

Cheryl Shotwell – Sacred Solutions® Spiritual Healing 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 yet grounded after a healing session. Occasionally, some experience what we call a “healing detox” where your physical body is catching up to the cleansing that has occurred 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 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. 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 healing themselves? Or maybe they are themselves experiencing detox from a session.
- 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. Many people research drinking slightly alkalized water to help the immune system.
- 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.
- 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 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/dreams during this time as they leave your energy field. If you feel negative, say, “I reject [the negativity] from my life, my energy field; from my conscious/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.
- 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. 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 several sessions. This is not a drive-through healing process.
- 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/spiritual-space-clearing>.
- 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/spiritual-healing>.
- I am blessed and honored to provide this powerful holistic approach to well-being for yourself and your family.

May God Bless You,

Cheryl Shotwell

Advanced Certified Spiritual Healing Practitioner,

www.Sacred-Solutions.com, Sacred Solutions®, Spiritual Shaman™, Project Mother Earth™, The Real Ghostbuster™

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. You should have 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 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!

Books I find helpful: 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. 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), Health Through God's Pharmacy, Maria Treban.

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 offer simple prayers/affirmations.

Additional Optional Considerations: In my own healer community some of us drink water with 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 Organic Apple Cider Vinegar (with the "mother") or taking organic Coconut Oil. There are many gentle herbal remedies I can refer you to. Always check with your doctor first to ensure safety and to customize your own dosage. I also recommend purchasing a blessed protection pouch I am blessed to make and offer for sale via my website.

Additional Optional 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 Optional 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 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. 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 Shotwell

www.Sacred-Solutions.com

*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. 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 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.