FAQ ABOUT SHAMANIC HEALING

* **What is shamanic healing?** Shamanic healing is an ancient form of healing to treat spiritual illness. Spiritual illness takes many forms. All these things and more are what a shaman or spiritual healer deals with.
* **What are examples of spiritual illness?**
	+ Trauma may have damaged a person’s energy field; it then works its way into the body causing pain, chronic dis-ease, dis-ease of the mind and/or emotions.
	+ People may experience power loss from giving away their power. People may also have a soul plan to be or live in a way that their culture does not respect and so, the person loses balance in his or her life and becomes unhappy or depressed.
	+ Negative thought patterns (thoughts are energy) may impact a person’s health and need to be cleared.
	+ Soul energy may be lost or energies that do not belong to a person may be lodged in the person’s body.
	+ People may have things (energetic parasites, ghosts, etc.) attached to their energy bodies.
* **What does a shaman do?** Academically, in anthropology, “shaman” is a generic term for a specialized healer in a community who works with spirits (entities outside themselves who are not ghosts) and/or enters other realms and dimensions to affect healing for members of her or his community. As a modern shaman, I work in the invisible part of this world and cross realms and dimensions as well as travel through time to help my clients. In shamanic work there is no time or distance; everything is happening all at once. Confused? Don’t think too hard about it or try to make it work out logically. It will just make your head hurt.
* **What happens during the healing?** In my practice, the shamanic work begins with the appointment. That’s the first step toward healing. Before any client comes in to my office, my Spirits do an assessment of them. This means that I journey to my guides and have a conference. The day of the appointment I create a protected, sacred space in my office and call in all my Spirit help. Clients are smudged or otherwise cleared; we pray together; we discuss the issue the client is seeing me for then the Spirits and I perform the healing. During the healing the clients lies on a healing table, fully clothed, under comfy blankets. I may use crystals, toning, rattling, drumming, light touch as the Spirits and I work. Permission to be touched is always asked. Once the healing is done, clients get up off the table in their own time and we discuss the healing. Recommendations from the Spirits are conveyed. I then may make up support herbs, flower essence blends, tinctures or other items to support healing for the client.
* **Does it hurt? Will I feel something?** – Most clients come off the table feeling extremely relaxed. A few feel energies running through them or see colors. Some clients fall asleep!
* **Will this fix everything?!** – One session will not fix everything! In ancient Europe people would go for weeks or months and live in a temple (or monastery or nunnery) for this type of healing. It’s often the same today with indigenous peoples. A person might go once to the shaman but they may be there for days or weeks or more as the shaman works on them and performs ceremonies and healings. In modern society we do this with a series of sessions. I like to see clients for at least one check-in appointment after a healing.
* **What will I get out of the healing?** – That depends. It’s different for everyone and depends on what healing work was done. For many of my clients, they get an immediate boost in energy as years of psychic junk and intrusive energies are cleared away. Many people have a lot more clarity about their lives as well as a sense of peace and an ability to move forward. Recommendations given by the Spirits also help clients cope with their current life situations better. Sometimes people make radical changes for the better; sometimes the shifts are very subtle and only noticed when the client looks back after a few months. Sometimes people do experience a “healing crisis” as they give up their old story and actively re-write a new one.
* **What do I do if I have a healing crisis?** A healing crisis can range from just not feeling like your old self to feeling unmoored. During a crisis, it’s important to ground. I have a free class on my website about grounding under the Classes page at the bottom under Online Classes. Write in a journal; draw; paint; talk to your Spirit Guides…all these things will help. You can always book a short check-in appointment with me.
* **Why do you recommend follow-up appointments?** – This is to check-in with the client, and to work with things that may come up and be released by the initial healing. I recommend two additional follow-ups, about an hour in length. They can be done by phone or Skype as well as in person.
* **Can I come on a regular basis?** – Yes, you can. Especially if you are a healer yourself, work with the public, have a high pressure job, have a tough time managing your sensitivities or know you have a lot of personal work to do, it’s a good idea to get cleared on a regular basis via shamanic energy clearing.