

Therapeutic Shamanism

Preparing Oneself

Before working, and particularly before working with anyone else, it is a good practice to get into the habit of...

1. **Grounding.** This involves:
 - Centring oneself in some way, and dropping down and into one's body.
 - Establishing connection with the Earth.
2. **Clearing.** This involves:
 - Put your thoughts aside. Stepping away from your stuff.
 - Cleanse your energy body.
3. **Clarify.** This involves:
 - Establishing clear boundaries for your energy body
 - Protect if necessary
4. **Connecting.** This involves:
 - Connect with your helpers (Power Animals, Tutelage Spirits etc).