



Clarity

Clear blocked energies that have accumulated from deeply rooted unconscious fear-based belief systems.

Release

Your Soul Directed awareness creates pathways that allow negative patterns to dissolve and release forever.

Empowerment

Awareness brings you into conscious choice. You are empowered to bring truth and light to clear fear and discomfort.

Compassion

You learn to love yourself, to forgive yourself and others, and to expand your capacity to know and express love.

Connection

You recognize you are a sacred being which brings you into a deeper connection with your Soul's purpose.

Testimonials...

"Deirdre's Gift was that she gave me an emotional-spiritual map of my life at that time as well as the appropriate symbolism to guide me through that map." —F. Christopher Reynolds, M.Ed., Berea High School, Ashland University

"Deirdre is warm, kind and caring. She has broad knowledge and experience in alternative healing and spirituality, and a strong commitment to the highest and best for her clients."
—Neal Szpatura, Shamanic Practitioner

"Deirdre is a healer with gentle loving acceptance. She is powerfully intuitive, joyfully present, and courageously honest. I recommend Deirdre and her work for going beyond traditional approaches to a deep and soulful place of wholeness."
—Sally Fullmer-Ramsey, M.A., L.I.S.W.

"Deirdre is the embodiment of Healing Presence. You will discover her heart's commitment to the well-being of others is deeply authentic and richly informed." —Rev. Dana Cummings

"Deirdre brings integrity and a gentle spirit to her private sessions. She honors her clients by providing a safe atmosphere and holding space for real healing to occur." —Maureen R.

"My first session with Deirdre was more than I could have hoped and proved to be a turning point for me in my own healing work. Her ability to bring my energy into balance using a variety of tools not only helped seal an old wound I had been working on but helped me establish a deep connection to my own medicine and power. I would recommend her to anyone wishing to heal or to move forward into a deeper relationship with their soul's gifts."
—Jody P., Healer, Artist

"As a person and a healer, Deirdre has great depth, compassion and eloquence." —Dr. John St. John Chiropractic Physician and Energy Healer

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Shamanic Healing Soul Directed Energy Healing



What is Shamanic Healing?

Central to Shamanic Healing is the **shamanic journey**, a method of directly contacting our helpers and guides by journeying into non-ordinary reality. The shamanic journey has been practiced by people all over the world for more than 40,000 years.

A steady beat from a drum or rattle is used to achieve a state of deep relaxation. You then journey into non-ordinary reality with a question, and make contact with helping power animals and teachers who offer healing, wisdom and advice. The answers to these questions can form the basis for significant healing with issues in your life.

At times, the shamanic practitioner journeys to address the spiritual aspects of illness and perform soul retrievals, retrieve lost power, as well as remove spiritual blockages.

ASK ABOUT OUR:

DRUM & JOURNEY CIRCLES:

Drumming facilitation and instruction in the art of the shamanic journey.

WORKSHOPS:

Shamanism, Medicine Wheel Teachings, Journey through the Chakras, and other topics upon request.

What is Soul Directed Energy Healing?

All healing is a process of awareness, which is a quality of the Soul. Soul Directed Energy Healing (developed by Inner Focus™) is a process of developing heightened awareness, helping you to connect with your heart and soul.

Soul Directed Energy Healing Modalities:

Magnetic Healing / Chakra Balancing

The healer aligns with the magnetic core of Mother Earth and transmits light to the chakras. This relaxing technique lifts you into a greater sense of well-being and clarity, as chakras are balanced and energized.

Awareness Release Technique (A.R.T.)

A.R.T. uses Soul Directed conscious awareness to find specific energy blocks and release them.

Energetic Dialogue

Conference Table - brings the unconscious parts of you together for expression, dialogue and resolution.

Two-Point Dialogue - with hands-on contact, connects with the core of long held beliefs which no longer serve, allowing for transformation and release of energy blocks.

Goodness Process

A revolutionary process uncovering and transmuting the shadow, facilitating connection with the deep spiritual truth of your core essence: pure goodness.

Healing Past Life Trauma:

Soul Detective Protocol and Thought Field Therapy:

Uncovers past life trauma which can be at the root of current life issues, bringing greater understanding, compassion and resolution.

About Deirdre Garvey



Since 2003, Deirdre has worked with clients integrating Shamanic Healing, Soul Directed Energy Healing and Vibrational Healing methods.

- Trained in shamanic and indigenous healing methods from various cultures with the Foundation for Shamanic Studies (Sandra Ingerman and Myron Eshowsky; www.shamanism.org), Juan Nunez del Prado, Kahuna Harry Jim Uhane, Herb Stevenson (www.onewhitehorsestanding.com), and Neal Szpatura (www.shamanspath.org)
- Trained in subtle energy medicine with Sarah Weiss (www.spirithealonline.com)
- Certified graduate of the Inner Focus™ School for Soul Directed Advanced Energy Healing (a 4 year comprehensive energy healing curriculum) (www.innerfocus.org)
- Trained in healing past life trauma using the Level I Soul Detective protocol and Thought Field Therapy (TFT) with Barbara Stone, PhD (www.souldetective.net)
- Certified Reiki Master

Healing sessions are intuitively facilitated to meet the individual needs of each client.



INTEGRATIVE HEALING

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