



# Shamanic Energy Medicine

## Introduction

Shamanic energy medicine is an ancient healing practice rooted in the traditions of indigenous cultures worldwide. I personally transmit the wisdom that originates from Pacos in Peru, who are ancestors of the Inka tribe and considered as wisdom keepers. Their practices are centered on the concept of Ayni, which is the principle of reciprocity and balance in all relationships – whether with other people, the environment, or the spiritual world.

The core principle is that **everything in the universe**, including humans, **is made up of energy**, and that maintaining a harmonious flow of this energy is essential for physical, emotional, and spiritual well-being. This practice aims to restore balance and vitality to the body, mind, and spirit by addressing energetic imbalances that may manifest as illness, emotional distress, or spiritual disconnection.

## The Foundations of Shamanic Energy Medicine

At the heart of shamanic energy medicine is the understanding that our physical body is intertwined with a subtle energy body, which includes the aura, chakras, and meridians. Shamans, or energy healers, believe that disruptions in this energy body can lead to various forms of suffering. These disruptions may be caused by trauma, negative emotions, or even harmful environmental influences.

Shamanic energy medicine draws on ancient wisdom to heal these disruptions.

## How Shamanic Energy Medicine Works

1. **Energy Clearing:** Heavy energies or entities can attach themselves to a person's energy field, causing disbalance.
2. **Chakra Balancing:** The chakras are energy centers within the body that regulate different aspects of our physical and emotional health. Various techniques are used, such as placing hands on the body to cleanse and balance these energy centers, ensuring that the life force flows smoothly and evenly.
3. **Soul Retrieval:** It is believed that parts of the soul can become fragmented or lost due to trauma or intense emotional experiences.
4. **Extraction Healing:** When negative or harmful energies are embedded deeply within the energy body, they can manifest as chronic pain, illness, or emotional blocks.
5. **Guidance and Empowerment:** Beyond healing, shamans often provide guidance on how to maintain energetic health and balance. This may include coaching based insights into life patterns, or providing tools for personal empowerment, such as meditation practices.

## The Benefits of Shamanic Energy Medicine

Shamanic energy medicine can offer profound benefits for those seeking holistic healing. By addressing the root causes of energetic imbalances, it can lead to deep physical, emotional, and spiritual transformation. Many individuals report feeling more grounded, connected, and at peace after receiving shamanic healing. They may also experience a reduction in physical symptoms, greater emotional resilience, and a stronger sense of purpose and direction in life.

Whether you seek healing from physical ailments, emotional wounds, or spiritual disconnection, shamanic energy medicine offers a path to wholeness and well-being that honors the interconnectedness of all life.

