

Thank You for your interest in my Ancestral Healing Programme

If you have been drawn to me, to find out more about my Ancestral Healing I must express to you how your ancestors have guided you here. When the pull to heal is strong, you are being guided to do so from those in spirit who see your potential. The Path of Enlightenment has shown itself to you.

Tapping into the spiritual side of our reality is where the magic is as feeling connected to the universe is life changing, awe inspiring and sometimes overwhelming, but in a good way!

To start the journey together you will be invited to share with me what has brought you to this moment today. By sharing these thoughts and feelings on the provided ****Sacred Invitation Space**, we gain a deeper understanding of the journey ahead, where we will also start the process of calling in your required ancestors. All I ask is that you feel free and safe to do so, your invitation to share is sacred, and will be honoured by myself and my guides.

From your completed ****Sacred Invitation Space** I then start the process of building a bespoke healing package for you encompassing all that is needed to align you with; becoming grounded, clearing low vibrational energetic bonds, clearing and balancing the chakra system, physical healing, raising vibrations, ascertaining self love and mindful living.

Ancestral Healing

Grounding and Clearance of Self It is vitally important to be fully grounded into Mother Nature's energy when embarking on your healing journey. This is the first thing I will address during our ***Ancestral Reading***, clearing you of any spiritual attachments. Once completed you will be provided with a daily grounding meditation, to bring you into the space of wholesome, healing and positive energy so we can begin the journey ahead.

Sacred Ancestral Reading During this session, with the guidance of your ancestors, we tap into the energy of what we need to address for you to align purposely with the ascension journey ahead. As I gently guide you towards that which needs to be healed, from a past life point of view. During our time together in this space, we gain the much needed insight from your ancestors, into what needs to be acknowledged and addressed in the first instance.

Cords & Ties Cutting Ritual The longer we hold onto it the heavier it gets, so clearing you of energetic trauma/low vibrational/misplaced energetic bonds will be undertaken during your ***Ancestral Reading***. Here we address past situations, places, people, experiences; that are being pulled along energetically as you journey.

Having negative energy bound to us in this way causes us to feel stuck and underwhelmed, making it increasingly difficult to apply the work needed to heal and evolve. Once completed a sense of freedom and ease can arise, calling forward The Journey of Enlightenment.

Chakra Healing Session When undertaking your Sacred Ancestral Healing journey it's essential your internal energy body - the 7 chakra system - is working to its full potential as your emotional, mental and spiritual default settings are all created here. All that you go through, from conception and throughout your childhood, is contained energetically throughout the chakra system, shaping everything about you as you advance. The foundation of how you move along your journey is cemented in your chakra system for this very reason. To hold you in the healed space needed to ascend, as you address certain things that need to be acknowledged, you will be invited to undergo 3, 45 min monthly chakra clearing sessions during your alignment with the programme. Helping to eradicate negativity as you journey through this process.

Remote Energy House Cleanse As we will be addressing your internal energy (*Chakra System*) and your external energy (*Cords & Ties Cutting Ritual*) we will also look at clearing the energy in the home. Living surrounded by negative energy can significantly affect our mental, emotional and spiritual wellbeing. Especially in older buildings, stagnant negative energy makes us feel claustrophobic, drained and unsettled.

Bespoke Energy Healing Programme For you to move forward once settled into the journey I will provide you with a detailed energy healing programme built around your own unique life path and all that it brings from a spiritual perspective. Encompassing; self care rituals, guided meditations, the calling for times of solitude, mindful living practices and regular channelled journaling. Including colour energy alignment/activation for the continued healing of your chakra system. Your energy programme will be modified every 2 weeks to align with the work as we build momentum as you journey .

Encouragement, Support and Accountability of Self Continued support, encouragement and accountability to stay on path is given throughout your Sacred Ancestral Healing Journey . Including 3 monthly 30 minute scheduled video calls (**Re-Alignment Spiritual Reading**), where you have the opportunity to share your progress with myself and my anglic team. A valuable time to discuss how you have been journeying, bringing further alignment with the programme as you advance into magic and freedom.

My aim and further sacred invitation is for you to move forward on completion of your 3 month period to encompass all that you have embodied during your Ancestral Healing Journey.

To continue empowering your spiritual side.

Whilst internally guiding yourself from this life into the next, grounded, full of love whilst always experiencing your very best self.

3 Month 1-1 Ancestral Healing Programme

- 90 minute Spiritual Reading: Ancestral Invitation.
- Clearance and grounding of the physical body.
- Cords & Ties Cutting Ritual.
- 3 x 45 minute Chakra Healing sessions.(monthly)
- 3 x 30 minute Re-Alignment Spiritual Reading. (monthly)
- Remote Energy House cleanse.
- Bespoke Energy Healing Programme.
- Continued support & accountability.
- 60 minute completion Spiritual Reading: Balance of Self.
- Path to Enlightenment Journal.

Personal Investment £795

* weekly or monthly payment plan options available on request *

On acceptance of this invitation please email your **Sacred Invitation Space form
(found below) over to me.**

**On receipt of this I will then be in touch with a Client Registration form and information on
the next steps i.e. the booking process, Cords & Ties Ritual list (also found below)**

info@sharnamillspychicmedium

Sacred Invitation

This space is provided for you to express your thoughts and feelings as to why you are drawn to heal and evolve with me at this time.

Guiding me to gain a clear picture of your journey so far. All that you share will be honoured and addressed with love.

Express to me what you are looking to gain from accepting this invitation to heal.

Please use as many pages as needed, to share your story with me.

A deep sense of belonging arises when we finally tap into who we really are

Divine Spiritual Beings.

Cords & Ties Cutting Ritual Releasing List

Please carve out some time to connect with your guides & ancestors.

Let them guide you to that which needs to be released in the first instance, when we meet during your

Sacred Ancestral Reading.

Whilst sitting quietly & in flow state, with no distractions, set your intention to connect to your divine support system.

From this place of sacred connection you are ready to compile your list.

Try not to think too deeply, just write what comes to mind.

Please use as many sheets as necessary.

