



Working with Others, and on Oneself in Therapeutic Shamanism includes...

- energy bodywork
- understanding and working with the chakras and five elements
- protection and grounding techniques
- energy hygiene
- shamanic healing techniques such as extraction, deposal, dismemberment, transmutation etc.
- working with allies and helpers, including tutelage spirits, Plant Spirits, the Stone People, the Standing People, the Animal People, elementals etc.
- power animal retrieval
- soul retrieval and soul integration
- working with family patterns and ancestry
- future creation
- counselling and listening skills
- exploring processes
- dialogue with body symptoms
- dialogue with soul parts
- ethical and harmonious living