

David Bartholomew

- offering sessions in:
- Emotional Release Work
 - Core Shamanism-- Soul Retrieval/Soul Extraction/Etc.
 - Graphotherapy
 - Energy Work
 - Bodywork
 - and other modalities

Sessions adapted to your individual needs.

*"Who I am-- is the possibility
of bringing forth
the essence and passion
in people,
such that they fully acknowledge it
in themselves.*

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You owe it to yourself... to free yourself... from everything between you and your joy in life.

My **obligation** is to hold a space that:

- * allows clients to experience **safe male** (and in the case of joint sessions-- female) **energy** *for perhaps the first time*;
- * **honors each process as unique**;
- * facilitates one to reclaim his/her power in the areas of **physical, sexual, and emotional** abuse;
- * encourages the **release of fear**;
- * **opens up creativity and self-expression**;
- * **reclaims lost soul parts, removes any attached energies**;
- * expands the comfort zone with respect to **receiving love and abundance** of all kinds, *first from within* and ultimately from without;
- * guides the individual toward a **perspective of wisdom** that understands *why what happened... had to happen* in their growth and unfoldment; and
- * strives to complete in a manner that send one off more **centered, grounded, and in possession of better tools** with which to peel each subsequent layer of *"the onion"*.

...This all done in an environment that is **client driven**, and **only with permissions** having been granted.

Put simply--

- * *We allow that we are both present*
- * *with clear intent that the highest good be served;*
- * *that the Universe/God/Goddess/Spirit supports us;*
- * *and what needs to happen... will happen.*

A simple process unfolds out of:

- * **the recognition** that, *"Things are at play in my life that do not serve me."*;
- * **the choice** to understand and release them; and
- * **trust** that this will happen.

Cost

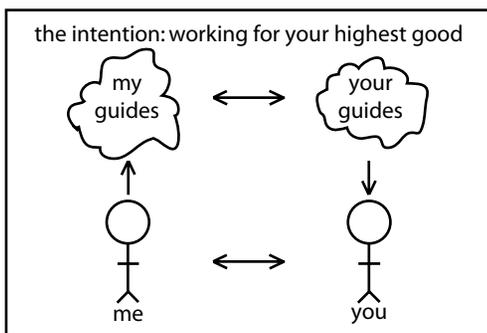
A suggested donation of \$125/hr for any combi-nation of Emotional Release, Shamanic work, Graphotherapy, Reiki, etc. No one will be turned away for lack of funds.

How do I prepare for a session?

As in most modalities, the work begins once you commit to it. More likely than not, you will know what is up, what you wish to deal with, what you are willing to let go of... by simply having gotten to the point where you've made the call (having gotten to the realization that *this is not "it"...* whatever your "it" may be).

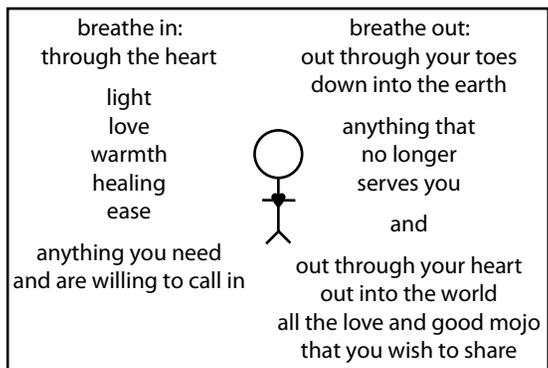
- Notice any reluctance to showing up, and the thoughts emotions/bodily sensations that occur in relation to this. Breathe!!! And follow the emotions.
- Come to your appointment with enough "at-stake-ness" to stick with it through any resistance that arises. Note where you have been stopped in your growth process before... and make a conscious commitment to extend that comfort zone now.

Remember, you will be in control of what issues get addressed! *And--* your "guides" (by whatever name(s) you relate to Spirit) may also have something to say about priorities in the moment!



What might our work look like?

1. My life purpose is to become "the hollow bone": that is, I continue to work to cleanse/clear/purify/remove the blocks and barriers between me and more direct connection/communion with Spirit.
2. We have a "bag full of spiritual tools" to work with. We set the intention-- the container for the work-- to serve your highest good. And we will use the combination of our "tools" based on the guidance that comes.
3. It takes as long as it takes. Basically anything is allowed to happen (you are safe to "have" whatever emotion, etc.). I have seen a lot and can hold the space for just about anything. And you will know when you are complete.



Possible "tools" we might use:

A synthesis of any of the following, adapted over 25 years, as guided by Spirit and intuition.

- * **Emotional Release**-- LaChance Method, Esoteric Healing
- * **Shamanic Work**-- Soul Retrieval/Soul Extraction
- * **Graphotherapy**-- (separate flyer available)
- * **Energy Work**-- Reiki, Synchronistic Harmonic Attunement, Chinese Energetic Medicine, etc.
- * **Body Work**
- * **Breathwork**
- * **Kinesiology/Muscle-testing**-- Touch for Health, Applied Physiology
- * **Toning/Chanting**
- * anything else that can help in re-awakening your memories and abilities to "**know thyself**".

I believe all our stories have this in common:

- *We are born having made a long-forgotten agreement to learn certain lessons in this lifetime. We can, and must, at some point learn these for ourselves.*
- *All these experiences can be viewed along a great continuum from fear/darkness to love/light.*
- *As we choose to move through fear and toward love/light we gain wisdom, view the trauma as having been necessary to learn that lesson, and put aside the need for any re-occurrence.*
- *By way of a heart-based approach a safe space can be had in which to process these events as they surface. The universe does not present us with obstacles we don't already have the tools to overcome. The client and facilitator choose each other. Spirit guides all.*

My approach then with clients is as a facilitator-- helping each to get as far as s/he has decided to go; and to provide a space for quick, lasting change/growth.

What can I expect once the session is completed?

Detoxing/cleansing//flu-like symptoms/etc... are all commonplace. Often just recognizing that these are the body's way of rebalancing itself is enough to shift and/or manage them more easily. You will be advised to drink lots of water and take a long, hot bath to assist in the elimination of these toxins and toxic emotions.

"Splashout". The "inner protector" in each of us is prone to negate any work that takes us to this previously unsafe space. Daily journaling and other suggested methods can offset this "nay-saying" until enough healthy experiences have replaced those of the past.

How many sessions do I need?

The effects of this work are profound, and stand to move you through major obstacles at a speed proportionate to your desire to shed them. Each session will leave you with tools, information, and/or exercises you can use on your own. As a general rule --

- A maximum of 3 **graphotherapy** sessions spaced 30-40 days apart (with daily practice and weekly check-ins encouraged, all inclusive) is usually enough to shift any major issues. You may then choose to schedule the occasional maintenance session or come back at any time in the future when a special focus/issue/project/skill is at hand.
- **Emotional release** sessions require varying degrees of assimilation time. You will know when the major "stuff" is "up". There is a delicate balance between avoiding emotional trauma and indulging it. I will tactfully encourage you to maintain that balance.
- **Shamanic work-- Soul Retrieval/Soul Extraction** work, again, only need occur sporadically, as you sense some sense of either lost or energy intrusion.
- It is my hope you will leave each session with more tools, to be able to take yourself through more of your own process.

*Be Kind
to Yourself.
You are
Getting There!*