

SHAMANIC HEALING

Shamanism is the oldest known spiritual and healing tradition in the world.

Shamanic healing practice is based on the belief that all illness has a spiritual component and that there are three types of illness:

- Loss of one's power
- Spiritual intrusion or taking on unwanted energy
- Soul loss

Shamanic healing works with the spiritual aspect of illness and the process that is needed to experience healing and to alleviate pain and suffering.

Spiritual healing brings a sense of empowerment as well as inner peace.

Treatment offerings include:

- Soul retrieval
- Power animal retrieval
- Extraction of unwanted energies
- Ancestral healing
- Cutting energetic cords of attachment
- Space Clearing

HOLISTIC HEALTH COACHING

Holistic health coaching is a transformational process that works with an integrated approach involving body, mind, spirit and emotion.

Coaching is a comprehensive process that may involve all areas of your life. Coaching helps to facilitate healthy, sustainable behavior change by challenging the client to listen to their inner wisdom, identify their values, and transform their goals into actions.

My role as your coach is to listen to you at a deep level, to support you in sorting out your options, to explore new possibilities, and to look within for answers. I am a partner who works with you as you develop and improve your personal and work life.

As a coach, I help you map out a plan for change, provide support, love and resources as you take your next steps toward a more vital, purposeful, enjoyable, and satisfying life.

Diane Anderson

*Healing Arts
Practitioner*



*Hermitage Farm
Center for Healing
Integrative Health Clinic*

6415 West River Rd NW
Rochester, MN 55901
(507) 281-2791

www.hermitagefarm.org

Contact Diane at:

danderson@hermitagefarm.org

REIKI

Reiki is an alternative therapy that uses gentle touch to help the client relax and to bring the body systems into a place of balance and harmony.

Reiki works on the physical, mental and emotional bodies, bringing the energy into balance and creating a sense of peace and harmony.

By triggering a relaxation response, Reiki helps to reduce pain and allows the body's natural healing abilities to be activated. Reiki compliments standard medical care as well as other therapeutic techniques and is effective for chronic conditions.

The practice of Reiki may include testing of the energy field or aura and the chakras in order to identify energy imbalances and blockages that need to be corrected or removed.

Reiki allows the universal life energy in the body to flow freely while creating a feeling of peace and well-being.

Benefits of Reiki and Energy Medicine

Promotes relaxation

Reduces stress and anxiety

Calms the mind

Relieves pain

Improves sleep

Supports the immune system

Brings balance to emotions

Holistic healing for the mind/body/spirit

Accelerates the body's self-healing

Creates a sense of inner peace

Reiki Training

Offering all levels of Reiki training.
See schedule: www.hermitagefarm.org

ENERGY MEDICINE

Energy Medicine is a complementary and alternative therapy that addresses the energetic condition of the individual and its effects on their physical, emotional mental and spiritual health. It is an integrated holistic approach to health and healing.

Energy medicine complements traditional medicine and supports body, emotion, mind and spiritual wellness.

Like Reiki, Energy Medicine identifies imbalances in the body systems and uses healing interventions to restore the energy flow and balance.

Energy medicine helps to identify patterns of behavior and limiting beliefs, allowing the individual to design a blueprint for healing.

Program sessions include:

Clearing the self

Healing wounds

Changing limiting beliefs

Healing relationships

Changing family energy patterns