



Abby Leach, Shaman Initiate

About My Shamanic Practice

Welcome to the shamanic aspect of my practice. Shamanism has felt in part like “going home” for me since I have always felt comfortable in the intuitive and natural world. I feel blessed to have an opportunity to share my joy with you. I’ve included some basic information about what a shamanic session is so that you can feel comfortable, especially if you’ve never experienced a shamanic or energy session. Often times, I will interchange the words ‘shamanic’ and ‘energy’ to describe this type of work. I’ve also included some logistics about my practice. Please read this all the way through. Thank you and I look forward to working with you!

Belief about Healing

I believe everything you seek is already within you. My job is to re-introduce you to those resources you already possess that can help you live your life to the fullest. The essence of this work is it enables you to remember the truth of who you are. This does not mean that any discomfort you are feeling is not “real”, it simply means it is not the truth of who you are. I will always look past any challenge you are having and see you in your wholeness. I believe your highest and best Self is always finding ways to emerge. Therefore, our job is to recognize the cues and give those inner resources a voice, assisting you in aligning with your greater good.

Training and Experience

My training and experience is varied. I’ve been facilitating spiritual healing and energy work with clients since 1997. Training includes participating in the first sacred school of Grandmother Margaret Behan (Red Spider Woman), Cheyenne/Arapaho elder who serves as one of the Grandmothers on the International Council of Thirteen Indigenous Grandmothers (www.grandmotherscouncil.org). I’ve studied with a number of teachers and mentors of the Peruvian shamanic teachings since 2005, mainly anchored in the Inca traditions of the Qero` shamans of the High Andes. Initiations have come through Grandmother Margaret, the Qero` shamans themselves of Peru, as well as through my teachers Jose` Luis Herrera ([Rainbow Jaguar](#)), and Mary Blankenship (Wiracocha Institute). While studying shamanism, I participated in an intensive four year spiritual training, which led to my becoming a Licensed

Practitioner in 2007 with the Religious Science organization now called the United Centers for Spiritual Living. Prior to 2005, I studied with Cathy Pfeil, medical intuitive and clairvoyant healer, in the areas of spiritual healing and energy work including reiki. There have been a number of other mentors along my path and I am grateful to them all! In 1999, I became an ordained minister through the International Assembly of Spiritual Healers and Earth Stewards Congregations (SHES).

The Session

Sessions begin with a brief dialogue about what is bringing you in for shamanic healing. After a brief assessment and setting of intentions, I might have you get on a massage table for energetic work. Often times, it is easier to do the energetic work with you lying down (always fully clothed), but is not necessary. We will always work within your comfort level. Sessions can last anywhere from 60-90 minutes depending on the work we are doing together.

I work intuitively so cannot always describe exactly how the session will go; however, I do make a commitment to openly communicate with you throughout the session so that you receive optimum care. Frequency of sessions varies based on need. Because the work is so powerful, fewer sessions are typically required. Often times, follow up sessions are scheduled to complete work or to "check" the work we've done to see if you have fully integrated the healing.

Shamanic/energy work is appropriate for many types of healing including physical, emotional, mental and spiritual challenges. Some common reasons for seeking shamanic work might be transitions of all kinds, grief and forgiveness work, developing stronger inner guidance, depression and anxiety, physical injuries/surgeries, pain issues, clarity along your spiritual path and more. This work can augment what you are already doing within your spiritual practices.

Shamanic interventions might include release of energy blocks, balancing and grounding, meeting your inner guides, healing past traumas by retrieving lost soul parts, and increasing energy to name a few.

After the Session

It is important to allow some time after the session for the healing to integrate; and to drink plenty of water and eat good food. Let the session "cook" in order to receive the greatest benefit. Energy gets stirred up within sessions and you may notice a number of changes or you may notice nothing at all. Changes at a cellular level can be subtle and transformative.

Benefits may include increased energy, removal of the original challenge, better communication with loved ones, increased prosperity on all levels, increased confidence and self esteem, better sleep or decrease in pain of any kind. You may notice discomfort as your physical or energetic body is re-aligning itself. For example, if the session included setting boundaries with a former loved one, you may hear from that person. You may notice

different physical sensations or emotions. It's important to remember that you have support and the symptoms will eventually subside. You are always welcome to call me if needed.

In case of an emergency, call 911 or go to your nearest emergency room. I have never experienced someone having such an adverse reaction to shamanic or energy healing work, however, it's good to be prepared. Most clients are very pleased with the long lasting benefits and enjoy a new level of awareness within their daily lives.

Fees and Cancellations

The fee for an hour session is \$100. Additional time is available and pro-rated at the hourly rate. Ask me about reduced fees, if needed.

If you should need to cancel the session, I appreciate 24 hour notice. This gives me a chance to re-schedule that time with another client. I do charge for missed appointments or same day cancellations so please contact me if you cannot be present at the session.

Health insurance **does not** cover shamanic or energy work sessions.

Telephone sessions are sometimes appropriate and are at the same rate-of-pay. Payment is due prior to the session.

Hours and Availability

Office hours are by appointment only. I check my messages regularly throughout the business day. If you need to speak with me, please call and leave detailed information of where and when I can reach you. I will call you back as soon as possible, usually within 24 hours.

Confidentiality

All sessions are confidential. I follow the same guidelines as in my mental health counseling practice. Information disclosed within sessions, including that of minors, is kept strictly confidential except when the following legal limitations apply: 1) Where there is a reasonable suspicion of child or elder abuse or neglect; 2) Where there is a reasonable suspicion that the client presents a danger of violence to others or where the client is likely to harm him or herself unless protective measures are taken; 3) Pursuant to legal proceeding; 4) In the course of my receiving regular professional consultation.

I may keep records of our sessions which are not disclosed to anyone unless mandated by law due to the above stated exceptions.

If you have any questions or concerns, please feel free to discuss them with me. I look forward to meeting with you and tailoring a session that meets your highest and best interest.