

Spiritual Coaching and Shamanic Energy Healing

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

Spiritual Coaching

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

These sessions are to help you 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, as well as insight and realisation of your truth, gifts and potential.

This work initiates the process of shifting from fear, doubt and limitation, to love, trust and freedom, so that you can reconnect with your truth, purpose, inner wisdom and light.

The Coaching session normally lasts around 45 minutes to an hour. Again, please make sure you are somewhere you cannot be disturbed, so that you can be present and take care of yourself. This can bring up deep feelings and experiences as the core of the issue, which may have been buried.

Shamanic Energy Medicine

Shamanism is the ancient practice of healing and transformation, working with our Energy in 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, our ancestors', the human collective and past lives, which all 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 how we are. We can see how we act out and repeat history and what needs to change by locating the source energetic imprint(s).

Using Shamanic Energy Medicine, the obstruction or wounding in the imprint is cleared, cleansed and released. We reset, rebalance ourselves, our chakras and allow our whole auric field to be restored and filled with light and love, enabling our spiritual re-connection and divine alignment with all that is. Our cells receive this new, clear, true information and respond accordingly, enabling a restructuring of our brain's neural pathways, transformation and freedom in how we choose to live our lives.

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, from your future, highest, wisest self.

The session normally lasts around 1.5-2 hours. You need to make sure you are somewhere you cannot be disturbed and feel safe, so that you can fully relax and be present and are able to take care of yourself. All of the work I do is underpinned with my psychotherapeutic background and I do encourage you to be involved in the healing process.