



HOW TO PREPARE SHAMANIC HEALING SESSIONS

We require you to pre-pay your full session amount through our website choosing through Shaman's Cindy's next available date(s) so you can gain an amazing healing and manifesting experience!

To ensure your visit runs smoothly :

- Upon payment, Cindy's Spirit Council will start energetically prepping you within the 24hrs prior to your booked session. So take note, locals or for those choosing to flying in. Expect signs, synchronicities or super natural experiences upon your route.
- Please print off "consent form" from our website where you will be required to write down at least 3 clear set intentions (wishes) of what you would like to see come into fruition during your session.
- Upon your session, pls ensure you are dressed in an "all white or light attire".
- A brief consultation will take place where two parties (Shaman Cindy and yourself) will sign off and proceed with your healing session.
- These consent forms will be kept on file to keep track of each session, to see how much spiritual progress you have made along your journey.
- Ensure you visit the washroom beforehand.

This way Cindy and her Spirit Council can then focus on calling in de/coding restorative energies addressing your set-intentions and even more.

As a reminder: Your ancestors know what's best for you, so your job is to just surrender and receive the many blessings that are infused in you following each session. Each session is never the same.

Majority of guests, will either receive the following symptoms:

- Cold/flu-like symptoms
- Feelings of cancelling
- Not being able to sleep the night before

FOR REMOTE SHAMANIC HEALING

To prepare upon receiving:

- Dress in all white attire
- Create a space of silence for at least 20 min in a comfortable sitting or laying down position and just simply allow yourself to receive sacred supernatural blessings all for your highest good and well-being.

- Nervousness
- Vomiting/diarrhea (mostly in cancer patients) Numb feelings
- Anxiety
- Tripping/feeling clumsy
- Insightful awareness
- Signs from the universe
- Strong synchronicities leading up to our session... You may receive a prophetic dream the night before your appointment day

It is important to have the will-power to overcome and work through these energies to help benefit you in the now and in the long run. These could be attached to addictions, suicidal depressions, PTSD, child-hood wounds, physical, emotional, psychological/energetic confusion.

You will be given some AFTERCARE instructions: pls allow yourself downtime that day to detach from technology and everyone as much as possible, in order to internalize and work through the emotional releases needed to achieve a sense of grounding and manifestation to follow.

NOTE: Spirit will continue working on you up to 2 weeks following your session.

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!

NOTE: STAY hydrated afterwards for 3 - 5 days (Preferably glucose free/water only)

Expect a life altering boost of experience!