

I have had several healing journey's within the safety and clarity of Shamanic Coaching with Astrid. The most recent was to get under my concerns around "being seen/heard" as I approach my delivery of my first TEDX talk. I also had a desire to build stronger personal "boundaries". Astrid, as always, sensed into what I was feeling and what my needs were so skillfully that I could just relax back into the deep trance that her guidance, chanting and drumming always takes me to and get the wisdom from all the supportive helpers that always show up to assist me with my needs.

Even when I "thought" all was well and integrated, Astrid guided me to look deeper, to not avoid my struggle points. This brought me to a place of recognition and deep forgiveness for my parents and older sister for playing their part in my "life story" so that I would travel far and wide to receive and study healing modalities for my childhood pain.

The joy and vibrancy that comes back to me when Astrid guides me to find that part of me that I lost and integrate it into myself is always so amazing to me. While I am a healer myself, healers need healing for the things we can not see on our own, and for me, it's integral to bring back those soul fragments that trauma creates.

Shamanic journeying with a highly intuitive, deeply skilled, completely grounded and warm hearted Shamanic Coach like Astrid is a life changing tool. If you are looking for healing and want to work with someone you can trust with your whole heart, Astrid - Shamanic Coach and guide - is who I recommend to you.

*Corry MacDonald , Canadian*

*50 Years Young*

Clinical Hypnotherapist

Art Therapist

Energy Healer