



heal grow flourish
medicine | healing | horticulture
www.flourish.scot

Thank you for your booking. In booking your appointment, you have agreed to the terms and conditions.

Remote Healing Sessions

Please allow 1.5hr for your appointment time. The session will be conducted via Zoom at the time of your appointment and the link to the meeting is available in the booking confirmation and reminder emails.

What Happens During Your Appointment

Your appointment is around 1.5 hours including time for the pre and post Zoom consultation times and the healing itself - you should allow a few hours of quiet time and rest afterwards to integrate the healing.

At the beginning of your appointment time, there is a 15 - 20 minute consultation via Zoom, prior to the healing ceremony itself, which I conduct remotely from the WytchWood practice, my therapy room and dedicated healing space in East Kilbride. We usually disconnect online and connect energetically or spiritually for the duration of the healing session.

Following the healing, we reconnect online via Zoom and there is a 15 - 20 minute consultation where we discuss the healing, intuitive insights and I offer guidance on techniques to use at home for self care.

Andrea Doran

Holistic Medicine Specialist | Shamanic Practitioner | Claircognizant Healer and Intuitive | Reiki Teacher |
Therapeutic Horticulturist & Biodynamic Gardener

www.flourish.scot andrea@flourish.scot 07840180743

For example, if your booking is for 7pm - 8.30pm, the initial Zoom consultation begins at 7pm, the healing ceremony begins around 7.15pm and finishes around 8.15pm, and the post ceremony Zoom consultation from 8.15 - 8.30pm.

Further healing sessions may be required depending on the nature of the session taking place and whether further healing is advised.

Your own preparations for the session

Please allow 5 - 10 minutes before the beginning of the scheduled appointment time for your own preparations. Find a quiet room where you can sit or lie comfortably, whichever you prefer, where you won't be disturbed for your preparations and for the duration of the session. Your own preparations can include lighting candles, burning incense, playing relaxing music or any breathing exercises, meditations or visualisations, if you find these helpful. These preparations can help create a calming space but are not necessary for the sessions. Consider what your intentions are for the healing (see below) during your preparations and as you get comfortable for the session.

Useful items to have close by

A warm room, relaxing music, a blanket, notebook, pen and a glass of water are useful to have in the room with you.

Gentle music in the background is often relaxing but it is not essential - please do whatever makes you feel comfortable, whether it is music or silence.

Some cushions or pillows and a blanket are useful to ensure you are comfortable during the session. Have a blanket to hand to place over yourself either before the session begins or during the session, as you may feel some changes in temperature.

Andrea Doran

Holistic Medicine Specialist | Shamanic Practitioner | Claircognizant Healer and Intuitive | Reiki Teacher |
Therapeutic Horticulturist & Biodynamic Gardener

www.flourish.scot andrea@flourish.scot 07840180743

Please have a glass of water handy as you may feel a little thirsty after the session. I advise drinking a glass of water after each session. Sometimes you may feel a little light headed after the session and it's useful to have some fruit handy to snack on afterwards.

A notebook and pen are often helpful for you to make notes of your thoughts, emotions, experiences or sensations after the session, and to note any questions you may wish to ask in the follow up.

Intention

We will have discussed your intentions for the session during the pre ceremony consultation. Sit or lie with the intention of engaging with the healing - don't worry if other thoughts float through your mind. Acknowledge them and return your focus to your intention. During the session you may drift in and out of sleep - this is natural and the energy is still effective whether you are awake or not. If you get up to get a blanket or cushion for additional comfort, this is absolutely fine and the energy continues unaffected during this.

Sometimes clients feel the energy 'disconnect' naturally at the end of the session. However if you don't experience this, or feel alert before the session ends, this is normal too. The healing will be continuing until the end of the session, right up until we reconnect online.

Immediately after the session

Once the session is over, take your time in sitting or standing up. Drink a glass of water during our post session consultation and, after your appointment time, dedicate some quiet time to yourself to note any experiences you had during the session itself. If you did not experience anything of note, this is normal too - each person is different.

Some clients experience an increase of energy, others feel tired. However you feel, do something you enjoy, just for yourself, after the session.

Andrea Doran

Holistic Medicine Specialist | Shamanic Practitioner | Claircognizant Healer and Intuitive | Reiki Teacher |
Therapeutic Horticulturist & Biodynamic Gardener

www.flourish.scot andrea@flourish.scot 07840180743

Post Session Consultation

We will have the opportunity to discuss any sensations you experienced and address any questions you may have in the Zoom consultation post healing, during your appointment time.

If you feel you would like additional time to discuss these at length, my online Skype holistic counsel and support sessions are available to book [here](#). Many of my clients benefit from regular consultation support sessions between both remote healing sessions and in-person appointments.

After Care

After remote healing sessions, some people experience changes in energy levels and mood, an increase in urination or bowel movements, increased thirst, slight headaches and sometimes nausea. These can be quite rare in remote healing and are often a result of an energetic adjustment in your body to the session and will not last longer than a few hours.

It is important to avoid alcohol, nicotine, caffeine and recreational substances after your session. Drink plenty of water or herb teas, eat a light meal, avoid refined foods and sugar, avoid strenuous exercise and relax as much as possible.

Ongoing Support

If after a few days of integration you feel you would like to discuss the session a little more, and this would be beneficial for working through the healing process, short telephone consultations can be booked [here](#).

Follow On Sessions

Follow on sessions are recommended and my recommendations for your own healing process will be discussed at your session. If the

Andrea Doran

Holistic Medicine Specialist | Shamanic Practitioner | Claircognizant Healer and Intuitive | Reiki Teacher |
Therapeutic Horticulturist & Biodynamic Gardener

www.flourish.scot andrea@flourish.scot 07840180743

recommendation is a healing, support or self care plan, these can be booked [online](#).

Declaration

By booking a remote healing session, you have agreed with the declaration below. All remote appointments are conducted under the understanding, and your agreement of, the declaration below.

I confirm that all of the information I have given to the practitioner is true and correct, that I have completed as accurately as I can the consultation (including the consultation form, and telephone, Skype and webchat consultations) and that all conditions have been disclosed to the practitioner. I agree to inform the practitioner of any diagnosed medical condition(s) and any changes there may be to any medical condition(s) and/or medication. I confirm that if I am pregnant, I consent to the treatment and I am happy to proceed. The practitioner has explained the procedure, which I fully understand, and I consent to the treatment and I am happy to proceed. I understand the treatments do not claim to diagnose and/or cure any condition. I release the practitioner from any misrepresentation that may be contained in the consultation form, telephone, webchat and Skype consultations. I have received information on possible contra-actions and aftercare advice which outlines the care to be taken after treatment. I fully understand that any aftercare is my own responsibility.

Andrea Doran

Holistic Medicine Specialist | Shamanic Practitioner | Claircognizant Healer and Intuitive | Reiki Teacher |
Therapeutic Horticulturist & Biodynamic Gardener

www.flourish.scot andrea@flourish.scot 07840180743

ArchAngel | Auric | Chakra | Cord Cutting | Disentanglement

I offer a variety of remote sessions some of which are specialised for specific healing techniques - please visit the Distance Healing section on the [website](#) for more details.

Remote Shamanic Healing Ceremonies

[Shamanic Healing Ceremonies](#) can also be conducted remotely. Please allow an appointment time of 1.5 - 2 hours for these healings.

Skype Holistic Counsel

[Skype Holistic Counsel and Support Consultations](#) are available for clients who find sessions solely dedicated to talking therapy supportive.

Intuitive Readings, Guidance and Support

I provide intuitive readings and tarot guidance for clients each Monday morning. For clients who wish to receive regular readings, there are [membership options](#) for [weekly](#) and [monthly](#) readings or [one off readings](#) can be purchased in my [online shop](#).

Andrea Doran

Holistic Medicine Specialist | Shamanic Practitioner | Claircognizant Healer and Intuitive | Reiki Teacher |
Therapeutic Horticulturist & Biodynamic Gardener

www.flourish.scot andrea@flourish.scot 07840180743