

High Priestess Herbal Care

What to Expect During Your Oracle Session

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

Before the Session:

- **Set Your Intention:** Quiet your mind and tune into what you seek—clarity, guidance, reassurance, or messages from your guides or ancestors.
- **Hydrate & Eat Light:** Drink water and eat nourishing, light foods to keep your energy clear and receptive.
- **Prepare a Sacred Space (for virtual sessions):** Light a candle, sit near your altar, or have your journal close.
- **Be Open:** Release expectations. You may receive answers you didn't know you needed.

During the Session:

- **Grounding & Intention Setting:** We begin with a short grounding exercise to bring you into the present and call in sacred support.
- **Reading & Dialogue:** Cards are pulled intuitively based on your energy. Messages will flow through oracle cards, spirit, and intuitive channeling. You're welcome to ask questions.
- **Guidance & Reflection:** You'll receive insight on your current path, spiritual guidance, and aligned action steps. Sessions may include affirmations, rituals, or spiritual homework.

Aftercare: Post-Session Guidance

- **Drink Water:** Energy and emotion may shift—hydration helps integrate the messages.
- **Journal & Reflect:** Take note of key messages, synchronicities, or feelings that arise.
- **Rest or Ground:** Go for a walk, meditate, or rest to help the guidance land.
- **Avoid Over-Stimulation:** Give yourself quiet space if possible to fully receive the healing.