Simply place a mark next to each statement that is an issue you would like to address, or experience that you would like to step into going forward.

Only mark the ones you are ready to deal with. Do not stress over this. Go with your inner knowing even if it does not make sense at the time.

Shamanic work is not a one and done situation. We start slow and build on from there.

Then total each section.

We will review at your appointment, and make a plan of action for your session.

**Master Teacher**

* Lacking in Courage or Strength
* Feeling under Psychic Attack
* Dealing with Energetic Vampires
* Needing Clarity of the Heart of Others
* Cutting of Energetic Cords
* Releasing Attachments

\_\_\_\_ out of 6

**Strength of Spirt**

* Feeling un-grounded or un-centered
* Unable to Step Out of fear
* Feeling Disconnected from Self
* Difficulty in Letting go of Situations or Relationships
* Being Held Back by Others
* Holding on to Negativity
* Elemi – Letting go, Surrender - Crown Chakra
* Fear of Dying
* Fear of Major Change
* Heart Blocked to Accept Love
* Desiring Transformation of Consciousness

\_\_\_\_ out of 11

**Transitions of Every Kind**

* Stuck in a Low Vibration
* Facing Uncertain Times
* Serious Life Changing Challenges
* Overburdened with Worries
* Needing to Lift Spirit or Boost Optimis

\_\_\_\_ out of 5

**Aligning Spirit and the Soul with the Divine**

* Strengthen Spiritual Connection
* Past Life wounds
* Inner Chaos
* Addiction, Compulsive Behavior
* Energetic Burned Out
* Open Heart Space Divine Intelligence
* Overactive or Restless Mind
* Heal Obsessive Memories of the Past
* Steeped in Melancholy
* Embrace Your Darkness – True Authentic Self

\_\_\_\_ out of 10

**Opening Portals, Psychopomp**

* Deep Astro-travel Shadow Work
* Accessing Past Lives
* Sudden Death Trauma
* Opened to reliving painful memories and triggers to heal

\_\_\_\_ out of 4

**Reconnecting with the Divine Life Force**

* Enhance Personal Power
* Bring Self- Awareness and Clarity
* Dissolve Negative Relationships
* Cut Negative Emotional Cords.

\_\_\_\_ out of 4

**Vision and Prophecy**

* Connect with Mary Magdalene
* Needing Insight for Better Understanding
* Get to the Root of a Problem or Situation
* Dealing with Emotional Trauma
* Protection from Negative Emotions including others
* Show Forgiveness to Another

\_\_\_\_ out of 6

**Wisdom and Forgiveness**

* Looking to Gain Wisdom and Spiritual Growth
* Bring in Forgiveness
* Introspection and Life Purpose
* Connect to Spiritual Gifts and Abilities
* Letting your Heart Guide you
* Releasing Fears and Insecurities
* Release from self-imposed Prison
* Releasing Buried Memories and Emotions

\_\_\_\_ out of 8

**Gatekeeper of the Sacred, Threshold for summoning the Muse**

* Enhance Intuition and Creativity
* Deep Soul Healing Work
* Remove Self-destructive Tendencies
* Dissolve Hopelessness
* Promote Self-Love and Self-Acceptance
* Encourage Stable Emotions

\_\_\_ out of 6

**Shape- Shifting and Shape-borrowing**

* Transformational Energy
* Reestablish Balance and Harmony
* Promote Clarity of Thought
* Encourages you to Follow your Heart

\_\_\_\_ out of 4

**Protection**

* Banish Bad Energy
* Release Illness causing Attachments
* Feeling under Psychic Attack
* Needing Spiritual Disinfectant
* Aura Damage due to Trauma or Soul Lost
* Deep Soul Work
* Toxic Relationships

\_\_\_\_ out of

**Grounding**

* Recalling Past Incarnations
* Rapid Alignment with Soul purpose
* Release Emotional Confusion
* Feeling Overstretched or Fragile
* Suffering Mental Exhaustion
* Combat Narcissistic Behavior
* Banishing Disruptive Spirits and Entities
* Enhance Spiritual Growth

\_\_\_\_ out of 8

**Healing Soul Wounds**

* Feeling betrayed
* Feeling we are Not Good Enough
* Feeling Abandoned
* Feeling like an Outsider
* Extreme Grief
* Separation from Twin Soul / Sacred Partners
* Release Emotional Blockages
* Deep Soul Wounds
* Inability to Give or Accept Love
* Not Deserving of All that is Good in Life
* Releasing Phobias
* Ease Gender Issues or Sense of Being in the Wrong Body
* Needing a Gentle Healing Hand

\_\_\_\_ out of 13

**Love and learning to love yourself and your inner child**

* Angelic Encounters
* Self-love or Self Care
* Needing Self-Acceptance
* Connecting with Love
* Connect with the Spirit of Joy
* Seeking Blessings of Peace
* Needing Spiritual Support
* Convalescing from Serious Injury or Illness
* Needing Comfort and Love for any Reason

\_\_\_\_ out of 9

**Meditation and listening deeply**

* Need Soothing, Calming, and Grounding
* Need help Slowing Down in a Frantic World.
* Open inner Ears to what’s not being said
* Enable Heart, Body and Soul to listen
* Quiet endless over thinking
* Ease Anger, Rage, Stress, Anxiety and other like Emotional states.
* Grounds and Stabilize

\_\_\_\_ out of 7

**Journeying and accessing personal power**

* Explore your Mind and Imagination
* Bring out what is Hidden or Suppressed
* Questing for Personal Power or Revelation
* Strengthen Connection with Nature and the Creatures in it
* A need to Grow and Develop
* Current path is Too Restrictive
* Life is No Longer Fulfilling
* A Prisoner of Your own Making
* Encouragement to be True Self
* Release from Outworn Patterns

\_\_\_\_ out of 10

**The Consolamentum oil. A glimpse of Paradise**

* Open the Heart to receive the gifts of the Spirit and Mysteries or the Soul
* Releasing the Fear of Death
* Bereaved and looking for comfort
* Facing End of Life transition for self or a loved one

\_\_\_\_ out of 4

**Extreme grief**

* Needing a very strong, dynamic and profound healing tool
* Inconsolable Grief
* Sudden Young Death
* Traumatic Early Childhood Trauma
* Wistfulness of one’s own past
* Despair and unable to cope

\_\_\_\_ out of 6

**Sensitivity, fear and soul wounds**

* Feeling under Psychic Attack
* Empath that absorbs the emotional pain of others
* Empath that absorbs the physical pain of others
* Strengthen your energy field
* Ease your feelings and stabilize your emotions
* Gaining foresight
* Heighten Perception
* Wanting to practice lucid dreaming
* Clear effects of Electromagnetic pollution

\_\_\_\_ out of 9