

What to expect from a shamanic healing session? (2015)

Ana H. Larramendi, Shamanic Practitioner. www.thehollowbone.com

Thank you for inquiring about having a shamanic healing session. Shamanic healing works with the *energetic & spiritual* aspects of illness, emotional traumas, and personal imbalance. This is very powerful work and often people come to me when they have exhausted their options of using western medicine and traditional psychotherapy to get better. Sometimes people come to me because they are having "phantom symptoms" that doctors cannot diagnose and keep getting negative tests on. Sometimes people come because they are at an impasse with their therapist regarding an issue that they feel stuck in. Sometimes you just know that what you need help with is something beyond the normal realms of healing.

Depending on the nature of the work involved, significant healing can be accomplished in 1 to 3 sessions. Many clients find that one session is all they need. The success is affected by the intensity of your desire for healing, and your willingness to actively create healing patterns in your life. All work is strictly confidential.

Types of shamanic healing: For complete descriptions go to: www.thehollowbone.com/healing.html

- Power Loss—Retrieving a spirit ally (like a power animal or guide) for protection and support.
- Soul Loss--Returning healed disassociated aspects of ourselves that left because of a trauma.
- Energy extraction--Removing/clearing stuck or painful energies that may be thought-forms or past-life injuries.
- Spirit Releasing (Depossession)--sending to the Light lost souls who may have become attached to you.
- Ancestral Healing--Clearing unhealthy patterns that run in your ancestral line and are affecting you.
- Past-Life healing--Clearing patterns that come from a past life event that are affecting your current life.
- Illuminations--Releasing from your energy field energy trauma and stuck, thought-form imprints.

Structure of a session:

My sessions generally run 3-4 hours, sometimes longer for really severe cases.

First part: 1-2 hours: I interview you and gather history about what has happened to you and what is going on in your life. I will listen to your stories, ask you questions and do some brief diagnostic journeys to determine what type of healing is going to be needed.

Second part: 1-2 hours: We enter into ceremonial time and I begin doing the actual healing work. Some of this is done talking, some is done in silence. My work commonly involves several different types of healings in one session which may include: Soul retrieval, extraction, Ancestral work, spirit release, power animal retrieval, etc. Each person needs something different.

Third part: 30 min: Sharing & Integration; Here I will share with you a healing story of what I did in my healing work. After the healing I will discuss with you any "homework" or lifestyle change that may be necessary to support your healing process, including self-care and integration of the process.

Scheduling:

I work out of my home in Madison, Wisconsin, USA. Appointments must be scheduled. Since my sessions can be 3-4 hours long, I prefer starting times between 10:00am and 3:00pm CST. I generally do not work evenings, but I will make exceptions depending on the circumstances. When available, I take weekend appointments if I am not teaching a class. I prefer to only see one client a day. However, I will make exceptions when two people come from out-of-town together each seeking a session. Once we decide on a date and time, I will send you a confirmation with directions and additional information regarding preparation for your healing session.

Working with Children:

I work with children of all ages. I find that children are generally very responsive to shamanic healing, and in some ways seem to receive it better than adults. Sessions for children under 12 are usually much shorter (often under 2 hours), as they don't tend to need or want much talk processing prior to the healing work. For teens, sessions are often the same length as adults. Teenagers are under much duress these days. There is a lot of psychic attack that teens can do to one another, so shamanic work that includes learning how to protect yourself energetically is extremely helpful for them.

Long distance healing:

Appointments for long distance healings can be scheduled if it is not possible to meet in person. Generally, I find that healings done in person have the most powerful impact and I strongly recommend an in-person session over a long distance one, but there are times when this is simply not possible.

When this is the case, I do healing sessions over the phone at a mutually agreed appointment time. I will start by conducting a phone interview to identify which issues are in need of healing. Then, off the line, I will ask you to stay in an uninterrupted, and receptive state of stillness while I energetically connect to what healing needs to be done. I will perform the healing--sending the healing energy to you. This will be followed by a phone call where I will describe what transpired during the healing, and share any important information for integration of the healing.

In general, Soul Retrieval, Power Animal Retrieval, Curse Unraveling and basic extractions can be done over the phone. Certain types of healings (particularly depossessions and clearings) are only done in person. Also, with certain individuals I may require an in-person session. Long distance sessions generally run 2-3 hours (\$180- \$270) and need to be paid via PayPal, credit or debit card. Some additional fees may be charged for international calls.

COST:

My rate is \$90/hour, so the average session will cost between \$270-\$360. I accept payment in the form of cash, check or credit/debit card (MC & VISA) and PayPal.

This work is done as a form of spiritual service. If you know you will have difficulty paying this please let me know in advance and we can agree on a cost that accommodates you. However, I cannot accept post-session payment plans or trades.

REDUCED RATE PHONE SESSIONS:

For people who are seeking shamanic work, but can't afford a full length session, I am now offering specialized phone sessions at a fixed rate of \$150. These sessions focus on *one issue only* and exclusively work with soul retrieval, power animal retrieval and limited extraction work. In these sessions, I ask that you focus your request on one particular trauma or issue you want help with. The phone session includes: ½ hour interview, ½ hour healing and ½ hour processing afterwards. The session is conducted like a long distance session (see above). Please specify at the time that you make your appointment that this is the type of session you wish to have. Payments can be made with a credit/debit card (MC & VISA) and PayPal, or prepaid with a check or money order.

Preparation before and after a healing:

Schedule your appointment so you have time afterwards for yourself. Having a clear intention and desire for healing (as well as being willing to let go of old patterns that are unhealthy) strengthens the effects of the healing.

- Identify for yourself the following:
- What is not working in my life?
- What feels out of balance?
- What is missing, or what qualities have I lost which I long to reclaim?
- Are there unhealthy patterns in my life which keep repeating?
- Are there people in my life to which I have an unhealthy connection?
- Are there places in my body where I am regularly feeling pain?
- Does my life feel out of control?
- Are there themes in my ancestry which are getting repeated in my life?
- Why am I feeling called to seek spiritual healing now?

Ask for a dream the night before, or pray for relief from your suffering as a way of setting your intention. It is helpful to avoid alcohol or recreational drugs for 24 hours before and after your healing. After your session it may take 1-3 days to fully integrate the healing you have received. Be sure to take time afterwards to nurture yourself. The effects of the healing can be gradual or dramatic, each individual experiences this differently.

Questions: If you have further questions or wish to make an appointment, you can contact me via phone or email. *FYI: I tend to respond faster to emails!*

Ana Larramendi 608-255-4333/ coyote@thehollowbone.com

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