



SPARK THEN IGNITE
ENERGY HEALING

SHAMANIC HEALING SESSION

Preparation / Intention Setting

Below is an Intention Setting for you to start before bedtime in the days leading up to the session.

The minimum time to prepare is: one evening – though, longer is ideal. Typically, the longer the preparation, the deeper the clearing.

This work is very gentle yet powerful. Please make space for yourself for the rest of the day/evening, ie. Try to avoid crowded places and lots of people. But, please do not stress if you have things to do. The important thing is to create space for yourself shortly after the healing to have a chance to reflect on the work that has occurred.

The Preparation

Your homework is to say a sincere prayer before you go to sleep, ie. Every night until the Session.

You can pray to any higher spiritual power, ie. Angels, Guides, ascended masters, Animal Helpers and helpful ancestors, the Universe, etc. This work is not affiliated with any religion, so please don't let semantics get in the way.

Add any other requests to your Intention. It is important to ask no matter of the How.

I have provided an example on the next page, which you are welcome to use, as is. Or, you can modify and add things in any way that feels best to you.

In the days leading up to the healing session, try to rest. Try to get a good night's sleep the night before. You may experience dreaming, old memories may surface and coincidences (godwinks) may occur in the days before the session – This means the healing process is already underway!

Please avoid alcohol and any recreational drugs 24 hours before and after the healing session.



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Try to stay away from junk/processed foods and prepare yourself in any way that feels right for you, such as meditation, movement/yoga, baths in Epsom salts or any other spiritual practice that allows you to prepare for a receptive state of being.

Intention Setting

(To be repeated every evening until the Session.)

Example

I ask to be prepared during dreamtime to receive the healing on _____ .
(Date of Session)

I am calling on all my Guides, including angels, ascended masters, spirit guides, animal helpers and helpful ancestors.

I am setting the intention to restore my body, mind and soul back to its original state so I can feel peace again, power and fulfill my life purpose here on Earth.

In my original state, I am the Sun and I ask that the clouds, that have drifted in my path during the course of my life thus far, to dissipate one by one so I may be seen, and so that I may shine brightly and radiantly – and be embraced by all as I am.”

Optional

Add a few items to manifest into your life:

I am asking for these things to come into my life in Grace, with Ease, and for my Highest Good.
(You may add or remove the number of items below.)

1) _____

2) _____

Thank you, thank you, thank you!”



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Other FYI's - Post Session

Typical reactions after a Healing Session:

Some people feel elated, lighter energetically, and energized.

Some experience headaches, feel quite tired and heavy or agitated, irritated and emotional – immediately after or in the days that follow. In this situation, stay in the emotions, acknowledge them (ie. Journal or share with someone), ie. *I'm feeling down today or I'm feeling so irritated today, etc.* and make time to feel them and rest. In cases of irritation, be aware and try not to act on them, ie. Take it out on a family member or friend or a random stranger. These emotions have been holed up inside you and are now releasing to create new space inside you energetically. This release is like the clouds that have drifted in front of you and are now leaving - allowing your sunny Self to start to come back.

These are remnants of energies clearing from you. Acknowledging them is important vs. trying to flip the emotion around to a “positive” one., ie. I shouldn't feel down or depressed, I should act happy.

If anything persists longer than one week, please do not hesitate to contact me:

Linda Kang – Reiki Energy Healer + Modern Shaman

linda@spark-then-ignite.com

(647) 273-4683

My typical response time is within 24 hours.



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For additional information, please visit my website:

Shamanic Healing page

To read about what a Shaman is, Extraction and Power Animal Retrieval

<https://www.spark-then-ignite.com/shaman.html>

Reiki page

To read about Post Treatment Suggestions

<https://www.spark-then-ignite.com/reiki.html>

Thank you for lighting up the world one experience at a time!