



*Working with a shaman can be a great puzzle piece in the process of becoming whole again.*

Since time immemorial, certain men and women have felt called to heal the sick, to safeguard knowledge, to guide the lost, and to commune with the spirit world. These unique individuals, known as shamans, were mystics and seers, repositories of wisdom, and keepers of herbal lore. During those periods when ignorance loomed large in the world, shamans across the globe bided their time, peacefully practicing their practical yet refined arts in the jungle, mountains, deserts, and tundra that protected them from those who misunderstood shamanism. Today, however, shamanism has reemerged, as modern men and women feel the same call to service that their ancestors felt long ago. Also, as more individuals explore the notion that healing necessarily involves the soul as well as the physical self, people are consulting shamans in their search for wellness, wisdom, and guidance.

The word shaman literally means "he or she who knows." Shamanism is an art that has not changed in any quantifiable way for millennia and is not bound to any particular form of spirituality. It is grounded on the principle that the visible world is saturated with unseen forces that influence the lives of human beings. Shamans, in addition to acting as fonts of wisdom, are dedicated to diagnosing and curing human suffering—whether emotional, physical, or spiritual. To treat an illness, a shaman may communicate with the spirit world in order to connect more directly with the soul of their patient or with the force causing ill health. They often work closely with animal guides, plant and earth spirits, or your spirit guides, and may make use of use of herbal remedies to supplement other forms of treatment. Shamans, as intermediaries between the physical and spiritual realms, recognize that all objects are in manner alive and retain information that can be utilized to heal.

Shamanism is powerful in part because its practitioners tailor healing to the individual needs of those who seek them out. A shaman manipulates energy, giving you power where you have lost it and removing misplaced energy lurking within you. When you seek out a shaman, they will endeavor to know and understand you before treating you. In this way, they can provide you with therapies that act on your whole being, positively influencing your body as well as your soul.

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