

Health & Wellbeing

The Shamanic Healers Circle simple approach to looking at health and wellbeing.

We can use a traffic light approach that consists of 3 levels: Red level, Amber level and Green level.

Red level - requires the doctor and/or emergency action

Amber level - where the client's health is starting to go out of balance

Green level - client has vitality and energy

Shamanic healing serves as a **complementary** approach to healthcare, offering support to the conventional medical model. Its purpose is to promote and sustain the client's holistic well-being at the Green level, while providing assistance when their health transitions into the Amber level.

The **holistic** approach to health includes the mind, body and spirit, with spirit including the client's connection to the wider world of the seen and unseen.

Through their connection with **spirit guides**, the shamanic practitioner harnesses a

repertoire of sacred healing rituals to restore the client to the Green level. These healing ceremonies encompass the utilisation of **sacred tools** like the drum or rattle. In some instances, the healing process may incorporate the use of stones, feathers, or an array of items designed to channel added spirit support and facilitate healing.

Many clients receive healing **remotely**, wherein the shamanic practitioner is not physically present with the client. Instead, through shamanic practices, they spiritually draw the client to them for the healing process. The shamanic practitioner conducts the healing in the same manner as if the client were physically present. This remote healing approach offers significant **benefits** to the client, eliminating the need for travel and allowing them to rest comfortably at home during the healing session. Additionally, this method is particularly effective for **animals** that may otherwise be challenging to keep still for healing purposes.

Further training and support is available from Shamanic Healers Circle website.

[RESOURCES >>](#)