

TRADITIONAL HEALING

With Lisa Lichtig or Patrick Hanaway
Mara'akate in the Huichol Tradition



Despite advantages produced in modern life and advances in both modern and holistic medicine, we sense there is something missing in our lives. People are searching for balance, vitality, meaning or purpose. This longing manifests as physical, mental, emotional, spiritual, familial, and situational imbalance and disease. As Mara'akate (traditional healers) initiated in the Huichol Tradition, we have been called, trained and guided to help our people heal.

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 from this perspective, along with engaging in a committed relationship with nature and one and other, has helped them to survive and thrive for thousands of years - despite invasions, missionaries, pestilence, and modern economic pressures. Their generosity extends to accepting and supporting the calling of some born outside of their homelands (? Culture) into their healing tradition.

Lisa was called to this healing tradition in 2000 and after an arduous 15 year apprenticeship was initiated as a Mará akáme in 2015. In 2003, Patrick was also called to this healing tradition and initiated in 2009 after an equally rigorous apprenticeship.

We offer healing and counsel for people who long to feel more ease and connection, the freedom to be themselves and get along better with life. We guide individuals and community in the natural cycles of life. In addition to his healing work, Patrick helps guide people called to a pilgrimage path and helps lead various ceremonies and rituals. Lisa, additionally helps mentor and initiate young women to step into adulthood. Lisa and Patrick also offer life and health coaching.

Traditional healing can touch the roots of imbalance. It can provide deep nourishment which helps promote balance and weaves us into the tapestry of life. When we are in balance, and more present, we have the opportunity opportunity to be connected with the full experience in life, without getting stuck in the mental patterns and misunderstandings which are often the source of suffering and illness. This type of healing is mysterious and unpredictable, yet happens nonetheless.

The healing process is ignited by cleaning or removing blocks that interfere with the natural flow of energy or

with a person's connection to themselves, others and the natural world. From here, a doorway for healing opens. This medicine helps remove obstacles, lift burdens and moves energy that is 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; to humbly walk the earth with gentleness, respect, honesty and love for all beings.

Who will benefit? Just about anyone can benefit - 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.

Traditional healing is beneficial for those who feel stuck or disconnected in their lives, as well as those who are going through a life transition or 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 maybe an additional ingredient is needed to augment these approaches. This type of healing can help set things into motion, bring balance as well as address challenging situations. Traditional healing can also help maintain wellness and flow in our lives.

While we work with people of all stages of life and circumstances, Lisa has a particular gift helping people who are pregnant or parenting and looking for support to engage those experiences more fully or navigating pregnancy loss.

What is involved?

- It is ideal to see you in person at our home office, outside around a special fire or inside if the temperatures are below freezing. Other arrangements can be made to be seen in your home or hospital if needed.
- Lisa also sees people by phone and video conference for spiritual counsel and coaching.
- Instructions for some simple preparation are given once you've confirmed your appointment.
- Appointments are 45 – 60 minutes.
- To begin the process, we ask new patients to schedule 2 appointments within one week of each other.
- The cost is \$150/appointment, unless other arrangements are made – payment by check, cash, credit card.

What happens in a healing session? Sometimes there is talking, sometimes silence. Counsel or guidance may be offered. A *limpia* (deep cleaning) may be done with our special feathers or other tools from our medicine bag. There may be simple assignments to help things move. The nature of the interaction is clarified through listening and connecting.

How often do I need to be seen? Follow-up sessions are determined 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 we naturally bring our experience as physicians to all of our healing work, we do not offer “medical services” during traditional healing.

It would be our honor and joy to offer you this opportunity for healing. If you have further questions or would like to schedule an appointment with either of us, please contact us at healing@familytofamily.org or call (828)- 251-2700.

Warmly,

