

Shamanic Reiki Post Healing Sessions

These are suggestions to help you integrate your healing session

1. Take a walk outside within nature if possible
2. Take it easy and care for self and needs
3. When ready reflect and journal
4. Energy continues for 24-48 hours
5. Drink lots of water and eat lightly (whole nourishing foods)
6. Pay attention to dreams and insights
7. Call if in need
(email, text or facebook messenger is the quickest way to get a hold of me)
8. If a crisis arises return for 2-3 consecutive sessions
(Distant Sessions if in person are not possible due to scheduling. If this happens sessions will be drastically reduced. Your wellness if most important)
9. Seek professional care for medical concerns
10. Empowering and Transmuting Fire Exercise

Empowering and Transmuting Fire Exercise

Day 1-2 - Ask the Fire to help you focus on what you wish to bring into your life

- Take a moment to enter your healing space with your breathe
- Holding the candle ask...

Ask the Fire to help you focus on what you wish to bring into your life

- Light your candle and continue to focus on that intention
- Softly gaze at candle or clothes eyes and imagine the flame within
- Feel the energy of your intention flow throughout you
- Blow or snuff out candle

Day 3

- Take a moment to enter your healing space with your breathe
- Holding the candle ask...

Ask the Fire to help you see what needs magnetized within your life. What is that you need to achieve in order to receive your wishes.

- Light your candle and continue to focus on that intention
- Softly gaze at candle or clothes eyes and imagine the flame within
- Feel the energy of your intention flow throughout you

The fire may show you what needs to be released or shifted, what may be blocking you. Allow the intention to flow freely without judgment and restrictions.

- **Now ask the fire to strengthen within the power to transmute**
- Blow or snuff out candle
- Please give an offering or act of kindness to Spirit