Sacred Solutions® Spiritual Healing

Suggested 30 Day Follow Up Plan After Spiritual 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 yet grounded after a session. Occasionally, some experience what we call a “healing detox” where your physical body is catching up to the cleansing that has occurred. This has to do with how your own body releases various energies. You may or may not experience symptoms including: tiredness, emotional upset, natural physical purging, cold symptoms. To prevent or lessen a healing detox:

-Pray to God in your own way. This is your homework for the next 30 days minimum. Hopefully you will continue on.

-Love yourself and others. Do not judge or expect others to change. Look within; at yourself, and what you might improve upon.

-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 and yourself. After all, maybe they need a spiritual session themselves? Or maybe they are themselves experiencing a detox?

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

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

-Drink plenty of good-quality water.

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

-Continue to exercise and get plenty of fresh air. If possible, spend time in nature.

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

-Continue your existing 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 and prayer guides on my website <https://sacred-solutions.com/downloadables>.

-A detox period can be a good and temporary thing. 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 (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!” You may begin to believe it! Just let it go; the negative blocks and old patterns. You may be tested by old thought/behavior patterns, or by your own human tendencies, and/or by the negative. Do not bring anything back or give in to the desire to stay the same versus growing. Stay strong.

-If you find yourself stuck/unable to leave the past behind you can: repeat 3x “yo tengo amor puro para mi” (I have pure love for myself) and bless yourself with unconditional love. Then Look up and say “I consciously enter into my future,” followed by a big step forward lookup up and walking a few strong steps. You can say this when you feel an old negative memory as well.

-Take this time to talk to God. 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 greatly support your healing. The Lord’s Prayer, for example, is an easy but powerful offering. Some people also pray the Pieta St. Bridget prayer, the Rosary, Chaplet of St. Michael, or Hail Mary. It’s whatever resonates with you personally, and helps you connect to God. Or just speak to God from your heart! Please give it a try.

-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.

-Understand that you may also have work to do yourself in your spiritual healing journey. And depending on your own situation may require more than one session. Many folks book three sessions one month apart with great results. This is not a drive-through healing process but your work will greatly support the sessions and your person journey.

- 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. I am happy to refer you to publications I have found useful.

-I recommend booking a Spiritual Clearing & Magnetic Grid Appointment for your home. Your environment can be blessed and cleared in one session. This includes the powerful Magnetic Grid alignment with God. This is an important part of your holistic wellness! 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 <https://sacred-solutions.com/places>

-I encourage you to schedule a Spiritual Healing Session 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 recommend purchasing a blessed protection pouch available for sale via <https://sacred-solutions.com/order> or contact me.

-I am blessed and honored to work with you.

May God Bless You,

**Cheryl**

Advanced Certified Spiritual Healing Practitioner and Teacher, [www.Sacred-Solutions.com](http://www.Sacred-Solutions.com)

**Additional Tips:**

**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. And with abundance, opportunity, and wellness. Please pray daily, asking God for your doors to open on your divine path. Talk to God in a genuine and simple way. Love yourself and be kind to yourself. Continue your healing plan with healing sessions. This removes blockages and negative energies which can change your life! With spiritual sessions and through strengthening your relationship with God, your Guardian Angel, and your intuition; you can receive guidance 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. This is not drive-through healing, and your participation is important. Just commit to your healing journey and keep going!

**Additional Optional Considerations:** I drink water with organic lemon daily. Sometimes in warm water after waking up and at least 45 minutes before eating. Some people also benefit from taking Organic Apple Cider Vinegar (with the “mother”) or taking organic Coconut Oil. I am achieving my certification in Herbalism, and there are remedies I can refer you to research. Always check with your doctor first to ensure safety and dosage.

**Choosing your healer** is a VERY important step in your well being. You need the right person for your situation. Look at their picture on their website and see how you feel! Then take a moment and ask some questions of your potential healing and space clearing practitioner: -Are they trained and certified in any methods? What did/does their training involve? -Why do they practice their method of healing? -Do they believe in God? -Does their healing method rely upon God's will? -What work is required by you in this process? -What does the healer do to stay clear and good him/herself? -How long has your healer been doing this work? -To what do they attest their spiritual strength? -Are there any testimonials or reviews online to read? -Is there a plan or follow up tips after the session? -Does your healer have a dedicated sacred workspace? How do they keep it clear?

**Additional Considerations for Addiction Removal Clients:** During your session, the spirit of addiction manifested and thanks to God, was removed.  However, the habit may still be there. 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). 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 doctor recommends. If you start to mentally crave nicotine you will have the 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 conviction. In addition, take a salt bath or scrub with salt in the shower after your healing session, 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 chemicals are purging from your physical body over the next several days. This may help remove it faster from your energy field. There are many physical and behavior modification tips your qualified 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 protocol down to the cellular spiritual level. Allow yourself time to rest. Pamper yourself. 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. 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 blocks from your relationships and life.

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

Cheryl

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

\*Disclaimer: Cheryl’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. Understand that if you have a physical issue, please first go to your doctor for help. If they cannot find a physical cause; a reason in this material world; then we will look at a spiritual cause. Except in the case of gross negligence or malpractice, I or my representative(s) agree to full release and hold harmless Cheryl, 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 common sense and 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 misc products: 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. Provider 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.