

# Healing Intentions

*Healing Starts When Intentions Begin*

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## Shamanic Practices

Shamanic Practices are a powerful way to get spiritual guidance from your Power Animals, Guardian Angels, Spirit Guides and Teachers. Being on a Shamanic journey feels like dreaming with your soul. With each journey you gather strength and clarity, intuition and insights.

Clients and I work together on many kinds of journeys: Find your power animal, go to the healing temple, have a soul retrieval, clear and heal your energy field...

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Each **Power Animal** represents their own special gifts. For example, a lion represents courage and strength. The lion's gift is to teach you that you are much stronger than you think. The lion teaches you to listen closely and discern carefully before acting. Each power animal represents different teachings and also you have to examine what it means for you, personally.

Way up high, in the heavens, where our Guardian Angels and the Archangels live, you will find the **Healing Temple**. Take yourself on a visualization there and stay until you feel rested and filled with love and light. Ready to face another day with renewed hope.

Another powerful way to heal is to journey for a **Soul Retrieval**. Shaman's believe that when trauma or pain happens, sometimes a piece of our soul flies away because it isn't ready to deal with what is happening. Psychiatrists call it disassociation. We can journey to find that piece of you and let it know that you are safe now and equipped to process these traumas and pains. Traumas can be on a physical, emotional or spiritual level.

Please come in so we can journey together! Or, if you or a loved one is sick or cannot make it to an appointment, for whatever reason, I can do distance work that is equally powerful.

- Shamanic Practices  
Clearing, healing, soul retrieval, power animal retrieval  
Distance or Office Appointment, \$90.00