

Preparing for our Shamanic Healing Session

Welcome! There are a few 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 (with Attn: 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. Or you may wish to create a vision board, which you can bring or send me as an image.

3. Make note of your dreams. Many times you are given messages in metaphor so please email me prior or bring this information to the session.

Thank you and I look forward to working with you.