to yourself.

Remember, your intention, your passion for your own healing is what makes the session.

I recommend the following books to read to support your healing:

**Soul Retrieval – Mending the Fragmented Self**, by Sandra Ingerman. This seminal work explains the process of shamanic healing. If you desire to understand what happens in a session, this is the book for you.

**How to Heal Toxic Thoughts**, by Sandra Ingerman. This wonderful little book gives practices that will help you to live an enlightened life. All of the suggestions in this insightful book, can easily be integrated into daily life, giving you simple tools to bring positive energy to challenging situations. **I highly recommend this book for your post session self-care. Also Sandra's book, "Welcome Home".**

I look forward to seeing you at my address: 2 Riseholme, Avenue Road, Lyme Regis, Dorset DT7 3AE. Please refrain from drinking alcohol 24 hours before and after the session.