

# HEALING WAYS

EX-MODEL TURNED SPIRITUAL HEALER LISA BUTCHER TELLS US HOW MODERN SHAMANISM CAN CHANGE YOUR LIFE

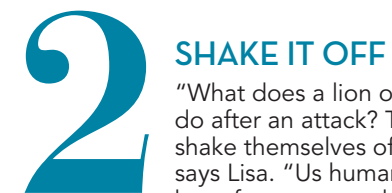


## 1 TAKE A TRANCE

Ever driven somewhere and not registered the journey until arriving at your destination? You've probably been in a trance.

"It's a relaxing but conscious state between being alert and hypnotised," says Lisa, and it's very useful. Once you're in this consciousness-altering state you can "open yourself up to your higher self" and work through your niggles.

"A client who'd lost her husband couldn't get past his awful death. I put her into a trance and she connected with happier memories from their marriage. This provided a 'visual squash' – helping her focus on the positive memories to erase the negative."



## 2 SHAKE IT OFF

"What does a lion often do after an attack? They shake themselves off," says Lisa. "Us humans have forgotten to do that. Trauma is held on a cellular level, you keep it in your body – and you need to rid yourself of it."

She suggests shedding inhibitions and giving your body a shake from top to toe for several minutes to "take you into a very different state".



## 3 MOONSHINE

"One ritual to do on a full moon is to light a candle," says Lisa. "Write down all the things you want to get rid of, that are no longer serving you. Carefully burn the paper and know you are clearing a space for all the good things that are coming. Then blow out the candle to complete the ritual."

When the new moon arrives, it represents the spirit, according to Lisa. "This is the time to write down what things you want to bring into your life. Write it as if you already have it, for example, 'Thank you for my health,' or, 'Thank you for my new job.' By writing it in the future, you are leaving it in the future."

## 4 BE A GODDESS

"I call bath night my goddess time," says Lisa. "Remind yourself that running hot and cold water is a luxury. Appreciate that. Add Himalayan sea salt with your favourite essential oils (always mix them well first to avoid the oil floating to the top). Imagine the water is washing away the energies that no longer serve you. As it goes down the plughole, know it's taking any negativity with it."



## 5 STICK IT TO 'EM

If something is really bothering you, Lisa suggests finding a stick during a walk. "If there's something I'm struggling with," she says, "I hold onto the stick with both hands and think about whatever it is – whether an ex-boyfriend or an argument. When you feel ready, snap the stick in half and throw it in different directions. By breaking the stick you are ending a certain behaviour and literally snapping yourself out of it."

## 6 ICE ICE BABY

Wellbeing gurus have long been championing breath work. Lisa has a trick if you're wrestling with a panic attack. "Manage hyperventilating by placing two ice cubes in the palms of your hands. Breathe through your nose – your out breath needs to be longer than your in breath. Your brain's focus will shift and your breathing should settle." **OK!**

LISA BUTCHER IS A HYPNOTHERAPIST, REIKI MASTER AND SHAMANIC PRACTITIONER. FOR MORE INFORMATION, VISIT LISABUTCHER.CO.UK

WORDS: LOUISE BURKE  
PHOTOS: GETTY, SANDRA VAN AALST

For when life feels exhausting.



46% of people surveyed\* have felt stressed and low in energy in the last year.

Now there's Kalms Rhodiola, a traditional herbal remedy used for the relief of stress-related fatigue and exhaustion.

\*The impact of Burnout on Working Britain, carried out by Kalms, February 2021 with 2,011 UK respondents. Kalms Rhodiola is a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress such as fatigue, exhaustion and mild anxiety. Exclusively based on traditional use only. Contains Rhodiola Root. Always read the label.

Available at Boots 

in store | boots.com | app

Available at most stores. Subject to availability