

# Shamanic healing

*Shamanic healing is a holistic approach to well-being and includes physical, emotional, and spiritual aspects.*

Contemporary shamanic healing:

Complimentary healing approaches, such as Shamanic Healing, can compliment a doctor's approach. Indeed, a doctor can refer patients to the complimentary health care register held by the Complimentary and Natural Healthcare Council (CNHC). Shamanic Healers Circle aligns with the CNHC and some of our members are CNHC registered, and are available via this route for doctor referral.

Modern shamanic healing refers to a contemporary reinterpretation and adaptation of traditional shamanic practices for healing purposes. Shamanism is an ancient spiritual and healing practice found in various indigenous cultures around the world. Modern shamanic healing blends traditional practices with influences from various lineages, incorporating insights from psychology.

The shamanic practitioner adopts an animistic perspective on existence and collaborates intimately with spirit guides. They embark on journeys to alternate realms to seek healing,

guidance, and support. Utilising sacred tools, rituals, ceremonies are conducted to establish a sanctified healing environment and aid in the healing process.

Shamanic practitioners can engage in a range of healing ceremonies, customising each to address the specific requirements of the individual. Typical healing ceremonies may include the removal of entities and blockages, the retrieval of lost soul parts, ancestral healing, and the seeking of guidance from spirits.

Healing processes can also attend to concerns within the energy body, promoting coherence and vitality in the individual's life. Occasions in life might lead to disruptions or fissures in the energy body, which shamanic healing techniques can effectively resolve. By harmonising and purifying the body's energy, a state of balance is restored, fostering the innate strength and seamless flow.

Prioritising the client's requirements, a suitably qualified shamanic practitioner may present additional healing methods that seamlessly complement the overall healing process. Common instances involve the application of Bach flower remedies to support working with the emotions.