



HOW TO PREPARE FOR YOUR WELLNESS & FERTILITY SESSION(S)

Before Your Session

- Upon payment, Cindy's Spirit Council will start energetically preparing you within the 24 hours prior to your booked session. Expect signs, synchronicities, or supernatural experiences.
- Please print the consent form from our website and write down at least three clear intentions for your session.
- On the day of your session, please dress in all white or light-colored attire. No black, please.
- A brief consultation will take place where both parties will sign off before proceeding.
- Consent forms are kept on file to track your spiritual progress. Each session is unique.
- Ensure you visit the washroom beforehand.
- As a reminder: your ancestors know what is best for you. Surrender and receive the blessings infused in each session.
- Possible symptoms may include cold/flu-like symptoms, nervousness, anxiety, difficulty sleeping, nausea, numbness, or clumsiness.
- You may receive prophetic dreams the night before your appointment.

After Your Session

- It is important to work through these energies for long-term benefit. You are protected throughout this process.
- Aftercare instructions will be provided. Please allow yourself downtime and detach from technology.
- Spirit may continue working on you for up to two weeks following your session.
- For two weeks post-session, eat clean and avoid alcohol, drugs, smoking, and caffeine.
- It is normal to release negative energies for days or weeks after your session.
- Stay hydrated for 3–5 days following your session (preferably water only).
- Expect a life-altering boost in clarity and energy.

Please Note: To secure your spot, full payment is required in advance through our website. Payments are non-refundable.