



# CONSULTA

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Consultations with the healers help them build a bridge between what they see in the visionary space and the human lens into which these visions translate.

When the healers seek to clear energetic disturbances in order to bring us into alignment, they look for the roots of these disruptions in the elements, among other things.

Therefore any information you can provide that might offer direction in where these roots may have arisen can help them determine how to purify that energy more efficiently.

A helpful analogy may be to think of a mysterious rash that has appeared. Telling your doctor that you made a recent trip to a specific country or climate might help them identify how it was acquired, what kind of rash it is, and therefore, what treatment would work best to cure it.

Suggested possibilities of what to share during your consultation:

- personal traumas – psychological, emotional, spiritual, or physical from which you have not yet recovered
- ancestral traumas
- if you have had COVID
- womb issues, such as any pregnancy that did not lead to raising a child, infertility, etc
- any ongoing health issues or personal struggles such as addiction or mental challenges
- losses that greatly impacted you – financial, loved ones, unfulfilled relationships or dreams
- recurring dreams or esoteric encounters
- anything else that feels significant

Given our time restraints (about 10 mins per person), we ask that you check in and sit with what feels most important to share.