# **Shamanic Aftercare**

Follow-up to a shamanic healing session is extremely important. Below are some shamanic healing aftercare suggestions to help integrate the healing after our session.

*All healing happens in layers, and each session only addresses the layer that is presenting itself at the time.* ***Each layer of healing is important no matter how insignificant it may seem at the time.*** *After a period of Integration in which you, your body, your spirit, and your energy field have absorbed this session, you may choose to seek further healing from me.*

*Suggestions to assist in integration after a healing session*

***Nurture yourself*** - Rest, drink lots of water, eat healthy food, and take a soothing Epsom salt or baking soda & sea salt bath. I recommend 1 quart of Epsom Salt per bath, and to continue daily baths until you feel better - one bath might not be enough. Feeling out of sorts or bad means that you need it! The body and energy field will continue to detoxify, self care will assist with the process.

***Nature*** - Get outside and let yourself feel and receive the Earth's blessings and messages. The natural world has a high level of life force and vitality. This can support and feed your energy body.

***Timing*** - allow yourself 3 days to adjust and assimilate what you received in your healing session. Different people integrate this work at different rates. The luminous and physical bodies need time to adjust to the transition. It can take up to 2 weeks for the new patterns to establish themselves. New patterns can continue to subtly and gently unfold over several months.

***Resynchronization*** - Expect Change! I never know in what ways the healing work will present itself. Pay attention to what begins to seem different in your life. People may respond to you differently, or you will find yourself not reacting to situations in the ways you have in the past. Unusual resynchronization, signs, omens, comments from a friend or stranger may present themselves. *Pay attention to life ... new things will happen!*

***Create a New Reality*** - make a conscious choice to respond to situations in a positive and life-affirming way ... this is a time to re-pattern out of old, unhealthy mind-sets and behaviors so the new way becomes permanent. As you engage in different choices, the new aspects and essence of the soul creates a new reality. There can be a chain reaction of healing realignment. Your choices help reaffirm your wholeness.

***Community*** - Find support, talk to trusted friends and loved ones, a counselor or group. Share your healing story with those who are open and can honor your healing process.

***Develop a Regular Spiritual Practice*** - learn to journey, practice meditation, yoga, Tai Chi, prayer, a walk in nature. Create personal ceremonies. Read books on spirituality. Go on a spiritual journey, Vision Quest or pilgrimage. Join a drumming circle, take a workshop that teaches spiritual healing or a spiritual path. A spiritual practice (one that truly resonates to you) will support your healing and make you stronger than anything else. Find a way of connecting spiritually that feels comfortable and authentic to you.

***Journal*** - Keep a record of your experience and change. Confide in and honor yourself. Sometimes the most powerful insights come from re-reading the old records of your experience.

***Honor*** - If you receive special instructions (homework) from your session, follow these instructions to support the healing journey.

***Follow-up Care*** - Give your healing process time to integrate. I encourage feedback to hear how you are doing. Work with a practitioner when you feel ready to tackle new layers of your healing journey. Pay attention to the right timing, but don't endure unnecessary suffering before seeking help.