

Shamanic Healing Sessions

Shamanism is believed to be the first spiritual practice known to humankind. As a spiritual practice and healing modality, shamanism has its roots cross culturally and has been practiced by indigenous cultures around the world.

From a shamanic point of view there are three common causes of illness; power loss, soul loss and spiritual blocks or intrusions. Illness comes in varying forms and can be caused by emotional, physical or psychological distress or trauma, surgery, accidents, natural disasters, abuse or the trauma of war. Power loss occurs when one has lost her or his personal power and it can lead to depression, chronic illness or a series of misfortunes. With soul loss, one has lost a part of their soul essence or life force. This may manifest as post-traumatic stress disorder (PTSD), depression, illness, addictions, immune deficiency problems, unending grief or coma. When an individual experiences power or soul loss, they often have spiritual blocks or intrusions. These are usually localized in an area of the body and manifest as pain and discomfort. In all cases, the shamanic healer works to promote healing and well being by restoring life force, personal power and removing spiritual blocks or intrusions.

Self-care following shamanic work is a vital part of the process and helps integrate the healing. The more common methods of integration include massage, talk therapy, movement therapy, acupuncture, mind-body disciplines (yoga, meditation, tai chi), time in nature, automatic writing, and shamanic journeying. Often, a combination of methods is used to promote integration.

Shamanic healing is a potent and self-accountable way of restoring balance, wholeness and harmony for the client. Being able to access the full range of one's unique life force allows for crafting a full-hearted, sustainable and joyful life. It may also strengthen the connection to what quantum physicists describe as a field of energy that connects all things, also known as the great web of life. Now more than ever, we are awakening to this ancient knowing that all life is connected, and when we heal ourselves, it has a profound rippling effect on the web of life.

Each time I see a client for shamanic healing, we have three sessions that take place within a three-month window. The initial session is about two to three hours, and the remaining two sessions vary from one to two hours each. I feel strongly that this form really helps to focus on the client's intention for healing, as well as discover and build on whatever changes a client makes once vital life force is returned. My fee is sliding scale \$100-\$125/hour.

