

## Allergic Reaction and a Shamanic Response

Susan Grimaldi

*In the following healing story, Susan Grimaldi uses core shamanic techniques to help a client who is experiencing severe physical symptoms. She operates in the classical way, consulting with her spiritual resources, which here consist of her drum and a power animal. She responds only after being asked to help in the case, in keeping with the ethics of core shamanism.*  
—the editor

I received a call concerning a young woman who was having a severe allergic reaction. She had received a rabies vaccination as a recommended precautionary measure related to her work as a veterinarian technician. Her symptoms included breathing problems,

hives, and aches. She had made three emergency room visits in the space of forty hours. She was treated with oxygen and antihistamines. Her diagnosis was confirmed by a blood test.

When I met Maria, I saw swelling and hives. Looking distressed and uncomfortable, she complained of itching and joint pain. I began drumming and asked my drum about her situation and what I could do to facilitate her healing. As I looked at her, I saw flames and was told to bring water to the flames to extinguish the burning. Along with this was also an understanding that I would be helped to clear the histamines that polluted her blood.

I asked her to lie on a table under a sheet. Hives covered over half her body surface. I drummed again, preparing to work shamanically. In nonordinary reality I connected in union with my power animal, opening myself to receiving understanding and allowing the grace of healing to pass through me. I began to sweep off the heat radiating from her body with my hands. Then I was shown how to calm her fears. Holding her fear, my hands and heart spoke of comfort. She rested deeply. Next, I was given a special nonordinary reality “filter” for collecting histamines and shown how to use it to clean her blood. I held this filter in what I knew to be the crucial place near her heart while all her blood pumped through that place. As this was happening, I noticed her hives lighten in color from red to pink. The swelling was going down before my eyes!

I then remembered the drum’s advice to call the water to help with the burning. On that day we were having a January thaw and two feet of snow were melting into flood water. This was the water that came to bathe the flames. I could feel the power and the cooling effect.

The work was done. I expressed my heartfelt gratitude to the universe for all the help we had received and returned to ordinary reality to converse with Maria. She said she felt much better already. Her aching was gone from her joints, and she no longer felt the itching and burning. Her mother noticed her hives were looking better.

We spoke later that week. She told me that she had a restless night after the healing session, when she dreamed of volcanoes, fire, and floods. When she awoke the next morning, the hives were completely gone and she returned to work.



*Susan Grimaldi joins a young Manchurian woman in wearing a traditional woman's hat. Jilin City.*