

Lynn Andrews' Directory of Ministers



Paula B. Castro

Holistic Family Physician

Kiowa, Colorado

eMail: paulaCmagic@cs.com

Essence

Empowering self-healing through the sacred awareness of healthful living.

Teaching/Healing Center

I will create a teaching and healing center where the teachings of the Sisterhood can be incorporated into a curriculum of classes and/or retreats to empower women. The paradigm of the medicine wheel will serve as a template to explore relevant issues that affect the mind-body-spirit triad and to understand how dysfunction affects the physical manifestation of health and wellness. Colleagues will teach and/or facilitate healthful living through various activities: body work, energy work, movement and dance, herbal education, body and health awareness and shamanistic counseling. The focus is to facilitate a personal awareness of sacred living and in the process create a movement toward self-healing.

Credentials

I am a family physician by training and also an acupuncturist. I have a holistic practice that integrates complementary modalities as well as conventional medicine in a personalized healing program for the individual. For example, I use energy work, luminous fibers, to balance the chakras and also use this technique with acupuncture. Herbalism is an avocation and I counsel patients in the use of various herbal supplements. I have also created an herbal first aid kit.

I have always been interested in the holistic healing of mind, body and spirit. My great passion is to listen to a person and to see where the energetic weave, the tapestry of a person's life is affected by dysfunction and imbalance. I see how it manifests around the sacred wheel. My special gift is to look at the physical manifestation and expression of dis-ease and illness in a person, to help unravel the hidden spirit messages, and to counsel shamanistically to facilitate a movement toward self-healing. I am a health facilitator and educator whether I see a person in the role of physician, acupuncturist or shaman counselor. As a teacher it gives me joy to see a person begin the journey to self-empowerment through self-healing.

Classes

I lecture and teach various classes on the medicine wheel, acupuncture and basic herbology. I also provide phone consultations on general medical questions and as a shaman counselor. I am currently creating elementary lessons in shamanism for children as well as developing ceremonies for significant milestones.