



## **What to expect from a shamanic healing session?**

Trina Zaragoza Shamanic Practitioner and Angelic Practitioner~[www.alteredhaven.com](http://www.alteredhaven.com)

Thank you for inquiring about having a shamanic energetic sessions. Shamanic medicine works with the energetic & spiritual aspects of illness, emotional traumas, and personal imbalance. This is very powerful work and often people come to me when they have exhausted their options of using western medicine and traditional psychotherapy to get the shifts in their life's that they want. So whatever the reason I feel people come to me for a reason and that is usually **spirit lead and guided**.

Depending on the nature of the work involved, significant energetic shift can be accomplished in 1 to 3 sessions. Many clients find that one session is all they need. The success is affected by your mind set and your willingness to actively create positive energy patterns in your life.

**All work is strictly confidential.**

### **Types of shamanic healing:**

- Power Loss—Retrieving a spirit ally (like a power animal or guide) for protection and support.
- Egg Clearing-(Limpia de Huevos) clear a client's energy field, ridding energetic and physical toxins. Clients are energetically opened and cleared
- Heart loss- Retrieving energetic parts of your heart center and soul pieces to it.
- Soul Loss--Returning healed disassociated aspects of ourselves that left because of a trauma or event.
- Energy Extraction--Removing/clearing stuck or painful energies that may be of thought-forms or past-life injuries.
- Spirit Releasing (Depossession)--sending to the Light lost souls or other energetic forms who may have become attached to you.
- Ancestral Healing--Clearing unhealthy patterns that run in your ancestral line and are affecting you.
- Past-Life healing--Clearing patterns that come from a past life event that are affecting your current life.

**Structure of a session:** My sessions generally run 1-2 hours, sometimes longer if needed so plan accordingly.

**First part:** 1st session usually 1 hour reading so I can get a baseline. I connect to your guides and angels and I am directed which path we can take for your healing journey. They usually lay out several choices to begin with

**Second part:** 1-2 hours: We enter into ceremonial time and I begin doing the actual energetic work. Some of this is done talking, some is done in silence. My work commonly involves several different types of energetic modalities in one session. Which may include Shamanism, Reiki, Angelic, Sacred space, and etc. **Because each person's sessions are uniquely theirs.** After the session I will discuss with you any "homework" or lifestyle change that may be necessary to support your healing process, including self-care and integration of the process.

### **Scheduling:**

I work out of my home in Thornton, Colorado, USA. Appointments must be scheduled. Since my sessions can be 1-2 hours long hours long, I prefer morning or early afternoon sessions. I generally do not work evenings, but I will make exceptions depending on the circumstances. When available, I take weekend appointments if I am not

teaching a class. Once we decide on a date and time, I will send you a confirmation with directions and additional information regarding preparation for your session.

**Working with Children:** I work with children of all ages. I find that children are generally very responsive to shamanic healing, and in some ways seem to receive it better than adults. Sessions for children under 12 are usually much shorter (often under 45 mins to 1 hour, as they don't tend to need or want much talk processing prior to the healing work.

For teens, sessions are often the same length as adults. Teenagers are under much pressure these days. There is a lot of psychic attack that teens can do to one another, so shamanic work that includes learning how to protect yourself energetically is extremely helpful for them.

**Long distance healing:** Appointments for long distance healings can be scheduled if it is not possible to meet in person. Generally, I find that healings done in person have the most powerful impact and I strongly recommend an in-person session over a long distance one, but there are times when this is simply not possible. When this is the case, I do healing sessions over the phone at a mutually agreed appointment time. I will start by conducting a phone interview to identify which issues are in need of healing. Then, off the line, I will ask you to stay in an uninterrupted, and receptive state of stillness while I energetically connect to what needs to be done. I will perform the energetic balancing or clearing--sending the energy to you. This will be followed by a phone call where I will describe what transpired during the session, and share any important information for integration for yourself. Also, with certain individuals I may require an in-person session. Long distance sessions generally run 1-2 hours (\$150- \$270) and need to be paid via PayPal, credit or debit card. Some additional fees may be charged for international calls.

**COST:** My rate is \$100/hour, so the average session will cost between \$100-& \$200. I accept payment in the form of cash, check or credit/debit card (MC & VISA) and PayPal. This work is done as a form of spiritual service. If you know you will have difficulty paying this please let me know in advance and we can agree on a cost that accommodates you. However, I cannot accept post-session payment plans or trades.

**Preparation before and after a healing:** Schedule your appointment so you have time afterwards for yourself. Having a clear intention and desire for session (as well as being willing to let go of old patterns that are unhealthy) strengthens the effects of the healing.

**Identify for yourself the following:**

- What is not working in my life?
- What feels out of balance?
- Are there unhealthy patterns in my life which keep repeating?
- Are there people in my life to which I have an unhealthy connection?
- Are there places in my body where I am regularly feeling pain?
- Does my life feel out of control?
- Are there themes in my ancestry which are getting repeated in my life?

Ask for a dream the night before, or pray for relief from your suffering as a way of setting your intention. It is helpful to avoid alcohol or recreational drugs for 24 hours before and after you're session. After your session it may take 1-3 days to fully integrate the energy you have received. Be sure to take time afterwards to nurture yourself. The effects of the session can be gradual or dramatic, each individual experiences this differently.

**Questions:**

If you have further questions or wish to make an appointment, you can contact me via phone or email.

**FYI: I tend to respond faster to emails!**

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