

\$150/75 MINUTES

SINGLE SESSION

with Sarah Salter Kelly



Single Session Information:

What energy is holding you back from living your life to the fullest? How can you transform your pain into medicine? What do you need to build resilience, love yourself, and trust in your capacity to heal?

In this powerful session step into the Alchemy of your own power and begin to generate what you need to live whole heartedly.

This session will include a Shamanic journey to a safe place in nature, the introduction of a Spirit helper such as an ancestor, archetype, power animal or Angel and an organic process as we follow the energy that you are intending to address.

Preparing for Your Session:

- BE SITTING UPRIGHT IN A COMFORTABLE POSITION WHERE YOU WILL NOT BE DISTURBED. YOU MIGHT WANT ACCESS TO A SPACE TO LIE DOWN OR REST DURING THE SHAMANIC JOURNEY (GUIDED MEDITATION).
- HAVE A BOWL OF WATER OR SMUDGE, JOURNAL, PEN, AND STONE YOU HAVE GATHERED FROM SOMEWHERE ON THE GROUND.
- SIT QUIETLY IN SILENCE--IN MEDITATION IF YOU HAVE A PRACTICE--OR JUST TUNE INTO YOUR BREATH. USE YOUR EXHALE TO LET GO OF YOUR DAY AND YOUR INHALE TO CONNECT WITH YOUR INTENTION FOR WORKING WITH ME.