Cheryl Shotwell – Sacred Solutions®

Suggested 30 Day Follow Up Plan After Spiritual Healing Sessions

You will continue to receive the benefits of your session for the next 30 days. Please refrain from other healing or energy work during this time, or you can undo the benefits of healing you received today. Most people are lighter, relaxed, and energized after a healing session. Occasionally, some experience what we call a “healing detox” following a session. Your physical body is simply catching up to the cleansing that has occurred to your energy field(s). This has to do with the specifics of your session as well as how your own body personally releases various energies. You may or may not experience symptoms including:

-Tiredness -Emotional upset -Natural physical purging including loose bowel movements -Cold symptoms

To prevent or lessen a healing detox, we recommend the following 30 Day Detox Plan:

-Pray to God in your own way.

-Love yourself and others. Do not judge or expect others to change. Look at yourself.

-Forgive Yourself. You are human, after all. Forgive and bless everyone who has hurt you

-Allow your feelings to flow without question.

-Have a good attitude.

-Be happy. Do not allow anyone to take you out of your good mood. If it happens, forgive them and yourself

-Avoid negative television, news, media, music, and offensive language.

-Avoid the following: red meats, bananas (organic are ok), pork, eggs, chilies, caffeine, and alcohol.

-Drink plenty of good-quality water. Many people prefer slightly alkalinized water to help the immune system.

-Take minerals to increase the effectiveness of your body’s electrical system (check with your doctor).

-Continue to exercise and get plenty of fresh air.

-You can take salt baths once or twice per month. This helps neutralize energies as you continue to heal. Soak for 10 minutes maximum, and then rinse yourself off with clear water.

-Continue your medical/therapy/support care until a qualified medical professional has deemed otherwise.

-Read uplifting and positive affirmations; I can provide you a couple printouts if you’d like some basic ones. There are free downloadables on my website <https://sacred-solutions.com/downloadables>.

-A detox period can be a good thing. It is temporary and afterward you will be further ahead in your spiritual growth! But, if you don’t experience any detox symptoms that is also just as wonderful. It simply means your body was able to process the healing session without any overt physical or emotional release.

-Over the next few weeks allow yourself to process emotions and thoughts...both positive and negative. Go with the flow. It’s not a bad sign to experience past symptoms during this time as they leave your energy fields. Continue to love and forgive yourself and others during this time.

-Please take this time to talk to God, to really share what is in your heart. Understand that this 30 day period is a beautiful opportunity for you to grow in all areas of your life. Simply praying to God daily can strengthen your own relationship and support your healing. The Lord’s Prayer, for example, is an easy but powerful offering. Some people also pray the Pieta St. Bridget prayers , the Rosary, or Hail Mary. It’s whatever resonates with you personally, and helps you connect to God.

-If you need additional support during this time, I am available for spiritual coaching sessions on an hourly basis.  Regardless, please let me know how things are going in a couple weeks, or sooner if you have a question.

-My full time healing practice is a holistic one: It is important that have a Spiritual Clearing & Magnetic Grid appointment for your home. Your environment must be blessed and cleared with the spiritual flow corrected. I can do this for you in person at your home, or remotely from a distance in my Healing Cottage. The remote session is as effective as the in person method and is a fraction of the cost. Learn more at <https://sacred-solutions.com/spiritual-space-clearing>.

-I also encourage you to schedule a healing for your spouse and children. This can be done remotely, without their physical presence. Learn more about remote healing sessions at <https://sacred-solutions.com/spiritual-healing>.

I am blessed and honored to offer this holistic approach to well-being for yourself and your family. May God Bless You,

Cheryl Shotwell

540-878-8953

[www.Sacred-Solutions.com](http://www.Sacred-Solutions.com)

Sacred Solutions®, Spiritual Shaman™, Project Mother Earth™

**Keep in Mind**: It is important that you are doing what you are meant to do in life. You deserve to live fully, with an open heart and with positive relationships. You should have abundance, opportunity, and wellness. Please pray daily, asking for your doors to open on your Divine path. Really talk to God. Love yourself and be kind to yourself. Continue your healing plan with healing sessions. This removes blockages and negative energies which will change your life! With enough healing sessions, and through strengthening your relationship with God, your Guardian Angel, and your intuition; you will be able to receive clear information from the spirit world, regarding what is best for yourself. This is very empowering. There is no magic number of healing sessions needed for an individual. All situations are different, all healing requests are different. Just commit to your healing journey, and keep going!

**Client recommended reading**:

Humanity’s Spiritual Plague, Victor Barron

Apple Cider Vinegar, Paul C. Bragg

Coconut Cures, Bruce Fife

Heal Your Body, Louise Hay

Fresh Vegetable and Fruit Juices, N.W. Walker

God’s Creative Power for Healing, Charles Capps

I also enjoy:

Pray the Rosary (St. Joseph Edition)

Healing Teas, Marie Antol

Encyclopedia of Fruits, Vegetables, and Herbs, John Heinerman

The Pieta Prayer Book (including 15 Prayers of St. Bridget)

**Additional Prayer Resources:**

If you would like me to pray with you, just ask. I can show you how to pray The Holy Rosary, The Chaplet of Saint Michael, The Fifteen Prayers of St. Bridget (or other Pieta prayers), or offer simple personalized prayers/meditations. If you’d like to pray for Mother Earth, I encourage you to join the Project Mother Earth effort, a virtual Prayer Collective. Every Wednesday 8:30am EST, you pray privately, from wherever you are. Pray in your own way, asking God to bless, heal, and love our beautiful planet. More details at <https://sacred-solutions.com/project-mother-earth>. Thank you!

**Additional Optional Considerations** during and after a 30-day detox period. These are listed because they are referred to throughout the local healer community. Always check with your doctor first to ensure safety and to customize your own dosage. Dosage below is for general informational purposes only:

|  |  |  |
| --- | --- | --- |
| Bragg Apple Cider Vinegar | Work up to 2 tbsp ACV with 1 tbsp honey and hot water (like a tea) | 3 times daily |
| Coconut Oil | Capsule form – 5 in the a.m. and 5 in the p.m,. Liquid form – 2 or 3 tbsp per day | |
| WobenzynN for inflammation | Contact Total Health at 1 800 283 2833 for information | |

**Additional Considerations for Smoking/Alcohol/Narcotic Addiction Removal:**

During your session, the spirit of addiction was manifested and removed.  However, the habit may still be there and that's where free will comes in. Please eat a small candy, every day for the next 30 days (if you are safely able to eat sugar). This replaces what the addiction was giving your body. When you eat it, offer it first to God and say “Thank you God for this healing!” In addition you must take basic mineral supplements for the next six months. Just a normal daily RDA or whatever your qualified physician recommends. If you start to mentally crave nicotine you will have the power to reject it. Say to yourself and to the spirit of the Smoke/Alcohol/Narcotic, "I reject you from my energy field and my life!" Say it with conviction. In addition, Take a salt bath or scrub with salt in the shower tonight and once every week for next four weeks. You can also scrub your skin w a soapy washcloth in the shower (especially arms and solar plexus) as the nicotine is purging from your physical body over the next several days. This will help remove it faster from your energy field. Break the smoke with a drink in your hand habit, by changing up what you normally drink or where or what glass you drink it in. Grab a straw or a pretzel rod etc and hold that in place of a cigarette. Your qualified physician will be able to recommend additional physical and behavior-modification tips.  Keep going on your spiritual healing journey for even more benefits.

May God Bless You, Your Family, and Your Home, Cheryl Shotwell

[www.Sacred-Solutions.com](http://www.Sacred-Solutions.com)

Sacred Solutions®, Spiritual Shaman™, Project Mother Earth™

\*Disclaimer: Cheryl Shotwell’s services are not a substitute for medical diagnosis and treatment, and no medical claims are made regarding these services. People with any medical conditions should consult an appropriate health care practitioner before incorporating any health and wellness suggestions into their lives. There is no guarantee for change. The results differ from individual to individual. Except in the case of gross negligence or malpractice, I or my representative(s) agree to full release and hold harmless Cheryl Shotwell, Sacred Solutions®, Spiritual Shaman™, ProjectMotherEarth™, all aliases and/or associates, from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with any services, products, or advisements. Additional consent regarding candles: Practice all safety precautions regarding any product or use thereof. Do not leave a burning candle unattended. Burn candle within sight, keep away from things that catch fire, and keep away from children and pets, etc. Use a candle holder or set on heat-resistant surface. Avoid drafts and burn one hour maximum at a time. Candle will be hot to touch. Discard when candle has burned to within 1” of bottom. Store candles properly at normal room temperature, avoiding excessive heat or cold.  Additional Informed Consent Regarding Salves and other Well-being products:  This product is 100% natural. Most ingredients are readily available in the garden or pantry, so you can feel good about putting them on your body. However, even products that contain all natural ingredients can cause adverse skin reactions in certain individuals, especially if the products contain essential oils. If this happens, discontinue use, gently wash affected area, and seek medical treatment. Seller gives no warranty of any kind, express or implied; and will not be liable for any damages of any kind. Please do a patch test before use to avoid reactions as some folks have allergies to flowers and other natural ingredients.Store products properly at room temperature or in the refrigerator. Avoid storing in warm location, as product(s) may melt and/or become ineffective or harmful