

## Shamanic Healing Sessions

These healing processes source from the Andes and the Amazon in Peru, they are beautiful ancient threads of healing skills from the Inkas times.

Sessions are offered over Zoom where we are in contact during the whole session time. For this to have high quality, you need to be undisturbed and able to lie down for part of the session. Or we can meet in person in Stockholm. No matter how we meet, it is the same power of transformation in the healing space you step into.

Below you find a short presentation of some of the healing skills I use in session work. Every session is unique depending on the person and the problem, and usually there is a combination of different healing tools used to remove the heavy and bring in new light that organizes energy in a life affirming way.

In only one session big shifts happens in the energetic. This can be exactly what you need to move on. If you want to have a momentum of healing shifts and support in your journey of transformation or want to step into Destiny work we book a series of 3 sessions.

Does it sound exciting and what you are looking for?

Please send an e-mail to [inka@jeanettemantel.com](mailto:inka@jeanettemantel.com) to book your space or we can schedule a short call to talk more about your needs and desires in what you want help with. No preparation is needed for these sessions as we meet in the moment and together set the focus of what topic calls for transformation.

Welcome to heal and change the story that keeps you stuck, unfulfilled, and hold you in negative repeating patterns that no longer serves you.

I look forward hearing from you!

Jeanette

## Illumination

Illumination is a healing process that erases heavy imprints we carry in our luminous energy field so that more light can take its place. In illuminations we release energy around physical and emotional structures in the energy field, shifting information that holds negative patterns and behaviors in place. The illumination process brings healing at the source of your being. This work is sweet and powerful medicine, as you gracefully with focused intent free yourself from a wounded past story.

## Extraction

Is a healing tool that extracts toxic energies within the luminous body that blocks the flow of life within. These are created from strong negative emotions directed at you from others, or that you create yourself by constant negative thought patterns or from active karmic imprints. As soon as the luminous body is free from those kinds of heavy energies, the healing accelerates with a new sense of light in life.

## Soul Retrieval

Soul Retrieval is an ancient form of healing that happens in level of the soul. Soul loss is a spiritual illness caused by trauma that can result in emotional and physical disease. A typical sign that a soul retrieval is necessary is a feeling of emptiness inside, depression or an experience that you are looking at your life from the outside. In only one session of Soul Retrieval tremendous healing happens at the soul level as you experience a new sense of richness within, remembering what brings you passion and joy in life.

## Rites for life and death

In the eyes of Shaman death is a Rite of Passage, a ceremonial space to make closure. In this kind of session, you make closure with the many small deaths along the life journey, so that you can be fully available for something new in life.

## Destiny Work

Is for you who want to come in new powerful harmonious relationship with your Destiny, your "Why". We move into healing ceremonies for both mind and soul that removes blockages and boost your luminous body with new life-giving energy. This opens the flow and allows future opportunities to make their download in the present. Destiny is about living in Yes to life, about bringing potential that has not yet evolved and that makes the soul rejoice!