

Shamanic Healing For Removing Energetic Blockages

by Andrea Brock



In all cultures past and present, there are those that follow a calling to facilitate healing for troubled or ill souls; those that offer compassion, refuge and healing from life's occurrences. In

the western world, it was the family doctor who treated multiple generations of families and the wise old lady who sat quietly and listened to the plight of others and then doled out sage advice. Now, we still have medicine men and women, herbalists and we even had George Carlin. Dialogue and humor are also essential for epiphanies and healing.

However, there are times that dialogue is not enough. There are facets and layers to healing that are better served by accessing other levels of consciousness and probing deeper into the psyche and cellular memory. It is possible to heal the intangibles, to clear away energetic blockages or repair disconnects that no longer serve a healthful purpose and that have become burdens and tethering millstones.

Sacred methods and techniques exist from around the world that are used to bring the body, mind and spirit into harmony. The shaman can administer these in various ways: some feel the seat of pain in their own body and then pull the pain out from themselves; some through sucking or spitting; others through hands-on energetic healing or accessing and working in the energetic grid and aura, retrieving that which has been lost and integrating it back into the body. These can also be administered through distance healing.

With bodywork, many have reported that their body feels heavy and they can't move but are aware and drift in and out of consciousness, almost as

if in a forced meditation.

Apache and Washoe healing rituals are both ways to purge and release old trauma and emotional pain, as well as general energetic clogs. Hot stones, rattles, black cloths, cornstarch, seeds and seashells used during these sessions create purposeful waves of release.

It all begins with setting clear intentions and being willing to release that which blocks one's joy and growth.

Andrea Brock is an internationally recognized shamanic healer, certified spiritual healer, Usui Reiki master teacher, ordained minister, quantum healing hypnosis technician, Access Bars® practitioner, intuitive reader, spiritual advisor and inspirational speaker with her own heart-centered healing and educational practice. For information, call 610-428-0589 or visit AndreaBrockHealing.org or her Facebook page "Andrea Brock Healing."

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- Bloating
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- Night Sweats
- Mental Confusion
- Migraines



MEN DO YOU SUFFER FROM?

- Depression
- Sweating and Hot Flashes
- Low Libido
- Fatigue
- Poor Concentration
- Sleep Disruption
- Aches and Pains
- Decreased Muscle Mass
- Increased Fat Accumulation
- Decreased Sense of Wellbeing

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