

SESSION GUIDANCE

Together we create sacred and healing space

Before session start it is really important the preparation that will have impact during session and integration afterwards:

* Not consuming alcohol or any recreational drugs 24 to 48 hours before and after your healing session – If you have any contraindications or you are addicted, please contact me before the session

- advice to eat light meal avoid eat meat
- drink plenty of water
- the night before session write down intension or ask for guidance and dream “I request to receive guidance and a dream that will support my healing process. I ask for clarity. Gratitude (If nothing will comes please trust in process as guidance and healing happening anyway)
- take time to rest and reflect – you can write down things as: what I want to let go, what does not support me any longer, what is a calling for a change, what is missing in my life etc.
- you can take relaxing bath or shower add herbs and flowers, epsom salts bath

This preparation guidance I received from my personal healing session from Fotoula Adrimi Author (Foteini) you are welcome to follow before session

Preparation:

- Go into nature and do a little ceremony under a tree, and speak your intention to Mother Earth, asking for Mother Earth to support you, and your life here on Earth, manifesting your life in the physical world. Notice what the Earth is telling you about your intention and birthing it into the physical reality and make a note of this.

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- Make an offering to the ancestors. The day before the healing, honour the ancestors and make a spirit plate. If possible, cook a vegetarian dinner or lunch, and in a plate put some food for the ancestors, and also a drink (non alcoholic- tea is also fine). Then put it on your altar, or if you don't have an altar, leave it overnight on the kitchen table. If you have animals you can put them in a plastic container.

Ask your ancestors for their help, to really help you with your work. Then in the morning leave food and drink under a tree, (you can take the plate back with you). If this is difficult where you live, you can do the same with a drink only and some little nuts and small fruits).

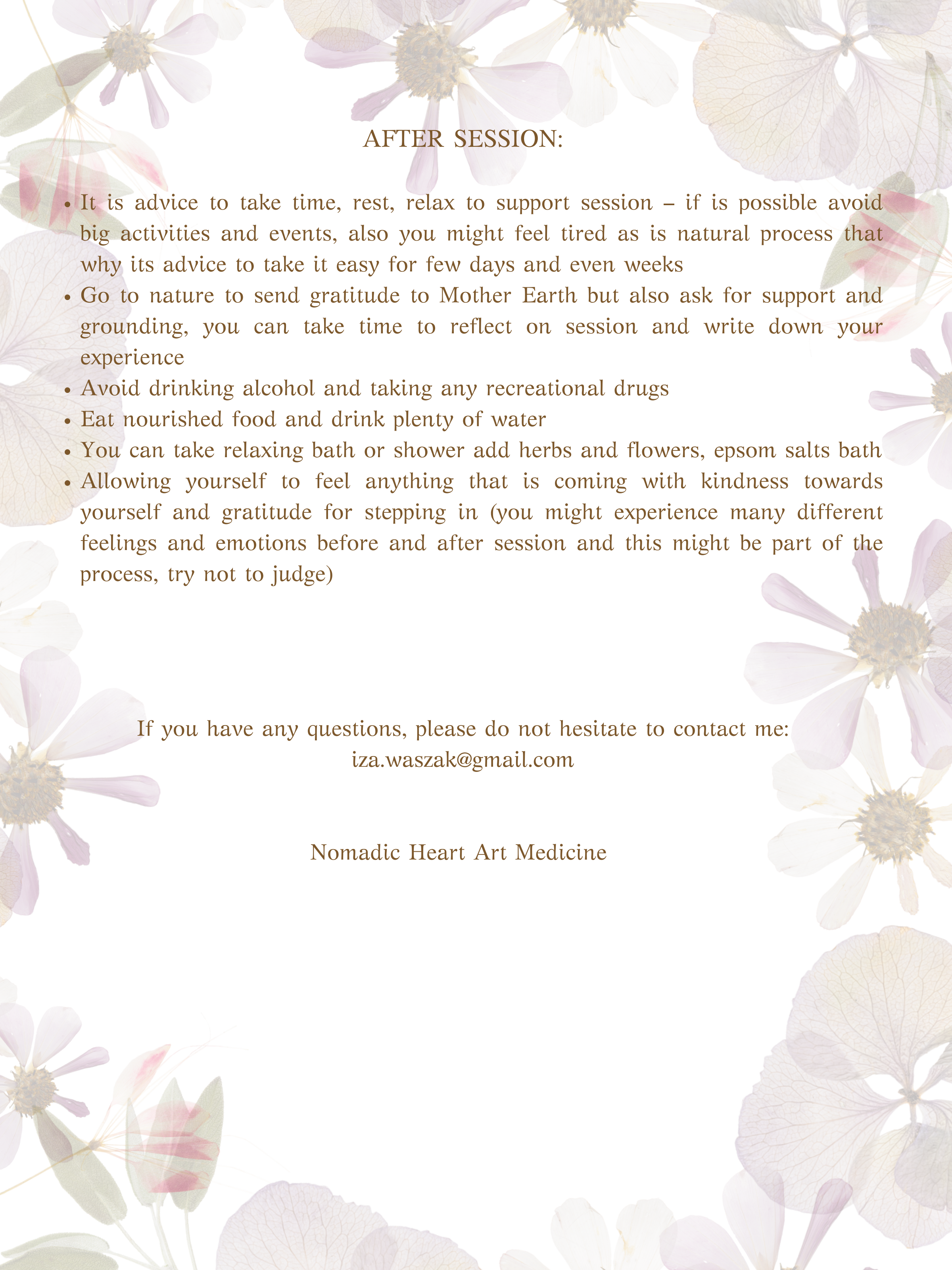
- Each night before sleeping, communicate with your soul and affirm that you are now ready to move on to a happier life. Ask your missing soul parts to come back to your body to help you. Make a note of any memories or dreams, referring to past events, as sometimes these indicate soul parts coming back. Some people however, do not remember their dreams. This is not a problem. During the session, I will find the missing soul parts that are ready to return. Even if you are not aware of your dreams, it is important for you to speak personally to your soul.
- The night before the session – You need to rest and go to bed early, even if you cannot sleep. You should not have any alcohol or recreational drugs the day before, the day of the session and the day after, as it will interfere with the energy. (I say this to everyone)

If you have any questions, please do not hesitate to contact me:

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AFTER SESSION:

- It is advice to take time, rest, relax to support session – if is possible avoid big activities and events, also you might feel tired as is natural process that why its advice to take it easy for few days and even weeks
- Go to nature to send gratitude to Mother Earth but also ask for support and grounding, you can take time to reflect on session and write down your experience
- Avoid drinking alcohol and taking any recreational drugs
- Eat nourished food and drink plenty of water
- You can take relaxing bath or shower add herbs and flowers, epsom salts bath
- Allowing yourself to feel anything that is coming with kindness towards yourself and gratitude for stepping in (you might experience many different feelings and emotions before and after session and this might be part of the process, try not to judge)

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Nomadic Heart Art Medicine