

Illumination Process - How to Guide

1. Gather your materials:
 - ❖ Your medicine bundle.
 - ❖ A pendulum.
 - ❖ Smudge.
 - ❖ Spirit water.
 - ❖ Candle.
2. Open sacred space. Set up your materials. Welcome your client.
3. As the two of you sit down together, open your 8th Chakra over yourself and then over your client.
4. **Begin with a conversation.** Discover what is challenging your client. Why have they come to see you today? Where are they stuck, struggling, etc.

During this conversation, **listen and track**. Give them an opportunity to tell their story. Observe patterns. Pay attention to what's happening within your body, look for places where their story doesn't connect, notice where, when and if they fidget or get uncomfortable. Ask questions that invite them to go a bit deeper, to feel within their body, to become more present with what is being shared.

The purpose of this conversation is to activate the energy of an imprint.

Keep this conversation relatively short and focused.

Identify key words and phrases within their own language, ones used to describe their experience. Clarify that language with them. Use this language throughout the session. Try to avoid substituting your words for their words. This is about their experience. We honor that by honoring their words and encouraging them to bring voice to their experience.

5. You will know when that energetic imprint of their story is activated. Once this happens, invite your client to **select a stone from your medicine bundle**. This is the stone you will both work with for this session.
6. Once they have selected a stone, **invite them to use their breath to blow the energy of what they are experiencing into the stone**. Exhaling a minimum of 3 full deep breaths.
7. Invite your client to lay down. Open your 8th Chakra over self and then over them again.

8. Ask for the stone back.
9. Work with your pendulum to **discover the effected chakra by holding the stone and the pendulum in the same hand and holding the pendulum over each chakra**. I like to check each chakra to discover which ones are all affected.
 ***Please note: If one of the lower 3 chakras aren't affected, it is very likely your client has not gotten to the core of the issue. Dive back into a bit more conversation and invite your client to take a couple more deep exhales into the stone.
10. **Open the Chakra with a counter clockwise motion**. You may notice some gunk. Gently scoop that out and offer it to Mother Earth to mulch. Then, **place the stone on this Chakra (lowest affect: 1, 2, or 3)**.
 *If placing on the root, place a cloth under the stone, it helps to keep the stone in place.
11. **Guide your client to begin breathing**: inhaling through the nose, exhaling through the mouth. We want them to stay present with the energy.
12. **Bring your hands to the base of their skull where you will hold the deepening points**. Hold these points for 5-10 minutes as your client deepens into the energy of the imprint. Continue to guide your client's breath: inhale through the nose, exhale through the mouth.



Invite them to use their breath to send the energy down they are experiencing down to the stone. The stone is going to gather this energy and mulch it. Remember, it is connected with a sacred place. It calls on the energy of that place to transmute the energy as well as to support your client in calling it all up.

13. Tune in to what is happening with your client. **When you notice that they are ready to release a wave of energy, shift your fingers from the deepening point to the release point.**

A wave of release may not look like much or it may look like a bit of a temper tantrum or anything in between. Most often I notice some form of emotional release here: crying, laughing, getting angry, fear surfacing. I encourage them to keep breathing and sometimes, I will invite them to breathe with me. Support them in a pace that keeps energy moving, but not overwhelming as they release.

14. **After a release, return your fingers to the deepening points.** Invite your client to relax their breath. Deepen into the energy again. This may mean gently prompting with questions or checking in with my favorite question 'so what's happening?' You may also do some more tracking here.

*Repeat Steps 13 - 17. You may move through several cycles or waves.

15. When you feel like your client has moved through a series of waves and there no longer appears to be an energetic charge, ask them what's happening. Invite them to tune into the energy of the story they started with. Does it bring up any linger energy?
16. If it does, repeat steps 13 -17. If it doesn't, pull out your pendulum and check each chakra. If the imprint is cleared, each chakra will spin in a clockwise manner. If they are not, go back and repeat steps 13 -17.
17. **When all chakras are clear**, you' re going to illuminate the space with a little light energy from your 8th chakra. I like to do this at each chakra. You may notice a little expansion energy within the chakra as you bring the light in. Enjoy this beauty.

18. **Closing your session:**

- ❖ Step back. Pull off your 8th Chakra from your client. Then close it yourself.
- ❖ Remove your medicine stone and spritz it with a little spirit water to cleanse it.
- ❖ Put your medicine stone back into your medicine bundle.
- ❖ Give your client a bit of space to get up in their time.

19. After they have had a bit of time, invite them into some conversation again. This time you are going to support them to map a new way of being.
Tune in. Listen to their experience. **Keep this simple.** Invite them into one very simple practice to connect them with and keep them anchored in a new way of being.
20. Offer your client gratitude and send them on their way.
21. Close sacred space. Do a little clearing of your space . . . spritz it with spirit water, smudge, play so music, ring a bell, etc. I like to do multiple things post session.
22. Next, take some notes and do a bit of personal reflection around your experience as a shamanic practitioner.