



# AFTER CARE & RECOVERY SHAMANIC HEALING SESSION

## THANK YOU!

We want to personally thank you for sharing & trusting in Shaman Cindy, our Creator, Heavenly Beings, your Ancestors and Spirit Helpers for being in your energy today...

This great ancient wisdom found "within" us its a great reminder that "God within us" CREATES through our mind, body and Spirit.

What we shall feel, think and say- we CREATE (so continue to create healthy energies for yourself and others)

We give our condolences for getting rid of the old ways of you and to congratulate & embrace the NEW HEALTHIER YOU!

A job well done on CREATING "nourishing time" for yourself while detaching from our external world during our quality time spent together.

Your investment to self-healing (well-being) is your very own "journey of enlightenment" and YOU are so WORTH all the beautiful experiences each healing session brings.

You are welcome to come as often as you like...AFTER 5 days (minimum) of this initial visit.

Afterwards, your ancestors would be ecstatic to welcome you back for another IGNITION. The more the merrier for YOU and all of us! Woo hooo to self-empowerment!

## Please know that NO two healing sessions are the same!

What you just experienced during your healing session was a SOUL RETRIEVAL - defined as the releasing of one's threatening energies and blockages , aura cleansing, the healing of one's unconscious programs, and the cutting off of ties, bad habits, genetic curses, chakra, trauma and past live(s).

## This is HUGE, Congratulations!

Your Ancestors & Helping Spirit's will continue to work on you following your healing session with Cindy.

For two weeks after your appointment, we want to remind you to keep to your vegetarian/vegan diet, avoid alcohol, smoking, and caffeine for those two weeks as well. Give yourself adequate time to rest during this time, try not to take on too much if you can help it.

It is normal to continue to release negative energies and toxins from the body for days or weeks after your session. Some people feel fatigue, symptoms of a cold, or a mixed range of emotions following a session. Some feel great, and continue to feel better each day. These will range from person to person. There is no right or wrong way to feel!

## MANIFEST

With these heightened Shamanic MANIFESTATION energies you now carry, you will be able to manifest your thoughts (so only think & speak about what you would LIKE to see come into fruition within your journey, experiences you would like to endure, physical healing etc...

## JOURNAL

We recommend journaling your feelings daily. (Feel free to refer to my daily tips shared in my autobiography, "Igniting Within"- available on Amazon)

## DREAM MESSAGES

*Pay attention to your dreams,* it would be advisable to journal and date them as they compliment your journey in some way, shape or form. Cindy offer's Dream Interpretation Sessions to further help you in your journey as another option.

## What to expect with these internal/external shifts?

Your experience may encompass one or ALL of the following:

- Life altering, physical healings. Some past patient's example below (see website for testimonials)
  - a main malignant tumor dissolve into the ether from a breast cancer patients
  - resolution of several patients infertility issues
  - plantar fasciitis heel spur
  - successful renal chain transplants
  - depression, suicidal thoughts, confusion, addictions..
- Career path/job position changes, and manifestations of an overdue raise/ promotion
- The release of bad eating habits
- Feeling all of sudden motivated to work out or become active
- Finding a new home
- Improvements in relationships
- Successful Conception/ Pregnancies, Baby womb pregnancy blessings (sending baby and mother-to-be good health/ delivery blessings)
- Bringing to light of health issues i.e. resolutions and preventions (complimentary to western medicine)
- Protecting oneself from black magic, negative entities , aggressive persons not right for them and helping with forgiveness
- Soul Activation and Awakening
- Overall clarity of the mind, body and soul enhancing Spiritual Senses etc...
- Banish Sleep Paralysis

**Please STAY hydrated 3 - 5 days AFTER this session (refrain from alcohol) Preferably WATER only**

## SPIRITUAL BATH DOWNTIME

We recommend an Epson salt bath AFTER your session to allow yourself to continue to release reflect, and to self-heal. Allow yourself to honor & feel through each emotion that may arise while releasing them from your body

## SAGE YOUR HOME AND VEHICLE(S)

Consider saging your home & vehicle(s) to clear, cleanse and refresh the energies within your home for a fresh start. (We also offer home/office blessing sessions to help educate you)

## DIET

Being conscious of what you ingest will help benefit your healing. We also recommend organic wholesome foods. Take notice that your taste buds MAY also change to help benefit your health and well being.

## BODY ODOUR

You MAY experience some uncontrollable body odour within this duration while these Healing Spirits will continue to help flush out anything stagnant within your energy (physical) bodies. A NATURAL cleansing process (most likely) only you will notice.

## DIARRHEA

This natural PURGING experience MAY show up within the 24hrs PRIOR (seldom, but only found in Cancer patients) or AFTER your Shamanic Healing Session. (similar feeling to receiving that first or second reiki attunement most healers talk about)

## VOMITING

This rarely occurs, but only found to be in CANCER patients PRIOR to their Healing Session, within the 24hrs of their scheduled session. Another NATURAL way of PURGING chemicals, toxins etc... that may be affecting/blocking the preparation of their Restoration Healing Process

**Please leave *Positive Feedback* if you are satisfied with your service(s) and save \$20 off your next service!!!**