

## Breakthrough Coaching and Shamanic Healing

Breakthrough Coaching and Shamanic Healing enable you to release and transform pain from the past into healing medicine that enriches your present and future.

The Breakthrough Coaching is based in NLP (Neuro-Linguistic Programming), Higher-Self Healing (connecting you with your own Higher Consciousness) and Esoteric Wisdom techniques (timeless, spiritual teachings of the universe, energy and consciousness), with additional Psychotherapeutic methodologies.

The questions asked help you to discover the true origin of an issue, so that you can see clearly where you are stuck and what is needed to move forward. The enquiry brings underlying negative and limiting beliefs to consciousness, to be cleared, so you can shift from fear, doubt and limitation to love, trust and freedom and reconnect with your inner wisdom and light.

Shamanism is the ancient practice of healing and transformation, working with mind, body and spirit to strengthen our innate connection to our spiritual essence and wellbeing. Our energy body holds imprints, good and bad, of our lifetime and also our ancestors' and the human collective and this informs our body and behaviours. By bringing awareness to what we are carrying in our energy field, we can become conscious of how and why we are being. We can see how we act out and repeat history and what needs to change. By transforming the imprints in the energy field, we can release negativity and replace it with integral Source energy. Our brain then also restructures with new, positive, healthy neural pathways and we transform how we live our lives.

Using Shamanic Healing, the true energy of the problem is uncovered and released. The chakras and energy field is cleansed and rebalanced, restoring wholeness, core essence and spiritual connection with all that is.

In Shamanism, it is believed that when you experience trauma or a wounding, you disconnect from your inner light or lose a part of yourself, a "Soul Part". You can feel a part of you is missing or lost. Within the healing session, we may journey on a Soul Retrieval, to reintegrate a missing part, along with the wisdom, gifts and learning it holds. We may also future pace, embedding underlying potential, learnings and wisdom.