



Kristina Nez Begay
Facilitator

I am passionate about sharing my experiences, insights, and visions with others.

Hozho Healing was created out of my own personal healing. It is the result of knowing and crafting my own gifts. I have an internal drive to help you understand and apply these concepts and practices that produce big changes. Why...because they work!



Contact:

Currently offered online
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Sacred Directions
Medicine Wheel
Training Program

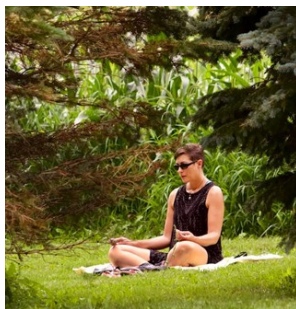


All Photos by Mark Wojahn



The Sacred Directions program uses earth medicine and shamanic energy healing techniques to transform your life experiences by mending wounds, traumas, and heavy emotions. Through this comprehensive training, YOU will be able to create the life you desire.

These techniques will take you into a deep dive as you explore and source from your internal world, the natural world, and your ancestral lineage, where your truenature and power lies.



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It awakes recognition that you are more than just a person going through the motions in life. You are a soul with a purpose connected to a whole. This ignites an inner motivation and drive to grow and move beyond your previous limitations.

The key to experiencing boundless joy is finding you hold the key by understanding these limitations and choosing a new belief system where you are enough and you have everything you need.

Learn how to navigate through the Sacred Directions Medicine Wheel with grace and ease. Help yourself to remember: who you are, what your purpose for being here is, how to heal the scars of life, and use this new wisdom to move to your highest potential. You will learn and experience relationship with the Creator and the natural world through ritual and ceremony.

The journeys, meditations, and exercises teach you about the elements that affect your daily life. Earth, water, air and fire. These life givers are directly related to breathing, meditation, grounding, drumming/rattling, and holding energy and emotional trauma in our chakra's.

The Sacred Directions program connects you to your lineage to bring understanding that your ancestors play an integral role in your makeup and life. Cutting energetic cords and ties to people and behaviors releases you from toxic relationships, behaviors, and thought patterns that restrict you from living a more fulfilling life.