

Bringing people Home within themselves. Heal from Ancestral Trauma, Depression & Burn out

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Abstract:

Shamanic healing is one of the oldest healing and psychology systems on the planet and is practiced by cultures all over the world. Shamanic healing techniques are not related to any religious tradition or specific belief system, but are an adaptable set of practices that can be used and experienced by people in cultures all over the world. Perceived by some as “spiritual” because it works in the invisible world of energy, shamanic healing is actually rooted in two main principles of quantum physics: that reality is made of vibrational energy, and that we are intimately, energetically connected with everything else. Furthermore, the shamanic view takes into account the scientific reality that time and space are ultimately concepts, which means healing can happen retroactively (and in many dimensions). Shamanism teaches to integrate trauma, see it as a calling to evolve as a human being and not see it as a failure. According to shamanism, most of our wounding and imbalance happens on the energy, or “soul” level, where it trickles down into the mental, emotional and physical levels, where the pain gets so real we can no longer ignore it. It is most efficient to address wounding on the soul level, as the healing itself will then spread into the mental, emotional and physical levels. Trauma can also be passed down from generation to generation. This is called Inter- generational trauma. The effects of trauma may echo down several generations. This is also why it is necessary to understand what is your trauma and what you are carrying for your ancestors. Any physical, emotional, mental, or spiritual experience that has created a painful or dysfunctional impact on your energy field will continue to create imbalance in your mind – body

system. This in turn leads to anxiety, restlessness, and various kinds of stress disorders. For some this can be a single traumatic life event. In Shamanic healing, it is believed that when a person is traumatized, their soul leaves their body as a way to protect them from the intolerable pain. The symptoms of soul loss are many but include depression and anxiety, loss of energy, loss of creativity. Aside from our incapacity to feel whole, when we experience Soul Loss, we begin experiencing feelings of weakness, fatigue, depression, anxiety, and emptiness. We just know something is missing from our lives but many of us struggle to discover exactly what is missing. The other symptoms of soul loss include *Withdrawing from social situations, or even personal relationships. *Anger, rage, and mood swings. *Feelings of being numb or otherwise disconnected from reality and those around you. *Aches and pains that have no other explanation. During these moments of pain and fear, a soul part freezes, or as we it is said in Western psychology, it dissociates. A part of the psyche fragments and gets stuck in that moment, and the soul part does not evolve with the person as they carry on with their life. If the soul part is not retrieved and integrated, many symptoms appear, including but not limited to: depression, addiction, chronic illness, memory loss, stress disorders and intense anxiety. The soul parts contain all the feelings and memories that were too overwhelming in the moment, and for a person to evolve holistically, they need to integrate those feelings and memories in a safe way. A person can work on these issues for years in talk therapy, try other modalities of healing but if the soul part has not been retrieved, it can be

hard to make improvements. Shamanic healing techniques have been successfully used for thousands of years to help people miraculously let go of old trauma, emotional wounds, hurts, self-sabotaging patterns, ancestral trauma, energetic blocks, illnesses, diseases and more. The consequences of passing down the effects of trauma are huge, even if they are subtly altered between generations. It would change the way we view our lives in the context of our parents' experience, influencing our physiology and even our mental health. Once free of past traumas, it becomes easier for a person to finally understand the language of their soul & heart allowing them to rebuild the life they desire. Eagerly waiting to see how science and shamanism can come together to help humanity in understanding and healing the wounds of the heart & soul.

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Biography:

Shaman Rakhee is an extraordinary healer and life mentor. Whether you are dealing with issues around health, relationships, work, house or all together: she finds a suitable solution for every situation & helping entrepreneurs master their energy by healing ancestral trauma, sleep, stress problems & depression so they can learn to balance their mind - body - soul system & continue to give the best to their clients and families.