

**How To Prepare For Your Shamanic Healing Session**

* Try to book your session for a day when you will be able to relax for the rest of the day or evening, if possible, or at the least an hour or so afterwards. (Try to avoid hard partying the night of your session. If someone is looking after your children try to take three hours for yourself – you deserve it!
* Please make sure that you will be undisturbed for the duration of your session. (This will normally be an hour to 75 mins max but you might also like some quiet time to process after the session). This is your special time for yourself!
* Do have a cosy blanket to hand to keep you warm! Most people find it’s easier to work from their bed or their sofa. Have a large glass of water handy.
* Do wear something comfortable so you can fully relax.
* Make sure that your phone/laptop is fully charged.
* Please put my contact details in your phone in advance so you are not panicking just before your session.
* The number to call at your appointment time is 01159 286273
* If you are calling from overseas via WhatsApp audio the number to call is +44 7748 361210. My email address is dawnpaul232@gmail.com
* Please note that I do not often have time to send reminders, but if you are booked in, your appointment **will not change** unless I contact you but this is rare. So please just feel free to call at your appointment time and I will be ready for you.
* Please make sure payment has been made at least *five days* before your session (as I work on you the week before hand to get you ready for your appointment). Payment can be made by bank transfer or by going to the appointments page of my website <https://www.liberate-online.co.uk/appointments/> which uses PayPal for debit or credit card payments. You do not need a PayPal account to use this facility. **Please note that missed appointments are charged at the full rate.**
* Please make sure you have some tissues to hand (just in case you need them!)
* Try to relax at least 15 minutes beforehand, 30 is preferable!
* Feel free to make your space nice, light a candle if you like, or some incense, or both.
* Try to avoid caffeinated drinks (if possible!) just before your session as its best if you are fully relaxed.
* Please don’t worry about your session, it’s nothing to be concerned about - I have worked with children of 8 years old and they are fine and you will be too.
* Please buy some **fine** sea salt crystals before your session (you’ll find them in your supermarket in the spices section or in your health shop, or you can order it from Amazon. Please make sure it is **sea salt,** not table salt or Epsom salt. You will need quite a bit as you use two big handfuls per bath for five nights). If you do not have a bath or have time for a nightly bath, you can use Malki Dead Sea Scrub which you can find in Boots or obtain from Amazon and use this in the shower but please note, it will make your bath or shower very slippery so please be careful.
* Please organise a meal heavy in protein for after your session to help you to ground. (Red meat is best or nuts and lentils if you are vegetarian/vegan).
* Most of all….relax and enjoy!

**How A Session Normally Works**

We work via the telephone because it is beneficial for you to be at home - you are more relaxed and you can simply take time to process the session afterwards without facing a long journey home.

For your first session, we will start by going over your client information sheet.

Then we will talk about where find yourself now, what’s happened to you in the past, and most importantly….your wish list about where you want to get to in the future - so we can help you to get there! ( So you might want to have a think about where you would like to get to beforehand).

Then I will take time out (10-15 mins normally) while you have a little meditate. I will check you **for fifty different things** that might be affecting you. I will also look at you psychically and see what your body and soul want to tell me. I also go to see my guides and ask them what you need and I do any quick pieces of work that are necessary in this time.

This work is a little bit like building a house, we have to work in an order, and get the solid foundations in for you first, so that we can build up the layers from there.

Once I know what you need, we reconnect on the phone and start work. We will help you feel nice and relaxed (most clients work from their sofa or bed) and then work together, fixing what needs to be fixed, clearing out emotional patterns and getting your chakras clean and going in the right direction. You will be in control at all times, you do not need to be worried about ‘‘letting too much ’stuff’ up at once’ because your body is highly intelligent and will only allow you to release what it feels is acceptable to it.

The more relaxed you can be, the better.

You don’t have to worry about not being able to do things, or visualise things, as, if you struggle with anything, I can do it all for you. In fact, some people like me to do the sessions without any contact at all. I also work with very young children, and children with autism in this way.

Shamanic work is ‘non-local’ which means the actual healing takes place in another dimension, so it makes no difference if my client is in the same room as me or in Australia! I get all the information I need and can do everything for you if necessary.

One thing you do need to bear in mind is that I do start working on you **while you sleep** the week before the date of your session. This is to prepare your body for your session, to bring things up to the surface - a little bit like when cream rises to the top of milk. Then in your session we are effectively just removing the heaviness (the cream) so you feel wonderful and light afterwards. So please do note that in that week prior to each session, you might be ‘aware’ of me in some way - you might feel you slept heavily, or had disturbed sleep or you might feel a bit more emotional than normal, have  a headache, or slight cold symptoms, its nothing to worry about – it’s just your body getting ready for your session!

Because of the fact that I start working on you a week before hand, and because sessions are limited as I work worldwide, appointments are on a first come first served basis. Therefore, payment needs to be received to confirm your session one week prior to your appointment date.

PayPal is all set up for you automatically on my website [www.liberate-onlne.co.uk](http://www.liberate-onlne.co.uk/)  on the **appointments page,** or I can provide bank details. Sessions are normally spaced one per month, so you have a fortnight to integrate the work and a couple of weeks afterwards to do any homework and move forward in the new way.

For the first five days or so after your session your body will be working hard to clear the energies and emotions of your past, so you can be a little emotional during this time. Be gentle with yourself, have plenty of water and take the sea salt baths (two handfuls of salt in a bath, don’t stay in it for longer than 20 minutes and you can shower afterwards to get the salt off your skin) for the first five days after your session and this will help.

I do hope these notes help you. I’m looking forward to assisting you on your healing path!