



Established since 1983

Introducing Shamanic Healing at Health Touch

Spiritual Journey of Discovery and Soul Doctoring by Deirdre Gough

Be transported onto the sacred path of wisdom and healing with the ancient power of Shamanism by Deirdre Gough at Health Touch.

Embracing all religions and beliefs, the shamanic practitioner's principal purpose is to invite wisdom and the healing process to manifest - a sacred midwifery. By entering an altered state of consciousness, Shamanism becomes a great primal, mental and emotional journey in which both Deirdre and the client participate. Working together in this way, it becomes clear that as individuals we are not alone emotionally or spiritually; there are others willing to travel with and support us on our journey.

Deirdre's life path has led her to experience and study the mind/body/spirit matrix for some 40 years. Her understanding of healing and work with energy has led to her perception of the world as one in which there is no separation between mind and matter. During her initiatory crises, she underwent an intrapersonal metamorphosis, which forced her to draw on previously untapped energies and strengths. One thread of this rich tapestry is shamanism.



You may be drawn to Shamanism to heal a physical, emotional or spiritual trauma, or it may provide direction at a time of transition. It can unlock a primordial sense of connection with Spirit, or fulfil a desire to reveal a deeper sense of empowerment within yourself.

This spiritual healing session is performed by Deirdre Gough in the tranquil surrounds of her Shamanic sanctuary, which is nestled in a harmonious tantric garden. The smoky scent of smudging evokes the senses and clears negative energy, while avatars, rain sticks, chimes, singing bowls and other Shamanic paraphernalia on display further conjure up the spirit and serenity of a sacred temple. Once in this positive aura, the client is invited to light a candle of intention and fully engage their body, mind and energy by following Deirdre's deep relaxation/ breathing techniques, helping to drift into a non-ordinary state of reality.

Shamanic work allows anyone to enter a different reality safely. Using voice, sound, rattles and the rhythm of the drum, archetypes arise from the unconscious, transforming the fractured psyche into a coherent whole. These tonal substances work their alchemy within the human body, creating a vehicle for the 'journey' and anointing it with sound allowing the process of healing to take place and creating a circle of balance. Once this happens, the practitioner opens up energetic pathways to explore the realms of Shamanic power. There are many forms a healing session may take, including Soul Retrieval, clearing negative energy or finding a Power animal or Spirit guide for the client.

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There is a vast and eclectic evidence of Shamanism all over the world; from Native and South America to Japan, from the Kalahari desert to the Siberian wilderness and as far back as the early phase of the Stone Age some 40,000 – 50,000 years ago.

‘My work is best described as urban Shamanism, where powerful ancient rituals meet modern spiritual healing. I take clients on a journey of discovery. Wherever we come from in the world Shamanism is our root – we all share this mutual heritage. It is the way people have attempted to connect with the ineffable since time began,’ says Deirdre Gough, renowned practitioner, soul doctor and founder of Health Touch.

Soul retrieval is one of the oldest and most important of all shamanic practices. People with soul loss feel as if something is missing; with no energy or lust for life, they feel dissociated in some way. This can create anything from ill health to emotional instability, from a sense of feeling lost to not feeling grounded in the world, from relationship problems to eating disorders. Soul retrieval is a healing that can empower a person, so that they feel solid in themselves and know that they truly belong here and are themselves, an integral and unique part of the universe. Shamanism has the power to heal on many levels. One client describes it like this: ‘After my Shamanic session with Deirdre, I felt calm, confident and have large waves of happiness. I don't feel the need to rush with everything anymore. I feel secure with everything in my life and the most surprising thing is I now want to eat healthy food - I don't want to eat as much either. I truly feel that Deirdre's shamanic healing has enriched my life. Priceless!’

Shamanic sessions last approximately 2 ½ hours and are priced at £175. Deirdre is available after the session by phone or email if needed. A single session is usually all that is required at any one time.

For more information on Deirdre Gough and Health Touch, please visit www.healthtouch1.co.uk or call Health Touch on 020 8392 2737, or email Deirdre@healthtouch1.co.uk.

For further information, images, or to discuss Shamanic healing further with Deirdre, please contact
PR Consultant Reena Patel: E: reena.patel@live.co.uk T: 07956 181 688

Notes to Editors: About Shamanic Healing

As shamanic healing deals with the spiritual aspect of illness there is no way to predict the results that will manifest emotionally or physically. Shamanic healing does not replace the need for traditional psychological and medical treatment. Deirdre Gough's teachers include: Simon Buxton - Founder/Director of The Sacred Trust and the UK Faculty for The Foundation for Shamanic Studies; Nicholas Noble Wolf - a North American Shaman from Colorado and caretaker of the Earth Renewal Ceremony; Howard Charing - Eagle's Wing; Ross Heaven - Vodou Shaman/ author and Sandra Ingerman - author, former Educational Director of Foundation for Shamanic Studies in the USA and teacher of Medicine for the Earth. Deirdre has lived with the Kalahari San (Bushmen), travelled to Japan to participate in Shinto Buddhist fire ceremonies and rituals. She has fasted and danced the three day Earth Renewal Ceremony on the Ute reservation in Colorado, USA. At this time Deirdre continues to draw on the ancient wisdoms to enhance her own life, spiritual practice and work with clients.

For testimonials on Deirdre Gough's shamanic work, please visit <http://www.healthtouch1.co.uk/others.html>

About Health Touch

Health Touch is a privately run practice and was founded in 1983 by esteemed practitioner Deirdre Gough, who combines her impressive and diverse skill-set of 40 years in the health and well-being industry. Therapies include many forms of massage therapy, aromatherapy, shamanism and healing techniques with specialist training in body psychotherapy to fine tune your mind, body and soul. These include: Aromatherapy and Sports Massage, Reflexology, G5 Massage, Psychotherapy and Counselling, Reichian Bodywork and N.L.P. Shamanic Healing and Journeys, Tantric Meditations and Tachyon Healing.

Health Touch is based at 1 Gibbon Walk, Putney London SW15 5EE

A biography on Deirdre Gough and the rest of her work at Health Touch is also available

NB: 24 hours notice is advised to avoid cancellation charges