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Thank you for your booking. In booking your appointment, you have agreed to the [terms and conditions](#)

Shamanic Healing Ceremonies

Please allow 2hr for your appointment time. The session will be conducted in-person at the time of your appointment and the address is available in the booking confirmation and reminder emails.

What Happens During Your Appointment

Your appointment is around 1.5 - 2 hours including time for the pre and post consultation times and the healing ceremony itself - you should allow a few hours of quiet time and rest afterwards to integrate the healing.

At the beginning of your appointment time, there is a 15 - 30 minute consultation, prior to the healing ceremony itself, The healing ceremony may include power retrieval, soul retrieval, extraction or other spiritual healing required at the time.

Following this ceremony, there is a 15 minute consultation where we discuss the ceremony, spiritual messages and I offer guidance on techniques to use at home for integration.

Further healing ceremonies may be required depending on the healing taking place and whether further healing is spiritually advised.

Andrea Doran

Holistic Medicine Specialist | Shamanic Healer | Psychic Therapist | Reiki Teacher | Earthworker
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Your own preparations for the session

Please avoid alcohol and recreational substances the evening before and on the day of your healing ceremony. It is useful to prepare yourself with a cleansing ritual - this may be something as simple as a shower or bath beforehand.

Useful items to bring

There will be water available and a short time to rest afterwards, in the post ceremony consultation, during your appointment. It may be useful to have available in your car or bag some fruit or nuts for you to eat directly after leaving your appointment.

On arriving home, a notebook and pen are often helpful for you to make notes of your thoughts, emotions, experiences or sensations after the appointment, and to note any questions you may wish to ask in your follow up appointment.

Intention

It is helpful for you to consider your intentions for your ceremony, as we will discuss these during the pre ceremony consultation.

Post Ceremony Consultation

We will have the opportunity to discuss any sensations you experienced and address any questions you may have in the consultation time during your appointment. If you feel you would like additional time to discuss these at length, telephone consultations are available to book [here](#). Many of my clients benefit from regular phone support between appointments.

After Care

After healing ceremonies, some people experience changes in energy levels and mood, an increase in urination or bowel movements, increased thirst, slight headaches and sometimes nausea. These can be a result of an energetic adjustment in your body and will not last longer than a few hours.

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It is important to avoid alcohol, nicotine, caffeine and recreational substances after your session. Drink plenty of water or herb teas, eat a light meal, avoid refined foods and sugar, avoid strenuous exercise and relax as much as possible.

Ongoing Support

If after a few days of integration you feel you would like to discuss the session a little more, and this would be beneficial for working through the healing process, short telephone consultations can be booked [here](#).

Follow On Sessions

Follow on sessions are recommended and my recommendations for your own healing process will be discussed at your session. I often recommend either a 90 or 60 minute 'check-in' appointment a fortnight after your ceremony

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