



SHAMANIC HEALING

Integrated Shamanic Healing and Psychotherapy

At Luminous Living, we offer a bespoke and holistic approach to healing that seamlessly integrates traditional therapy with ancient shamanic practices. Our aim is to facilitate profound transformation and healing in a safe, confidential, and nurturing environment. Held by highly skilled practitioners, our services are tailored to support clients seeking deep, lasting change. Each session is an invitation to reconnect with your inner self and harness your personal power.

Who It Is For

Our integrated shamanic healing and psychotherapy sessions are ideal for individuals who wish to go beyond conventional therapy and delve into deeper layers of the soul, unlocking personal power and releasing long-held blockages. This work benefits adults and children, parents, teachers, professionals, healers, teenagers, those experiencing trauma, individuals recovering from or stuck in abuse, people who have lost meaning in their lives, and anyone feeling stuck, stressed, or in need of change and spiritual realignment. Whether you are a high-achieving professional looking to overcome stress, a leader seeking inner alignment, someone who needs inner peace and calm, someone experiencing mental health difficulties, relationship issues or someone on a spiritual quest, or a path of self discovery and autonomy; these sessions will support your journey, healing and growth.

Benefits of Integrated Shamanic Healing

- ☀ Releases emotional and energetic blockages
- ☀ Facilitates profound emotional, mental, and spiritual clarity
- ☀ Enhances personal and professional relationships
- ☀ Promotes a sense of empowerment and inner peace
- ☀ Assists in overcoming trauma, chronic stress, burnout, guilt, grief and loss, suicidal thoughts, self sabotage, addictions, lack of purpose or direction, destructive or unhealthy patterns and behaviours.

What to Expect During a Session

Each session begins with a client consultation and optional Guatemalan ceremonial grade Cacao. This includes completing a client form covering medical circumstances and what the client is presenting with, type of healing etc. Once the consultation is complete, the client chooses a stone from the shamanic practitioners mesa (sacred bundle), which serves as a spiritual guide to determine the type of healing needed. This process connects the client with their own intuition and spirit's guidance. Our practitioners use various sacred tools such as crystal singing bowls, rattles, drums, and crystals to enhance the healing experience. These tools help shift energies, create vibrational balance, and guide the client into a deep state of receptivity. It is likely and possible that clients will go into an altered state and feel very peaceful while laid on the couch during the healing. Clients are fully grounded at the end of each session and any homework will be discussed.





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Services Healing List with brief Descriptions of Each Healing

****Full Illumination – 7 Chakra, Right Relationship**:**

Experience deep chakra cleansing and illumination to restore energy flow and establish harmonious relationships within yourself and others.

****Chumpi Stone Illuminations**:**

A unique method using sacred stones to balance and align the energy body, promoting a profound state of peace and centeredness.

****Black and White Stone Healing**:**

Achieve energetic harmony with the dual energy of black and white stones, clearing negative influences and enhancing protective light.

****House and Property Clearings Including Psychopomp**:**

Purify your living or working space from residual energies, ensuring an environment that supports well-being and prosperity. All entities, spirit attachments etc cleared.

****Past Life Healing and Clearing**:**

Understand and release past life influences that may be affecting your present. This healing promotes freedom from old cycles.

****Ancestral Healing**:**

Address and heal inherited patterns from your lineage, fostering new paths forward with clarity and peace.

****Egg Limpia Cleanse**:**

A traditional practice using eggs to absorb negative energy and provide physical, emotional, and spiritual purification.

****Entity Extractions & Protection Work**:**

Safeguard your energetic field by removing negative attachments and entities and fortifying your aura with shamanic protection.

****Pulsaria, Hex, Curse Clearing**:**

Release and neutralize external negative influences or spiritual energies hindering your health and life progress.

****Soul Retrieval**:**

Reclaim lost parts of your vital essence, restoring a sense of wholeness and inner strength.





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****Power Retrieval**:**

Retrieve and connect with lost, stolen, dormant and personal power that you may have given away to empower yourself, reinvigorate your spirit and bring in power and strength.

****Destiny Retrieval**:**

Rediscover and align with your true life path, unlocking opportunities and inspiration for future growth.

****Summoning the Becoming**:**

Step into your full potential by calling forth the energies and qualities needed for your current and future endeavors.

****Contract Breaking**:**

Dissolve outdated or harmful energetic contracts that hold you back, allowing for new and liberating connections.

****Cord Cutting**:**

Sever unhealthy energetic ties to past experiences or relationships, freeing yourself for healthier bonds and personal growth.

****Death Rites (The Great Death Spiral disengagement of the chakras)**:**

A sacred practice to honour endings and transitions, facilitating release and rebirth. Sessions with our therapists can be done with clients at end of life to bring in peace and spirituality and to discuss what matters to them confidentially. The Death Rite Ceremony can be done remotely by our practitioners, usually within 24 hours of a person dying.

****Soul Rescue**:**

Guide and retrieve lost soul fragments, helping them reintegrate for emotional and spiritual healing.

****Over 200 Despacho Ceremonies**:**

Engage in traditional Andean rituals to offer gratitude and seek balance in your life. For example, for house move, success, baby, destiny, wedding, to release what no longer serves you, to manifest your highest reality, plus many more.





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Session Structure and Investment:

Each session lasts 1.45 – 2 hours, which is longer than traditional therapies. This ensures clients benefit from having the time needed to complete the client sheet and discuss what they are presenting with, over a cup of cacao with the practitioner. It also allows enough time for the client to relax on the healing couch to receive a full shamanic healing. It is important that there is substantial integration time within a single session for grounding and to discuss any homework. Integration time between sessions is also necessary; It is recommended that there are 3 – 4 weeks integration time between sessions. This level of deep healing potentially reduces the need for frequent follow ups. Clients often report feeling shifts in just 1 – 3 sessions.

Investment is £150. Per 1.45 hr – 2 hour healing appointment. (In person)

Investment is £130. Per 1.45 hr – 2 hour healing appointment (on zoom / done remotely)

Extended sessions are available at £30 per additional half hour.

Integration phone sessions £60 per 45 min appointment.

Silver Package

A Silver Package of 3 x 2-hour sessions is available with a **10% discount** when booked as a package - an excellent investment for those seeking deeper, comprehensive healing.

SAVING £45. (Investment £405. Instead of £450.)

Gold Package

A Gold Package of 3 x 2 hour healing sessions, plus 3 x 40 minute follow up phone sessions focused on integration, is available with a **12.5% discount** when booked as a package - allowing clients to access ongoing support, as and when needed.

SAVING £80. (Investment £550. Instead of £630)

(3 x integration phone session £60. X 3 = £180. + 3 x healing healing appointments £150 x 3 = £450.)

