

## Transformation Sessions

### Rates

#### An average session: \$125

This session will range from 20 – 40 minutes. Its important to note that Transformation sessions are not particularly timed, what you are ready for will be done, and this may take a short time, or a longer time. However since we still deal with time in a linear fashion, most people would like to know how long a session will be. One of Shirin's teachers who is a Kahuna here on Kauai told her never to work on anyone for more than 22 minutes, because it is too much for the recipient and will fry them as he put it. Please note that session will be called complete by Shirin, when it is in your highest and best time and for what you are ready to transform in that session.

#### First time session: \$170

This rate also applies to sessions that are an hour.

**Cancellation fee: \$80** (For sessions cancelled under 24 hours notice)

**Minimum session fee: \$53** (sessions under 10 minutes)

**Remote Sessions: Short: \$53**

**Involved: \$80** (see explanation of remote sessions below)

**Emergency sessions: Range of \$107 to \$305 in addition to normal session rate.** This depends on what you feel your session was worth to you. Ultimately, Shirin's goal is that all recipients pay what they feel right and good about. She would love to have no set rates, and just say "pay what its worth" but we realized that we haven't all recognized that we live in an abundant world yet. For this reason, this is the suggested rate info.

**Forms of Payment Accepted:** Payment can be made via check or with paypal on the shirinhealing.com web site on the store page. All paypal fees are to be covered by the recipient. There is a way to do this on the paypal site, or just add 3% to your payment. Thank you.

\*\*\* Tips in various forms are greatly welcomed and appreciated!

### Explanation of Remote Sessions:

A remote session is when the recipient communicates via e-mail to Shirin, what the focus of the session is to be. Shirin will e-mail recipient when she is beginning the work, and when she is done, she will report via e-mail anything that is to be shared from the session.

A short remote session takes short focus and time. An involved remote session is one where more energy and time is required for what is being worked on. This is a suggested rate, and once again tips are welcome if you feel happy to do so or if you like to contribute to the scholarship fund.

### Preparation

The most important part of arriving to your transformation session, whether in person, on the phone, or receiving remote work is to be ready for a transformation. No matter what the stories are that are holding some energy or patterns in place, those can be worked out and released. It's just important that you be ready to allow a transformation.

Preparation is simple: You must be well hydrated, for a few days before your session, definitely the day of your session and for a week after. Any drinks that take water out of your body should be allowed only if you are drinking extra water to compensate for what you are losing. It is best to not drink any alcohol the night before your session, the day of and 3 days after. It's not a must, but it is preferable.

Allow yourself a quiet space for your session time and some integration time to follow. Some sessions are more intense and will require more integration time than others.

A great way to help the integration process is to take a relaxing bath after your session. Use salt, or your favorite oils or both and allow yourself some time, and remember to drink water.

Sometimes extra water washes out some of the body's minerals. Please pay attention to your body's mineral balance. Sometimes the simplest way to create some balance is by having a good healthy sea salt added to your diet. Here in Kauai we have red sea salt, which is a red clay Hawaiian salt with good minerals in it. There are many options available in health food stores or online. It's most important to remember that table salt is very processed and it doesn't contain a healthy range of minerals. Just like white sugar, any substance that is out of balance when it goes in the body, creates imbalance in the body. So, a good quality sea salt is very important. If it feels right for you, you can take a small pinch of sea salt straight in your mouth and allow it to dissolve and then drink plenty of good clean water. Of course use your wise intuition on what feels best for you and if you have hypertension issues, then you know that salt balance is very important for your body.

The integration process is unique to each individual. It is wise to allow 3 days of focused integration time, but realize that it takes a full 7 days for the integration of your session to be complete. This doesn't mean you can't work or do normal daily life rituals, it only means that you need to also allow some personal time, time to reflect, remember to drink plenty of water, if baths are available to you, take them often. If the ocean is available near you, go for a swim. Enjoy water inside and outside...

### To Book A Session:

To book a session: mail a check for \$80 or pay via paypal. This amount is the deposit for your session and will be deducted from the session rate. The remaining balance is due in full at completion of your session.

Please provide your e-mail address with payment and Shirin's assistant will contact you via e-mail to set up the session.

Please note that Shirin is usually booked 3+ months in advance. There are some emergency spots that open up. See emergency sessions.