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## Shamanic healing and its role in eradicating anxiety, exhaustion, and burnout

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Case studies on the effectiveness of methods of Shamanic healing on clients with anxiety and exhaustion due to childhood trauma and everyday stress. The methods used included trance-like states, theta brainwave induction, deep guided meditation, spiritual counseling, and emotional healing. It was hypothesized that if the lower frequency emotions of guilt, shame, anxiety, and rage (20-175 Hz) could be healed through Shamanic healing and the frequency of the overall system (body, mind, and spirit) of the subject could be raised into frequencies of forgiveness and acceptance (350), joy (500), love (540), then the subject can reach the frequency at which DNA repair can occur (528 Hz). If this is true, then the subject can potentially experience naturally restorative frequencies, resulting in physical and emotional healing and higher levels of consciousness. Both subjective and objective information was gathered during each video or in-person session. At biweekly intervals, subjects reported on mood, overall energy/vibrancy, physical symptoms, ease in interpersonal relationships, life satisfaction, and perception of financial abundance. All of the subjects exhibited and reported the significant decrease in emotional symptoms (depression, malaise, ennui, anxiety, and overwhelm) and symptoms of digestive discomfort (constipation, acid reflux, and diarrhea). Subjects also showed substantial increases in vibrant energy, resolution of past traumas, job satisfaction, deepened connection and joy in interpersonal relationships, and in some cases, increase in financial success.

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