

OCTAVIA
BROOKS

The Shamanic Perspective on Addiction and Mental Illness

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Game Plan

- What is Shamanism?
- Shamanic Perspective on Addiction
- Shamanic Perspective on Mental Illness
- Protocols for Addiction vs Mental Illness
- Collaboration between Shamans and Counselors
- Acknowledgements
- Q&A/Discussion



What is Shamanism?

- Tribal role
 - Community context for clients
 - Cultural context – understood role
 - Inter-generational - mentorship built in
- White Shamans in the U.S.
 - Skillsets vary, training varies
 - Ask if they have a mentor, how long they've been studying
 - Concerns about cultural appropriation and respecting traditions
 - Western values/morals, mixed tradition, New Age
- Westerners think Shamanism is all spirituality. Shamans think of their work as a profession/career.



Shamanic Perspective on Addiction

- What is addiction? - Broader definition, most of us have them
 - Self-comfort/protection from emotional pain
 - Addiction to drugs, food, love, work, sex, shopping, etc etc
- Emotional, mental, spiritual, physical imbalances due to trauma, known or unknown
- Bound energy that needs to be untangled
- Lost soul essence, parts of self left or got stuck due to trauma
- Family lineage issues, soul level/karmic issues



Shamanic Perspective on Mental Illness

- Trauma is still the main cause, this can be cured
- Spiritual attack by entities
- Extreme psychic skills/talents
- Occasionally, there is a physical issue with the brain



Shamanic Protocols

- Intake identifies target areas and complexity
 - Client goals
- The Shaman “gets out of the way” (ie mentally) and lets Spirit and spirit guides assist the client – divine inspiration, channeling
- Seeking deepest, “root causes.” Heal underlying trauma and impacts.
- Not usually a quick fix. Layers with long-standing issues.
 - Can also have “miracle healings”
- Clients get “homework,” take responsibility for their own healing
- Often seated on the floor for more connection w the Earth



Shamanic Protocols

- Group experiences = Community connection
 - Drum circles, Guided journey
- 1:1 Protocols to restore balance and heal traumas
 - Intake and identification of root causes
 - Soul retrieval - several types
 - Past life regression
 - Entity removal
 - Curse breaking
 - Energy healing and untangling
 - Mentoring, coaching to build coping/self-management skills



Shamanic Protocols - Mental Illness

- In addition to protocols for Addiction...
- Troubleshooting why so many spirits come through
- Mentoring re managing talents for psychic skills and empathy
- Coach on sustainable relationship to/management of symptoms
- Discernment about referring to a trained counselor
 - Good intake really helps
 - Partnering with an experienced counselor to discuss complex cases



Shamanic Tools

- Induced altered states of consciousness
- Psychic skills
- Spirit Guides and Animals
- Sacred herbs, plants
- Power objects
- KEY: Move/change/shift unbind *energy*



Shamanic Case Study

- My client had back pain and struggled with depression, alcohol
- Guides showed me a time portal in his back
- In past life, his tribe sent him to the future to bring back magic that would save them
- Forgave this contract so he can live present time
- Back pain diminished greatly



Shaman vs Counselor/Psychologist

- Both can be on-going/longer term, or short-term/targeted
- Can be very compatible, if client likes the “fast track” to personal growth
 - Shamanism – Body and spirit
 - Counseling – Mind and emotion
 - Two forms of mentoring/coaching and client homework
- Most Shamans prefer clients have reached a minimum “baseline” to start Shamanic work, determined in intake.
- Most Shamans refer when:
 - There is urgency
 - There is a lack of stability - client needs detox or meds



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Q&A/Discussion

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