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 you received today. Most people are lighter, relaxed, and energized after a session. Occasionally, some may have a short “healing detox” where the physical body is catching up to the cleansing received during your session. This has to do with how your own body releases various energies. You may or may not experience symptoms including tiredness, emotional sensitivity, or natural physical purging including loose bowel movements. To prevent or lessen a healing detox, we recommend the following 30 Day Detox Plan:

-Pray to God in your own way. There are prayer guides on my website at <https://sacred-solutions.com/downloadables>

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

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

-Have a good attitude. Be happy. Don’t allow anyone to take you out of your good mood. If it happens, forgive them.

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

-Avoid the following: red meats (organic grass fed ok), bananas (organic are ok), pork, eggs (organic free range ok), chilies, caffeine, and alcohol or recreational drug usage.

-Drink plenty of good-quality water and get plenty of fresh air.

-You should schedule a session every six months to cleanse any energies that have built up again. More often if you are a healing practitioner, work with the public, or are sensitive. Don't wait longer than one year for your next session.

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

-You can take salt baths (1/4-1/2 cup) once or twice per month at most. This helps neutralize energies as you continue to heal. Bless your bath water, 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.

-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 means your body was able to process the healing session without any overt physical or emotional release. God is aware of what we can deal with always.

-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 (false) symptoms during this time as they leave your energy fields. If you feel negative, say, “I reject [the negativity] from my life, my energy field; from my conscious and subconscious mind.” Continue to love and forgive yourself and others during this time. Every day, repeat, “I love myself, I forgive myself, and I accept myself!” Just let it go and refuse any negative old patterns.

-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 daily can greatly 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 Holy Rosary or St. Michael Chaplet. Whatever resonates with you personally helps you connect genuinely to God.

-If you need additional support during this time, I am available for spiritual coaching sessions on an hourly basis. <https://sacred-solutions.com/order> Please let me know how things are going in a couple weeks or sooner if you have a question. I try to stay out of the way so that this time can be between you and God.

- It’s also a good time to review your diet and lifestyle, incorporating good quality nutritious foods and optional minerals, vitamins, and some relevant herbal teas. Check with a qualified practitioner for recommendations.

-It is important to also have a Spiritual Clearing & Magnetic Grid appointment for your home. Your environment must be blessed and cleared with the right spiritual flow. I can do this for you in person at your home, or remotely from a distance from my Healing Cottage. The remote session is as effective as the in person method and is a fraction of the cost. <https://sacred-solutions.com/places>

-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/people>

I am blessed and honored to be part of your wellness journey.

May God Bless You,

Cheryl

Certified Spiritual Healing Practitioner & Teacher

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

**Keep in Mind**: 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!

**Additional Considerations:** In my own healer community some of us drink water with a small amount of organic lemon daily. Some drink a cup of warm water after waking up and wait 45 minutes before eating. Some people also benefit from taking a small amount of Organic Apple Cider Vinegar (with the “mother”) dissolved in water. Others benefit from taking organic Coconut Oil. Please make sure you are receiving all the vital nutrients through your diet; and if not consider a high quality supplement. Bless all your supplements etc before taking. There are many gentle herbal remedies I can also refer you. Always check with your doctor first before trying any of these of course..

**Additional Considerations for Addiction Removal Clients:** During your session, the spirit of addiction manifested and removed.  However, the habit may still be there and that's where free will comes in. Please bless and eat a small candy, every day for the next 30 days (if you are safely able to eat sugar etc). 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/whatever your doctor recommends. If you start to mentally crave nicotine you will have more power to reject it mentally, emotionally, spiritually. 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 strength. In addition, take a salt bath after your healing session, and once every week for next four weeks. You can also gently cleanse your skin w a soapy washcloth with a small amount of salt in the shower (especially arms and solar plexus) as the chemicals are purging from your physical body over the next several days. Avoid face and all sensitive areas of course. There are many physical and behavior modification tips your qualified medical physician can refer you to, such as holding a straw or a pencil in place of a cigarette, etc.  Stay strong, and keep moving forward in your spiritual healing journey!

**Additional Considerations for Traditional Shamanic Wet Healing Clients:** You have received a deep cleansing all the way down to the cellular spiritual level. Allow yourself time to rest. Pamper yourself after a session. Relax in nature, and pray or just be with God in your heart. It’s also a good time to review your diet and lifestyle, incorporating good quality nutritious foods and optional minerals, vitamins, and some relevant herbal teas. Check with your doctor before taking any of these of course. At the end of the 30 day following a healing period, most feel even lighter and clearer than you did right after the session. This is like a reset button for you on many levels, and can remove so many blocks from your relationships and life opportunities.

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

Cheryl

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

\* Informed Consent Disclaimer: By receiving any advisement, service, or product from Cheryl; you hereby agree to the following: Except in the case of gross negligence or malpractice, I or my representative(s) agree to full release and hold harmless Cheryl and all aliases and associations, from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my interaction or advisement.  All services petition that God's will be done. There are no guarantees for improvement, change, or consequent results.  Understand that if you have a physical issue, please first go to your qualified medical professional for help. If they cannot find a physical cause; a reason in this material world; then we can look at a spiritual cause. The same applies to psychological, mental and emotional type issues. Please see a qualified medical professional first to rule out relevant diagnosis and/or treatment.  Read terms and conditions at <https://sacred-solutions.com/terms-and-conditions>