

JOHN WHITEHORSE

SHAMAN | ENERGY HEALER | CEREMONIAL GUIDE
SHAMANIC TRAINER | FILMMAKER

Expert Overview

John Whitehorse is a modern-day shaman and spiritual healer, initiated into the sacred **Q'ero lineage of the High Andes in Peru**, one of the last unbroken indigenous wisdom traditions on Earth. With over 20 years of experience in energy healing, soul retrieval, and sacred ceremony, John helps clients access deep emotional and spiritual transformation through ancient practices.

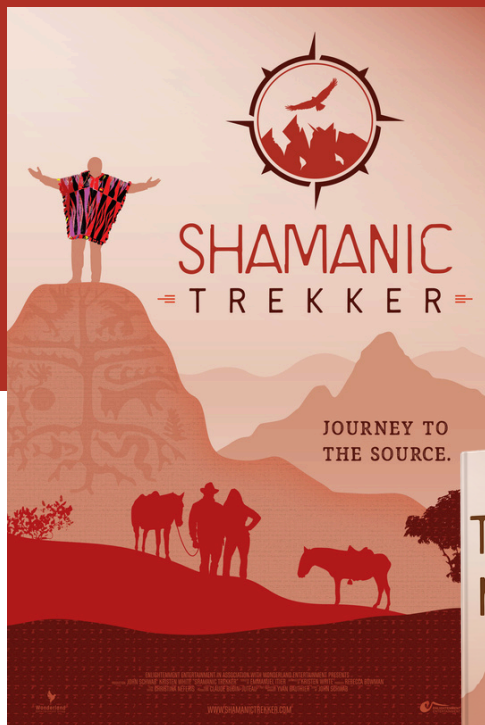
He is the co-creator of the **Natural Trauma Release Method™**, a powerful system that blends traditional shamanic techniques with intuitive energy healing to release trauma stored in the energetic body, nervous system, and soul.

John is also the co-director of the **award-winning documentary**, *Shamanic Trekker: Journey to the Source*, which follows a spiritual pilgrimage with the Q'ero shamans in Peru.



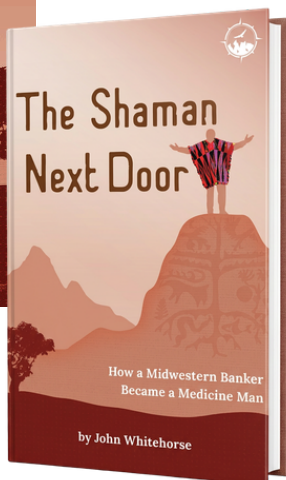
Most Requested Podcast Topics

- Shamanic Healing for Modern Times
- What the Q'ero Shamans Taught Me About Trauma and Soul Loss
- The Natural Trauma Release Method™: A New Approach to Emotional Healing
- Why Ceremony and Sacred Space Are Essential for Deep Transformation
- Energy Medicine and Ancestral Healing: A Return to Wholeness
- Working with Clients in Sacred Space: How to Hold Safe, Spirit-Led Containers
- What Is Soul Retrieval and Why Does It Matter?
- The Wisdom of the Andes: Lessons from the Q'ero Elders



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Film, Teaching, & Book

- Co-Creator, Natural Trauma Release Method™
- Co-Director, Shamanic Trekker: Journey to the Source
- Private Healing Sessions & Group Ceremonies
- Shamanic Training for Modern Spiritual Practitioners
- Author, *The Shaman Next Door* coming Fall 2026

About John Whitehorse

John Whitehorse is a ceremonial healer, energy worker, and teacher dedicated to preserving and sharing the sacred knowledge of the Q'ero shamans. He has worked privately with clients around the world, helping them clear energetic blocks, recover lost soul fragments, and reawaken their connection to Spirit.

His approach is intuitive and deeply respectful of lineage-based tradition, while also accessible to modern seekers. John also trains students in shamanic healing practices, guiding them through initiations and teachings that align them with spiritual integrity and sacred service.

Clients often describe John's work as life-changing — especially when other forms of healing have fallen short. Whether working one-on-one, leading ceremony, or mentoring students, he creates a protected space for healing to unfold naturally and powerfully.



ShamanicTrekker.com



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