**Phone Sessions for Shamanic Healing (2021)©**

**Ana H. Larramendi, Shamanic Practitioner.** [**www.thehollowbone.com**](http://www.thehollowbone.com)

Thank you for inquiring about having a shamanic healing session. I am currently only offering phone sessions for shamanic healing. 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. Since shamanic work is energetic, many types of healing can be done at a distance with excellent results. In general, Soul Retrieval, Power Animal Retrieval, Curse Unraveling and basic extractions can be done over the phone. Certain types of healings (particularly illuminations, depossessions and clearings) I prefer to perform in person. Also, with certain individuals I may require an in-person session.

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 new healthy ways of living your life.

**Types of shamanic healing:** For complete descriptions go to: <https://thehollowbone.com/healing-overview/>

* Power Loss—Retrieving a spirit ally (like a power animal or guide) for protection and support.
* Soul Loss--Returning & healing 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.
* 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.
* Curse Removal--Unraveling energies that may be tied to chronic bad-luck or misfortune.
* Depossession-- I can do spirit clearing during a phone session, though prefer in person.

**Structure of a Phone session:**

My sessions generally run 2 to 3.5 hours, sometimes longer for complex cases.

First part: 1-2 hours: Interview: The client calls me at our designated appointment time. I begin with a healing prayer for our work together, then 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, and ask you questions to determine what type of healing is going to be needed. Once I feel that I have gathered sufficient information, we will get off the phone so I can begin my work with the Spirits.

Second part: 45min- to 1 hour: (Actual healing work is performed). Now off the phone, 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. We will be in ceremonial time together (non-locally) and I will begin doing the actual healing work. My work commonly involves several different types of healings in one session which may include: Soul retrieval, extraction, Ancestral work, spirit release, curse removal, power animal retrieval, etc. Each person needs something different.

With the guidance of my Spirit helpers, I will perform the healing--sending the healing energy to you.

Third part: 30 min: Sharing & Integration: After I have finished the work, I will call you back and relay the story of what I did and what I was shown. 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:**

All healing sessions must be scheduled. I live in Wisconsin, USA and am in the Central Standard Time Zone (CST).

To request an appointment please email me at: [anawasi@thehollowbone.com](mailto:anawasi@thehollowbone.com) . Please let me know where you are located (your time zone) and best days for an appointment. Since my sessions can be 2-4 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.

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. For international calls, I am currently conducting phone sessions through Facebook Messenger.

**COST:**

My suggested rate is $100/hour, so the average session will cost between $200- $350. Payment is due at the end of the session. There may be is a surcharge added for international sessions to cover the additional long distance fees. *I only accept payment for long distance healing in the form of PayPal, credit or debit cards (MC, VISA, AMEX & Discover). Please let me know if this is an issue.* The charges will appear on your statement as **CHW, Ltd.**

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.

**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 or discomfort?
* 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. I prefer that you 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!*

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**Website:** [**www.thehollowbone.com**](http://www.thehollowbone.com)

**Like and Follow on Facebook:** [**www.facebook.com/TheHollowBoneHealing**](http://www.facebook.com/TheHollowBoneHealing)

***Ana H. Larramendi*** *was born in Spain and comes from Spanish and Basque ancestry. She**is a full-time shamanic teacher and healer, with a private practice near New Glarus, Wisconsin. Ana has been studying shamanic traditions for over 30 years, and founded* ***The Hollow Bone*** *in 2001. She is an international teacher of shamanic healing practices, and**a Board member of the* ***Society for Shamanic Practice.***  *She is a minister, public speaker, Vision Quest leader, wilderness enthusiast, ceremonialist, chef, translator and an initiated mesa carrier in the Inka tradition. Ana has studied extensively with teachers from many traditions including: Alberto Villoldo, Sandra Ingerman, Betsy Bergstrom, Angeles Arrien, Tom Cowan, Tom Brown Jr., Marko Pogaĉnik and indigenous Alto Misayoqs in the Andes. She also has pioneered new protocols in Shamanic Earth Healing and specializes in nature awareness and earth healing classes.* [*www.thehollowbone.com*](http://www.thehollowbone.com)