



SOUL RETRIEVAL

Instructions

In order for you to get the most out of this session and allow yourself to receive, I recommend following the below instructions.

- Please make sure you are in a quiet, uninterrupted location for the duration of our session (1-1.5 hours). You may choose to lay down or remain seated – whatever you are most comfortable with.
- Shamanic drumming music is an important part of my process. Please click the link below to make sure you are able to hear the music clearly. Be sure to have this link open and ready to play at the start of our session.

<https://www.youtube.com/watch?v=BwqH7l9xSgo>

- I recommend you have water available and dress comfortably. You may also want to have tissues nearby.
- If possible, please keep the remainder of your day clear of responsibilities so that you can focus on your own healing.

It is imperative that you read the Soul Retrieval consent form prior to our session. By completing your purchase and attending your session, you affirm that you have read and agree to all terms outlined in the consent form.

Many blessings,
Christalene