



Heather L. Davies

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Shamanic Ritual Consent Form

*****Please sign, read, and return a copy to me and keep a copy for your records.*****

Description of Services: You are electing to participate in a shamanic ritual process in which I, as the practitioner, will be "journeying" on your behalf to either retrieve and return soul essences that have been lost or trapped along your life journey (soul retrieval) and/or identify and remove harmful energy patterns ("curses") from your energetic field that may be impeding your ability to move forward with your life in the way that you would like (extraction). These services are purely elective and you may stop the ritual at any point during the process if you become uncomfortable.

Potential Risks and Benefits: Individuals generally seek out shamanic-based interventions in an effort to alleviate psychological, emotional, and/or physical suffering they are experiencing. Through these processes, there exists the potential for you to experience an increase in vitality and overall health; a shift in attitude, motivation, and/or connection with yourself and others; a greater sense of wholeness; and/or openness to aspects of life that previously felt inaccessible to you.

This being said, these shifts sometimes include psychological, emotional, and/or physical discomfort or distress in the near-term as your life and being adjust to accommodate the new energetic pattern established through the ritual. For example, in the days and weeks following the ritual, you may find that:

- certain relationships, whether with family members, social connections and/or organizations, no longer "fit" in their current form and may need to be shifted through either transformation or release;
- you have access to memories of certain events and experiences that were previously inaccessible to you; and/or
- your body experiences a "healing crisis" (i.e. an ailment/illness of the physical body) of some form as it works on multiple levels to shift itself structurally to align with the new energy in your system.

The Use of Touch: The drumming portion of both rituals usually involves you laying in the prone position on the floor (though modifications to this can be made to meet the needs of your particular body and being), fully clothed, and face up while I sit next to you drumming. I generally sit cross legged on your left side where the edge of my leg makes contact with your arm or shoulder. Once the drumming portion is completed, the remainder of both soul retrievals and extractions can be done with or without the element of touch as described below. In my experience, both options are equally effective. Please choose the option that feels most comfortable and authentic for you.

Soul retrieval – What I bring back from the drumming journey in soul retrieval usually includes multiple soul essences and often an animal guide/totem. If touch is utilized here, then each essence and animal energy is blown into the body through a slightly

open fist that is placed, first, in the center of the chest (blowing it into the heart chakra) and, second, on the top of the head (blowing it into the crown chakra). The non-touch option for this is for me to blow each essence into a rock/stone of your choosing which you can take home and, with the use of conscious intent, breath, and visualization, allow the energies to filter down into your body.

******If you elect to use the rock/stone method, you may want to bring a meaningful rock/stone with you to the ritual. Otherwise, I have several in my office from which you can choose.***

Extraction – What I bring back from the drumming journey in extraction is the location of where within your physical body the “curse” or negative energy pattern is anchored. It is often anchored to several places which, when touch is utilized, I typically mark with the motion of an ‘x’ on the surface of the skin using a piece of petrified wood. The “curse” energy is then removed from these locations often with a scooping motion that may feel like a light brushing on the surface of the skin. The exception to this is when the anchor point is in the vicinity of the pelvis, torso, breasts/pecs or face. In these cases, the ‘x’ is made in the air approximately 2” above the body and no contact is made with the surface of the body during the removal process. The non-touch option is for me to make all of the ‘x’s in the air above the body at the locations where the energy pattern is anchored and to make no contact with the surface of the body during removal.

Please check the option you elect below and initial and date:

____ I elect for touch to be used in the shamanic ritual as described above. _____

____ I elect to experience the shamanic ritual without touch except for the limited contact made during the drumming phase of the process. _____

Please note that retrievals and extractions are relevant ritual and conceptual frameworks that can apply to individual human beings as well as to family/lineage systems, animals/pets, and the land/plants/earth. The shamanic lens is one that considers our place as reciprocal beings within a broader web of connection that operates as an interdependent ecosystem. If there is imbalance or dis-ease within the broader ecosystem, this will manifest as imbalance and dis-ease within the individual beings that are part of that ecosystem. Rebalancing and healing are not just about removing something that may be unwanted and/or destructive, but about shifting our lens and our day-to-day intentions, choices and impact as we remember what it means to be in reciprocal relationship with the whole of the energies/beings in our world and environment. This can include relationships with currently embodied energies in the present physical plane as well as the energies of the ancestors that have come before and the energies that are yet to follow after us. As such, rituals done within any of these contexts offer an invitation for energetic and structural shift for all involved in the relevant relationships related to that particular context. These shifts may include “healing crises” as mentioned above within the system as a whole and/or its component parts.

Land/earth rituals invariably involve more direct connection with the ancestors in various forms and may involve more active processes on your part (drumming, lighting candles, working with the elements, etc.) with support from me as I help to translate what it is that the land is requesting in terms of acknowledgement, witnessing, release, retrieval and honoring.

Appointments: You can expect your appointment to last approximately 60-75 minutes (60-120 minutes for land/property rituals). If you and I do not have a previously established therapeutic relationship, I will use the first part of the appointment time to gain a better understanding of what has led you to seek a soul retrieval or extraction and to gain clarity regarding what is asking to take place ritually in your specific situation. The rituals themselves generally last 20-25 minutes (often a bit longer with land/property rituals) with the remainder of our time together allotted to debrief the experience and for me to write down whatever information was relayed to me through the ritual that might be helpful in you continuing to integrate the changes initiated through this process.

Length of Services: Soul retrievals and extractions are rituals/processes that, in many cases, may stand on their own as a single appointment experience. As the changes experienced through the rituals are made in the spiritual/energetic plane, it often takes some time afterwards (several weeks to several months) for the effects of these shifts to be fully experienced in the physical plane. For this reason, I generally recommend that you not experience such a ritual more frequently than once every 6 months to allow sufficient time for integration and adjustment. There are, however, certain circumstances where my recommendation may differ from this. If I assess that this is the case for your situation, we will discuss the recommendation thoroughly and work together to figure out the best pacing for you.

Additionally, when soul essences are brought back or a "curse" is removed, it is often the case that you may experience significant changes in your life. As the effects of this can sometimes be experienced as destabilizing and/or unfamiliar, some find it helpful to either return to see me for therapeutic support or coaching services or to establish or continue a therapeutic relationship with another practitioner or clinician for ongoing support. I strongly encourage you to have and access support of some kind during the integration phase in the days and weeks following a shamanic intervention.

Confidentiality: The specific content of your shamanic sessions with me is kept confidential. On occasion, I may consult with another shamanic practitioner/mentor for additional guidance. Additionally, I am often in a teaching/consulting role within the community and may share broader strokes of shamanic work for teaching purposes when it feels useful as a teaching tool. When I do so (either consulting with my own mentor or as a consultant for other practitioners), I will not disclose your identity or uniquely identifying characteristics and strive ever to honor and protect the sacredness of this work and the confidentiality of your particular journey with it.

As I am also a licensed mental health provider in addition to being a shamanic practitioner, I am still mandated to make a report to the Texas Department of Family Protective Services if there is reason to believe that a current minor, elderly person or person with a documented disability is being or has been physically or sexually abused or neglected.

Cancellation and missed appointments policy: Please notify me at least 24-hours in advance if you need to cancel an appointment. Late notifications carry a charge of \$85 and missed appointments (without any prior notification) are charged the full fee due to the space being reserved specifically for you and made unavailable to others. The fee is payable before or at the next appointment.

Payment for Services: Payment is due at your appointment unless prior arrangements have been made. You are responsible for all fees. Fees are as follows:

Shamanic Ritual Session: \$100 - \$150

Follow-up shamanic coaching/support: \$100 - \$150

Recommended After Care: Soul retrievals and extractions involve significant shifts to your energetic system and it is best to create time and space for rest and nourishment following your appointment with me. We will ensure together that you feel grounded and back "in your body" before you leave my office. Staying hydrated, abstaining from alcohol and/or other substance use, and choosing foods that feel gentle to your digestive system are recommended for the remainder of the day following your appointment.

You may want to keep a verbal or visual journal to track your thoughts, feelings, sensations, and dreams in the days and weeks following the ritual. If you find yourself feeling unsure of or disturbed by anything new or unfamiliar that you may be experiencing, please do not hesitate to call me. While I am not "on call" for emergencies, I will return your call as soon as I am able and, definitely, within 24 hours. All emergency situations should be directed to 911 or your local emergency room. Frequent telephone contacts longer than 15 minutes will incur a prorated fee.

I accept cash, check, VISA, Mastercard, Discover and American Express as forms of payment. A \$25 service fee will be charged in the event of a returned check. If two incidences of returned checks occur, then only cash or credit will be accepted from that point forward.

My signature attests to the following:

- 1. I have read this information ("Shamanic Ritual Consent Form") and consent to engage in the shamanic ritual process as described in this document.**
- 2. I understand that Heather L. Davies, shamanic practitioner, is not "on call" for emergencies but is available as a follow-up resource via phone or e-mail following any shamanic ritual.**
- 3. I understand that Heather L. Davies is a sole practitioner through the independent practice of Sea Wynd.**

Client Signature: _____ **Date:** _____

Client Name (Printed) _____

Phone number: _____

E-mail Address: _____