

High Priestess Herbal Care

Ancestor Channeling & Spirit Messages: What to Expect

SOUND HEALING IS VIBRATIONAL MEDICINE – USING SACRED FREQUENCIES TO HARMONIZE YOUR BODY, EMOTIONS, AND ENERGY.

Before the Session:

- **Set Your Intention:** Think about what you'd like to ask or receive—healing, guidance, closure, or clarity. Be open to messages beyond what you expect.
- **Light Preparation:** Eat light, hydrate, and take a few moments in silence or prayer. You may bring an item connected to your lineage (photo, heirloom, etc.).
- **Sacred Space (Virtual Sessions):** Light a white candle or bring a glass of water nearby to honor your ancestors.
- **Be Open & Grounded:** Spirit may bring through different ancestors than you expect. Trust that whoever comes is meant to guide you.

During the Session:

- **Opening Ritual:** We begin by calling in your benevolent ancestors and guides through prayer or invocation.
- **Messages & Channeling:** I will channel messages, impressions, or emotions from those who step forward. Some may speak clearly; others may offer symbolic messages.
- **You May Feel Emotions:** Laughing, crying, or feeling warmth or chills is normal—your body may recognize ancestral energy.
- **Interaction is Welcome:** You can ask questions or share memories as we receive messages.

Aftercare: Integrating Ancestral Messages

- **Drink Water & Ground:** Your energy may feel open or heightened. Hydration and grounding practices (walking, salt baths, rest) are helpful.
- **Journal the Experience:** Write down who came forward, what was said, and any emotions or dreams that follow.
- **Offer Gratitude:** Light a candle or leave a small offering (food, flowers, prayer) to thank the ancestors.
- **Pay Attention:** Messages may continue to come through dreams, signs, or synchronicities for days after.