

## Initial Contact for Therapeutic Shamanism work

### For face to face work...

Hi \*\*\*\*\*,

Thanks for booking in. To confirm, our appointment is \*\*\* on \*\*\*\*\* \*\*\*\* \*\*\*\*\*.

Here is the info I usually ask people to send me before doing the session. This gives me the chance to do a short preparatory journey before the session. Everything is, of course, confidential (with the usual legal exceptions). The info that is useful is...

- Just the brief basics of the main issue is fine - the history; symptoms; when it started, and what was going on at the time, and any feelings you have as to what may be behind it. And anything else at all that you think may be relevant - hunches and gut feelings included! And a very brief life history outline is really very useful too: childhood/family issues; relationship with family members; any major life events (including relationship issues, bereavements, divorces, illnesses, accidents etc), and anything else at all you think may be relevant. And last, but by no means least, what you'd really like from the session.

The session will be one-and-a half hours long (but allow up to two hours). Usually, it goes like this...

- The first half hour we will be talking through the answers you sent me.
- The next half hour will consist of the journey itself, which I will be doing for you. This will involve listening to a recording of shamanic journeying, whilst I sit and do the journey. Whilst I am doing this you can just sit and relax or meditate.
- The last half hour or so will be my recounting the journey to you, and us discussing what came up. Usually people want to write this part down (if you wish to bring an audio recorder instead, that is fine).

**Practical stuff.** My address is [24 Primrose Street, Lancaster, LA1 3BN](#). As you come up Primrose Street you see a cream-coloured end-terrace wall half-way up on the right - that is my house. The front door is not on the street itself, but on the cream-coloured wall. Please note that my room is up a short but steep flight of stairs. I don't have a waiting room, so I do ask people not to arrive early - sorry! I ask for between £45 and £75 per session - I just leave it to people to pay as much as they can within that range. In terms of cancellations, I do ask for at least 48 hours notice if at all possible (and if people don't bother to turn up, then the fee is still due!).

If you have any questions, then please do get back to me.

Looking forward to working together,

Warm blessings,

Paul Francis

### For Phone work...

Hi \*\*\*\*\*,

Thanks for booking in. To confirm, our appointment is \*\*\* on \*\*\*\*\* \*\*\*\* \*\*\*\*\*.

Here is the info I usually ask people to send me before doing the session. This gives me the chance to do a short preparatory journey before the session. Everything is, of course, confidential (with the usual legal exceptions). The info that is useful is...

- Just the brief basics of the main issue is fine - the history; symptoms; when it started, and what was going on at the time, and any feelings you have as to what may be behind it. And anything else at all that you think may be relevant - hunches and gut feelings included! And a very brief life history outline is really very useful too: childhood/family issues; relationship with family members; any major life events (including relationship issues, bereavements, divorces, illnesses, accidents etc), and anything else at all you think may be relevant. And last, but by no means least, what you'd really like from the session.

The session will be one-and-a half hours long (but allow up to two hours). Usually, they go like this...

- You phone me at the appointment time. The first half hour we will be talking through the answers you sent me.

- After talking, we hang up and I go and do the journey for you. This will take 30-40 minutes.
- Then I phone you back (I will need your phone number for this!) and recount the journey to you, and we discussing what came up. Usually people want to write this part down.

**Practical stuff.** The number to phone me on is 01524 67009. I ask for between £45 and £75 per session - I just leave it to people to pay as much as they can within that range. You can do it either [online here](#) (using either a paypal account, or a credit or debit card), or you can post a cheque made to Paul Francis, address - 24 Primrose Street, Lancaster, LA1 3BN. You can pay nearer the time, or after the session if you wish. In terms of cancellations, I do ask for at least 48 hours notice if at all possible (and if people don't bother to phone, then the fee is still due!).

If you have any questions, then please do get back to me.

Looking forward to working together,

Warm blessings,

Paul