

# TRADITIONAL HEALING

With Lisa Lichtig

Mará akáme in the Huichol Tradition



Despite advances in modern medicine and even holistic medicine, I continue to hear people's longing for something missing in their lives or simply more balance, vitality, meaning or purpose. This longing can manifest as physical, mental or emotional imbalance and dis-ease. In addition to offering Integrative Functional Medicine and Heart of Birth and Parenting Consultations as a family physician, I also serve our community as a Mará akáme (traditional healer) initiated in the Huichol Shamanic Tradition.

The Huichol are a small indigenous tribe of approximately 15,000 people living in the rugged terrain in the Sierra Madre Occidental of Mexico. They call themselves Virarika – the Healing People. The Huichol walk a traditional way of life; in which all life is sacred Divine expression. Living out of this perspective and committed relationship with nature has helped them not only survive but thrive for thousands of years, despite invasions, missionaries, pestilence, and modern economic pressures. Their generosity has extended to accepting and supporting the calling of some born outside of their homelands into their healing tradition. I was called to this healing tradition in 2000 and after an arduous 15 year apprenticeship was initiated as a Mará akáme in 2015.

I offer healing sessions and counsel for people who long to feel more ease and connection, freedom to be themselves and get along better with life. I also guide individuals and community in the natural cycles of life including helping young women step into adulthood and couples bring life into the world in a good way.

Traditional healing can touch the roots of imbalance. It can provide deep nourishment which helps bring forth balance and weaves us back into the tapestry of life. When we are in balance and more present we have the opportunity to respond with ease to the full experience in life, not getting drawn into or stuck in extremes which are often a source of suffering and illness. This type of healing is mysterious, often unpredictable yet happens nonetheless.

The healing process is ignited by removing blocks that interfere with the natural flow of a situation or with a person's connection with others and the natural world. From here, a doorway for healing opens. This medicine helps remove obstacles, lift burdens and moves things along that are stuck. It can offer divine blessings, feed our spirit and bring us back into balance – emotionally, mentally and physically so that our spirit and life can thrive. Traditional healing offers a way to inhabit life with joy and balance and walk the earth humbly with gentleness and respect, honesty and love for all beings and situations.

**Who will benefit?** Just about anyone, the only prerequisite is an openness and longing for help. People of all faiths and beliefs are welcome. You won't be asked to adopt a particular belief or profess any religious or spiritual affiliation. I honor and support each person's religious or spiritual affiliations and perspectives.

Traditional healing is particularly beneficial for those who feel stuck or disconnected in their lives or are

going through a life transition or illness and looking for perspective and support – physically, mentally, emotionally. Sometimes particular experiences, memories and traumas can prevent other healing modalities or conventional medicine from being effective or some additional ingredient may be needed to augment those approaches. These indicators point to the potential benefit of shamanic healing. This type of healing can help set things into motion to bring about balance as well as address deep underlying imbalances and challenging situations. Traditional healing can also help maintain wellness and flow in our lives.

While I work with people of all stages of life and circumstances, I have a particular affinity for helping people who are pregnant or parenting and looking for support to engage those experiences more fully, people trying to get pregnant and those who have had challenges with pregnancy, birth or parenting.

### **What is involved?**

- Healing sessions are available 8:30 am – 1 pm several days/week.
- It is ideal to see you at my home office, outside around a special consecrated fire surrounded by nature, though other arrangements can be made to be seen in your home or hospital if needed.
- Instructions for some simple preparation are given once you've confirmed your appointment.
- Typical sessions are about 1 hour. The initial session may last up to 2 hrs.
- The cost is \$125/session and \$225 for the initial session, unless other arrangements are made.

**What happens in a healing session?** Sometimes there is talking, sometimes silence. Counsel or guidance may be offered. Special medicine or cleaning may be offered through my feathers or other tools may be called upon. There may be simple assignments to get things moving. The nature of the interaction is clarified through listening and connecting with the person and the divine presence.

**How often do I need to be seen?** Follow-up sessions are clarified individually; weekly, monthly, seasonally. It depends upon where a person is in life and the situation being addressed.

**Can you also be my physician?** While I naturally bring experience as a physician to all of my healing work, I do not offer “medical services” during traditional healing. If you would like to see me as a physician, please refer to my website to engage those other services.

**It would be an honor and joy to offer you this opportunity for healing.** If you have further questions or would like to schedule a session, please call or email me at my home office.

Warmly,



**Lisa Lichtig**

~ Mará akáme in the Huichol Tradition

~ Medical Doctor

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