

**Practitioner: Susan Savage-Stevens.**

As traditional peoples have long predicted the great societal and collective changes occurring at this time, we are challenged to respond to their calling for a more spirit-filled life. Indeed, many of us are seeking a more purpose-driven and fulfilled life, in order to create a better world for all. To do that, we know that steps large and small are needed by each of us, and that the time for these changes is now.

Shamanic spiritual traditions have been practiced by traditional cultures since the dawn of humanity. This spiritual pathway considers all things sacred and filled with living energy. As a consequence, shamanic traditions challenge us to live in harmony and reciprocity with the energies within and around us.

Achieving this balance is difficult, however, for so many of life's experiences – trauma, abuse, grief, illness, among others – create terrible damage emotionally and spiritually. Yet, shamanic practices can help us heal and transform ourselves from the soul level out, so that we may better walk our path with grace and gratitude.

I invite you to consider the soul level healing that shamanic work can offer and hope that the following information on the shamanic ceremonies and practices I offer may be useful to your understanding.

***Learning to Journey and connect with one's spirit animals and guides***

Shamanic journeying allows us to interact with helping spirits to access knowledge and wisdom to further our life path. When we learn how to journey, we begin to develop relationships with these energies and in particular, our main spirit animal. We learn how to seek answers to our questions, ask for guidance, and come to understand that these energies are always with us, supporting our journey.

***Channel and Crystal Consultations***

Shamans are known for their "sight" and their ability to channel information and guidance from higher sources. Channel sessions advise and mentor our spiritual growth, while the potent protective and healing energies of crystals can strengthen and support our connection to our path and the way forward.

***Extraction and Restoration***

Many of us experience heavy energies in our bodies which may be the result of trauma or other life experiences, such as disease or psychic attack. Shamanic practices can safely release these and reconnect the body's energetic pathways to increase the flow of the life force.

***Soul Retrieval***

Our souls are quite delicate. When trauma occurs, the shock of its impact often causes the soul to shatter. We experience this loss as lessened energy, depression, and perhaps, anxiety. We know something is missing. In this powerful ceremony, the shaman searches for, and returns those soul pieces from the spirit world, restoring energetic balance.

***Past Life Regression***

With a light trance, we can experience the past life or lives that are most strongly impacting this one at this time. Guided by the shaman, we can safely explore and understand these lessons and the gifts, thereby strengthening ourselves and our relationships in this life.

### ***Ancestral Clearing***

We carry the hopes of our ancestors and the energetic pieces of their burdens, as well. Many of our families and our own past lives have dark us. Ancestral clearing goes back in time to find the well you and/or ancestors and brings that bright energy forward to merge with you, greatly strengthening your energy and clearing your pathway.

### ***Psychopomp and Space Clearings***

Many of us are aware of dense energies and unwell ancestors (known as “hungry ghosts”). Shamanic ceremonies can clear ancestral pathways, houses, or other spaces of these unwelcome intrusions and can send spirits clinging to the earth plane into the light.

### ***Despacho Blessing Ceremonies***

*Despachos* are exquisite, spiritual offerings of gratitude that are created to mark special occasions, like weddings and celestial events, or are offered as supplications in times of great need or suffering, like fires or floods. In them, we honor the spirits of our Mother, the Earth, and our Father, the Sun, and other guides to seek out their blessings for ourselves, our relationships, our homes, and/or our futures.

### ***Costs***

**Shamanic services bill at \$90.00 per hour**

**Email [nonsavage@gmail.com](mailto:nonsavage@gmail.com) to schedule an appointment or for further information.**