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7-Day Sacred Healing Journey

Student Guide & Course Instructions



DAYS 1-3

Establishing Sovereignty

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THREE HEALING AUDIOS · SEVEN DAYS · REAL TRANSFORMATION

- Energetic Sovereignty — 19 min ·
- I Claim My Gift — 18 min ·
- Remember the Divine Connection — 11 min ·

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Welcome to Your Sacred Journey

This 7-day program is not surface work. You are here because you are ready for real transformation—the kind that happens when you stop bypassing your wounds and start meeting them with courage and compassion.

Over the next seven days, you will work with three powerful healing audio journeys, each designed to take you deeper into your own power, your gifts, and your sacred connection. This is not about fixing yourself. You are not broken. This is about reclaiming what has always been yours.



"You are in charge here. You decide how deep to go, when to pause, and what pace feels right. Trust your own wisdom above all else."

Seven days is a complete container. The work builds in a deliberate sequence—establishing your foundation in the first half, then deepening and integrating in the second. Every day matters. Every audio has a role. Come as you are.

The Three Healing Audios

Your journey uses three core healing audios, each targeting a distinct layer of the work:

1. Energetic Sovereignty

19 MINUTES • PHASE 1 FOUNDATION

This journey teaches you to distinguish where you end and others begin. For empaths and sensitive people who have been told to just "raise your vibration," this is the foundational work that actually creates sustainable boundaries. You will learn to sense your own energy field, reclaim what you have given away, and build protection from your own power—not from fear.

Core Teaching: Your body knows the difference between your energy and someone else's. Boundaries are not walls—they allow connection while maintaining self.

2. I Claim My Gift

18 MINUTES • GIFT RETRIEVAL

Many of us carry gifts we have been afraid to claim—intuitive abilities, healing power, creative vision. This journey helps you meet the part of yourself that knows what you came here to do. You will work with your spirit helpers to retrieve fragmented parts that split off when your gifts felt too dangerous, too different, or too much.

Core Teaching: Your gifts are not something you need to earn. They're already yours. This work is about removing the shame, fear, and conditioning that told you to hide them.

3. Remember the Divine Connection

11 MINUTES • INTEGRATION

This is the integration piece. After establishing boundaries and claiming your gifts, this journey reconnects you with the sacred thread that runs through all of it. You will remember that you are not doing this work alone—you are supported by spirit helpers, ancestors, and the divine intelligence that moves through everything.

Core Teaching: You are a sovereign being AND deeply connected. These are not contradictions. Your power comes from both your boundaries and your belonging.

How to Use This Course

The course dashboard walks you through all 7 days in sequence. Each day is self-contained—you simply open the dashboard, navigate to your current day in the sidebar, and follow the structure provided. Here is what each day includes:

- **Today's Audio:** The specific healing audio assigned for that day, with an inline player you can use directly on the page.
- **Today's Focus:** A short orientation that frames the intention for the day's work.
- **Before the Audio:** A brief centering practice or question to drop into before you press play.
- **Reflection Questions:** Questions to sit with after listening. Write your answers in your journal.
- **Integration Practice:** A simple embodied action to carry the work into your day.
- **Journal Prompt:** A sentence stem to begin your journaling after the session.

When you complete a day, click **Mark Day Complete** at the bottom of the page. Your progress is tracked in the sidebar and the progress bar at the top of the dashboard.

The Three Phases of Your Journey

The 7 days are organized into three phases. Understanding the arc helps you orient to where you are in the journey and trust that each day has a purpose, even when the work feels uncomfortable.

DAYS 1-3

Establishing Sovereignty

1

Foundation work. You meet Energetic Sovereignty on Day 1 and return to it on Day 3, with a rest day in between. You learn to sense your energy field, set boundaries from your own power, and prepare the ground for deeper work.

DAYS 4-5

Sacred Connection

2

Deepening work. You cycle through all three audios on consecutive days—Energetic Sovereignty, I Claim My Gift, and Remember the Divine Connection—discovering how sovereignty, gifts, and connection support each other.

DAYS 6-7

Integration & Embodiment

3

Living the work. You receive all three audios one more time, trust your intuition to guide what you need most, and close the 7-day container with ceremony and a clear path for continuing the practice.

SECTION FIVE

Rest Day & Integration

Day 3 is an intentional rest day—no audio. This day is not passive. It is active integration, where the work from Days 1 and 2 settles into your body, your nervous system, and your lived experience.

On the rest day, the dashboard provides a morning practice, reflection questions, and an integration exercise. Honor this day as fully as the audio days. The container it creates is what allows the deeper layers to surface in the second half of the journey.

ON INTEGRATION

"Integration is not the pause between the real work. Integration IS the real work."

Finding Your Sacred Time

One of the most important things you can do to support this work is to find a consistent time each day when you will not be disturbed. This is not a luxury—it is a requirement for the depth of work this journey asks of you. The audios run between 11 and 19 minutes. Factor in time to journal and sit with what arises, and plan for a **30 to 45 minute window each day**.

Choosing Your Time of Day

There is no single right time—only the time that is most consistently available and sustainable for you.

- **Morning (recommended for most):** Set your intention for the day before the world's demands pull at your attention. Even waking 30 minutes earlier than usual creates this window.
- **Evening:** Use the work to clear the day's energy before sleep. The insights from the journey can process through your dreams.
- **Midday:** If your mornings and evenings are unavailable, a lunch break or quiet midday pause can work. Protect it firmly.

Creating a Disturbance-Free Container

The healing audios require your full, uninterrupted attention. Distractions break the energetic container the work needs to be effective. Before each session:

1. Put your phone on Do Not Disturb or airplane mode. Notifications—even silent ones—pull your nervous system out of the receptive state the journey requires.
2. Let people in your home know you need 30–45 minutes of uninterrupted time. Close the door. Use a simple sign if needed.
3. **Use headphones.** This is not optional—headphones help you drop in deeper and keep the experience contained and personal.
4. Choose a physical space that feels safe and private. It does not need to be special or sacred—it just needs to be consistently yours for this time.
5. Have your journal and a pen within reach before you begin. You will want to write immediately after the audio, while the insights are fresh.



A NOTE ON CONSISTENCY

Missing a day is not failure—life happens. But the container of 7 consecutive days is intentional. The work builds on itself. If you miss a day, simply continue where you left off without guilt and without rushing to "catch up." One day at a time is the practice.

Setting Yourself Up for Success

What to Have Ready Each Day

- **A journal and pen** — for writing reflections and journal prompts immediately after each audio.
- **Headphones** — essential for the depth of experience the audios are designed to create.
- **Water** — keep a glass nearby. This work can be energetically activating.
- **A comfortable place to sit or lie down** — you do not need to be upright. Let your body find its natural posture.
- **Your course dashboard open on your device** — so you can follow along with the day's content.

What to Expect Emotionally

This work can bring up emotions you have been avoiding. That is not a problem—that is the healing. You might feel:

- Grief about how you have had to manage other people's energy.
- Anger about being told your gifts were too much.
- Relief at finally having permission to set boundaries.
- Resistance to going deeper. This is normal. Meet it with compassion.
- Moments of profound clarity and remembering.

All of this is valid. All of this is part of the process. You are safe to feel it.

Your Journal Practice

Journaling is not optional in this program. It is the primary way you will track your transformation, process what arises, and anchor the insights from each journey into your conscious awareness.

How to Use the Journal Prompts

- Write **immediately after the audio**, before you speak to anyone or check your phone.
- Start with the sentence stem and keep writing without editing or second-guessing.
- There is no wrong answer. Your first response is often the most honest.
- Write until you feel complete—this might be one paragraph or three pages.

A physical journal is strongly recommended over typing. The hand-to-page connection supports a different kind of processing than a screen. Use whatever you have—this does not need to be precious.

Beyond Day 7

The 7-day journey is a container—a concentrated period of intentional practice. The work does not end on Day 7. What you have built is a foundation, not a destination.

Weekly Maintenance

- Listen to one audio per week. Rotate through them or follow your intuition.
- Daily boundary check-in: 2 minutes asking "What's mine? What's not?"
- Use your gift at least once a day—even in small ways.
- Connect with your spirit helpers through morning gratitude or evening check-in.

When You Need a Reset

Life gets messy. Boundaries slip. Gifts get hidden again. Connection feels distant. This is normal. When that happens, return to the audio that addresses what feels most off. You do not need to start over—you simply return.

Join the Community

The Shaman's Journey on Skool is where this work continues in connection with others. You will find ongoing support, live sessions, and a community of practitioners doing this same deep work. Find us at <https://www.skool.com/the-shamans-journey/about>.

SOVEREIGNTY · LINEAGE · PRACTICE

The work of healing is the work of a lifetime. These 7 days are a beginning. Welcome.

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THE HEALING SHAMAN · THE SHAMAN'S JOURNEY

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