

# **Shamanic Breathwork™**

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**The Shamanic Breathwork™ Process is a powerful healing process that inspires individuals to remember and reconnect with their own inner healer. As old wounds and dysfunctional patterns are released and transformed, individuals begin to regain lost soul parts and remember the magic of who they truly are. Empowerment brings wholeness and healing back into their own lives, to the lives of those they love, and to the world at large. This process is highly experiential and the wisdom and healing gained comes from each individual's inner experience.**

**The process begins by establishing sacred space through various rituals and ceremonies such as smudging with sage, cedar and sweet grass while offering prayerful invocations. Individuals lie down and focus on surrendering to the healer (Shaman) within, calling upon that which is most sacred and holy to them, such as guides, power animals and higher power. The drumming then begins which leads into a powerful musical journey varying in length from one to two hours. As the individual uses the power of deep connected breathing to create a natural altered dreamlike state, the Ego defenses are released and the journey unfolds in a variety of ways.**