



Thirteenth Moon Center Shamanism & Creative Arts

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Considerations for preparing for a shamanic healing session:

1. What is your intention? Put it on paper in a sentence or two and bring it with you.
2. Bring any objects that are meaningful to you re: this healing time.
It could be photos, stones, shells, crystals or _____.
3. Read “We are not alone” article (an interview with Michael Harner) if possible.
4. Do not drink any alcohol (even wine) or use drugs for 24 hrs previous.
5. If you are taking any medications let us know what they are and why you need them.
6. Invite family or friends to “welcome you home”. In indigenous cultures, healings are a time of celebration. It is understood that the spirit essence of the person is being restored.
7. If you don’t have a lot of folks to come with you consider having a designated driver. That person may or may not witness the healing- it’s your choice. The healing might shift your perception for a brief time. If you come alone, we’ll be sure you’re okay to drive home.
8. Schedule your healing session at a time when you can keep your responsibilities light for 24-48 hours afterwards.

After your healing:

1. Take it easy. Keep responsibilities to a minimum for a day or two, if possible.
2. Notice how you feel. Journaling or another creative outlet may assist.
3. If you know how to journey, do so with your power animal and spirit teacher to help with integration.
3. Unexpected memories may surface.
4. Stay in touch with us if you have questions or concerns or just need to talk.
5. You may or may not notice a difference right away. This type of healing can be very gentle and subtle. Change can occur over a wide range of time, so keep in mind that the effects of the healing may actively continue for two weeks or more.
6. If you were given ideas, guidance or instruction to do something, follow up with them.
7. Be alert and aware to your needs. There are times that people need a follow up session. It’s hard to predict right after a session, unless it was part of the session results that all could not be done. Unless indicated otherwise, we usually tell people to wait at least 2 weeks before deciding you need more healing work.
8. If you want to write up your healing experience we would welcome getting a copy.