



Native American Healing Session

with Paul Chek, HHP

What is a Native American Healing Session?

Paul Chek's heritage is a quarter Native American, his grandfather was full-blooded Cherokee, thus the Americanized name Chek. Paul is a registered Native American Spirit Guide and Medicine Man with the Nemenhah Band (people of the truth) and Native American Traditional Organization (NAC) and offers Native American Healings* in 3 hour time blocks with a minimum donation of \$1500 USD.

Who is a Native American Healing for?

- Anyone with chronic or acute disease that wishes to experience an alternative holistic approach
- Anyone who feels "stuck" with the challenges of their own life or relationship
- Any couple or Business partners who need to find balance and connection in their relationship
- Anyone wishing a more comprehensive spiritual reading; readings may be related to:
 - Life Path
 - Life Lessons
 - Life Objectives
 - Past Life Challenges or Issues

What are the benefits of these sessions?

These healing sessions initiate a process of awakening that will enable you to:

- Resolve core issues and digest years of old emotional baggage
- Gain freedom from karmic patterns that have kept you from going forward in your life
- Create healthier and more meaningful relationships
- Develop inner strength and resolve
- Experience greater body-mind integration
- Deepen the connection to your soul
- Experience greater clarity of your purpose and direction in life
- Access the inner resources and develop the capabilities that will enable you to truly live your purpose

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*Native American medicine is based on widely held beliefs about healthy living, the repercussions of disease-producing behavior, and the spiritual principles that restore balance. All tribes share these beliefs, however, the methods of diagnosis and treatment vary greatly from tribe to tribe and healer to healer.

Energy Healing Objects and Wearable Healing Jewelry

Your Native American Healing session may include additional recommendations by Paul for objects and tools to help you or your loved one balance energy centers, reduce stress and optimize your session's healing potential. These may include:

- Custom Healing Necklaces, Bracelets
- Medicine amulet and pouch
- Rattles, shakers or drums
- Crystals or natural objects
- Healing Oracle

There is no typical Native American healing session. Methods of healing include prayer, chanting, music, smudging (burning sage or aromatic woods), herbs, laying-on of hands, massage, counseling, imagery, fasting, harmonizing with nature, dreaming, sweat lodges, sacred "dreaming" plants and herbs, developing inner silence, going on a shamanic journey, and ceremony. Family and community are also important in many healing sessions. Sometimes healing happens quickly. Sometimes a long period of time is needed for healing. The motive and intensity of the therapy is considered to be more important than the length of time required. Even if the healing happens quickly, however, a change in life style is usually required in order to make the healing last.

To schedule your Native American Healing with Paul Chek, contact Vidya McNeill: vidya@paulchek.com

Restoring the Sacred in Healing!