

Shamanic Session Information

This document has been created to help answer any questions you may have about the Shamanic Services that I offer.

If you have any further questions, please do not hesitate to ask.

What is Shamanism?

Shamanism is not a religion; it is an ancient universal spiritual practice and a way of being. The word *shaman* comes from the Tungus tribe in Siberia and means “spiritual healer” or “one who sees in the dark”.

Shamanism is a spiritual practice grounded in the awareness that everything is conscious, alive, and interconnected. Any belief that we are separate is purely an illusion.

I like to use the analogy that we are all part of a tapestry weaving our own path individually yet interconnected with all beings and co-creating the larger experience together – the great tapestry.

Because everything is alive, interconnected and conscious that leads to the understanding that everything can respond and transform through focused intention.

Shamans work with the seen and unseen worlds as a bridge on behalf of the community through healings, journeys, activations, divinations, and ceremonies.

They act as healers, priests/priestesses, psychotherapists, mystics, doctors, ceremonialists, coaches, mentors, and storytellers.

Shamanic healing practices focus on helping you to maintain a state of well-being and harmony in your life. You will strengthen your connection and relationship to your inner wisdom helping you to co-create a life in alignment to your true nature.

What is a healing?

Healing is not curing, please see **Healing vs Curing** below.

A shamanic healing addresses the spiritual aspect of a healees' symptoms. It focuses on treating the cause of the symptoms, not necessarily treating the symptoms themselves.

For examples, symptoms may present on an emotional or physical level, but the shaman is shown the spiritual aspect of the illness. A shaman will work with the seen and unseen worlds to diagnose and treat what is required on behalf of the client.

Shamans act as a hollow bone, holding the intention of complete wellbeing and wholeness for the healee. Therefore, we will always be working towards your highest good for your own growth and expansion.

Healing vs Curing

It is important to understand the difference between healing and curing.

Curing is about treating and eliminating symptoms of illness or disease. People can receive cures but not have experienced healing. In this case, often the symptoms will return.

Healing is about treating the cause of the symptoms which can lead to curing but not always. Which means that you may experience healing but still transition (die) from an illness or disease.

Healing transforms your life by working towards achieving harmony and well-being within your whole being.

What is a ceremony?

A ceremony assists us to make a connection and relationship with the creative forces of the universe. Through ceremony we set intention into motion which leads to healing, change and transformation.

Taking part in a ceremony can take some preparation and you will be instructed on what you need to gather as part of the ceremony and pre-ceremony and post-ceremony activities as required.

Ceremonies can differ, from long (over days/months) to short (5 minutes), depending on what is required.

Ceremony requires that you will physically be doing tasks, activities or taking action in some way. The kinetic aspect of ceremony in the doing is an important part of the transformation and healing that takes places.

I may also perform ceremony on the spot during a session or on your behalf without you present as part of your medicine and care plan.

There are some ceremonies I perform separate to sessions which include:

- Rebirth Ceremony
- Endings and Beginnings Ceremony
- Initiation Ceremony
- Harmonisation and Reset Ceremony
- End of Life Transition Ceremony

What is a journey?

A journey is a form of ceremony where we step into the non-ordinary realms or the unseen. We are moving beyond our ordinary consciousness and accessing guidance, healing and assistance.

We may meet with helping spirits, spirit animals, other beings on a journey who are there to provide guidance.

We may journey to locations, experience visions, meet with sentient beings of all forms. You may experience sounds, words, visions, dreams, songs, sensations or smells along the journey.

During a journey I will act as the facilitator and guide. The journey however is yours. I will help you step into the non-ordinary realm, provide guidance along the way, and help you return.

After the journey we will discuss your experience and I will provide any additional guidance as required.

What is an activation?

An activation is a direct transference or revelation from spirit which can take many forms:

- raising your energetic vibration at a cellular level,
- sowing of a seed that you must tend to and nurture for your own growth and expansion,
- sharing and/or remembering wisdom to help with harmonisation and wellbeing in your life

As a practitioner I will be the bridge to assist in your activation from spirit and provide guidance as required on a path forward after the session.

You will also learn how to strengthen your connection with all, so you can receive direct revelation and transference from spirit yourself.

What to expect during your session?

Shamanic sessions are not a passive experience as some may believe. You as the healee must be involved in the process.

During a session you may be in a passive, receiving state, however there will be actions for you to do as part of the integration of the healing after and between sessions.

If you are involved in ceremony or journeys you will be actively taking part in the process unless I am performing ceremony or journeys on your behalf.

The Initial Session

If it is your first time working with me, we will spend time discussing your requirements and addressing whatever is seeking to be revealed during the first session.

After the session I will send you a medicine and care plan for the following 2 weeks. I will also be in touch 1 week and 2 weeks after your session to check in via email.

During the 2 weeks after the session, you can contact me via email or message as you need.

The initial session takes around 2 hrs.

Follow Up Sessions

These sessions are for those who have had their Initial Session with me.

The session may run up to 90mins depending on what is required.

After the session I will send you a medicine and care plan for the following 2 weeks. I will also be in touch 1 week and 2 weeks after your session to check in via email.

During the 2 weeks after the session, you can contact me via email or message as you need.

What will I receive during my session?

You may receive a healing, activation, harmonisation, journey or take part in ceremony during your session. There may even be a direct message, coaching or mentoring that takes place.

I allow the session to flow based on our conversation and what is required in that moment.

When you book in, you can add comments to let me know what you are seeking prior to your session.

However, we will always be working with spirit and working towards your highest good, therefore it is important to be open to all possibilities.

You can request specific sessions also, see below.

Specific Sessions

If you are requiring a specific Activation, Ceremony or Journey not as part of regular sessions with me, feel free to book in a Free Discover Chat and we can discuss your requirements or send me an email: mya@sagacityrising.com

The Flow of the Session

The session will generally flow as follows:

- I will ask a few questions before we begin to gauge what path we will take.
- We may be led to journey or receive a healing, go on a journey, or perhaps even be led to an activation that you require. Whatever direction we are led, trust that it will be the right one for you.
- During the session you may hear music, singing, chanting, spirit language.
- At the end of the session, we will discuss your medicine care plan for the next few weeks.

Details of the different sessions like journeying, ceremony, activations, and healings can be seen above.

Pre-Session Preparation

Below are some general pre-session activities for you to consider prior to attending your session. I will prescribe any specific activities to you via email if they are required.

- Spend time connecting with yourself to find clarity on what you are seeking to be revealed, healed or transformed during our session. Explore the intentions you uncover leading up to the session. Write down anything and everything that comes up that you feel needs to be explored.
- It is ideal to prepare yourself at least 15mins prior to the session by performing some deep breathing sequences, put on a guided meditation, or just rest. This is to help quiet your mind and your body in preparation to receive.

For Remote/Online Sessions

- Make sure that you will be undisturbed during your session. It is important to be in a quiet place with no interruptions.
- Feel free to set up your area with dim lighting, candles, incense, gemstones/crystals or whatever makes you feel peaceful and relaxed.
- Also consider if you would like to lie down during your session. You only need to hear my voice, so no need to be sitting. Make yourself comfortable in whatever way you need.

Special Note:

It is recommended that you minimise your activities and interactions after the session to allow time for integration. Some people may feel energised, others may feel sleepy or emotional. Each person is different, and it is important to take this into consideration for your own care after the session.

You may want to organise someone to drive you after the session. You may want to notify others to allow you some time to process after the session and not to engage you straight away.

Non-Attachment to Outcomes

It is important to understand that with a shamanic healing session that we are working with spirit, which means that we will always be working with your highest potential and the good of all in mind and intention.

It is good to come to the session with intentions of what you are seeking from the session. This helps us guide which direction we will take. However, it is important to not attach to any specific outcome.

We can limit our highest expression of what is possible for us by attaching to certain outcomes and desires. Be open to the possibilities.

Instead, I ask that you allow yourself to surrender to the experience and have trust and faith that whatever occurs during the session is for your ultimate growth and expansion.

FAQ

Are you a practitioner of ayahuasca or similar?

No. I do not use any psychedelics in the work I do. Psychedelics are used to assist in moving beyond our ordinary consciousness which we can do without their use.

What is your opinion of ayahuasca and psychedelics?

My advice is to make sure you find an experienced practitioner and that the use of them is legal wherever you happen to be. Skilled practitioners can administer what is required and help take care of you during the experience.

Psychedelics are a useful tool to assist in stepping beyond our ordinary state of awareness and can assist you on your journey.

We can also learn to step beyond our ordinary state of awareness without the need to use psychedelics.

Will I be cured of my illness through shamanic healing?

Often people are cured through healing work as we are working with the spiritual cause of the symptoms. However, this is not always the case. It is important that you understand the difference between healing and curing.

Doing healing work does not mean you should stop your treatment plans given to you from your doctors neither.

If you have more questions around this, please feel free to discuss with me.

Do remote/online healings work as effectively as in person ones?

Yes. As we are working in the non-ordinary realms, with spirit and energy, a healing remotely is the same as in person.

What shamanic lineages have you studied?

My spiritual journey includes many different lineages, teachings and concepts and will continue to expand and grow as I do.

To date most of my shamanic teaching has come from teachers in Peru or those who have apprenticed to shamans in Peru. Don Oscar Miro-Quesada, Dr. Alberto Villoldo and Puma Fredy Quispe Singona.

I have also learnt from Sandra Ingerman encompassing North American shamanic practices and Robert Moss who teaches Shamanic Dreaming.

Other spiritual teachers and teachings I have explored include Adyashanti, Sadhguru, Thich Nhat Hanh, various Philosophers and Scientists, Zen, Buddhism, Christianity, life coaching, NLP...the list goes on

I have explored many different paths and infuse what feels right for me in my own spiritual practice, which allows me to flow in my service to others.