



# Session Guidance

## **Welcome to your blossoming!**

Thank you so much for showing up for yourself, your path, and the global collective around you. It is no small thing to say *YES* to the Universe. I'm humbled and honored to receive your trust in this part of your, at times, tender process. My intention is to hold a container of neutral grounding and compassion, for you and your Soul to co-create in your clarifying, strengthening, and blossoming. To work only with, and from, Divine Truth.

## **Before the Session:**

It can be really nourishing to spend the 5-10 minutes before our session starts in stillness, reflection, or prayer. Breathe; feel your body, your pelvis; massage your feet. Find a quiet and comfortable place to have the call where you feel safe to open up and relax fully. Have tissues and water with you. If you work with sacred smokes -- copal, palo santo, cedar, etc. -- it is nice to cleanse oneself beforehand -- less to cut through in session. For those with a lot of charge or fire, it can be nice to have a little burst of exercise before session. All of these are simply suggestions, not requirements, to support and deepen your experience with the work.

## **During the Session:**

The experience is highly individual and can noticeably change session to session. Some have a subtle and relaxing experience, some have physical sensations like tingles, and others have large emotional movements of energy. Shaking, twitching, crying, sound expulsion, and very occasionally nausea can come into the experience when things are quite activated. All of this is natural and invited. In this work, we don't fight with the ego or the body's way of expressing.

## **After the Session:**

It is encouraged that you create space for the process to continue to unfold in you for 24 hours afterward. This means listening more deeply to yourself, your desires and inclinations, and choosing you over everything else. Hydrate, hydrate, hydrate. Check in with your body's needs and nutrient balances because it will be speaking to you more loudly, maybe even asking for surprising things. Please don't judge what arises. Take this opportunity to bring in more quiet into your day. Get extra rest. Journal or create with the extra energies flowing. There is an opportunity to be with your own Divinity in a more palpable way in this time.